

INVICTUS

ATHLETE

*I am the master of my fate;
I am the captain of my soul.*

Over the years, we have developed several training programs to meet the needs of athletes all over the world. We welcome you to check out sample days of one or all of our programs to see which is the right fit for you.

If you want to focus on one area a few times a week, check out our Supplemental Programs in this guide. If you are looking for a program train for competition, check out the Competitive Programs Guide. And if you're looking for a more well-rounded program, we recommend you look into the General Physical Preparedness Programs Guide. [You can find them here!](#)

We know that certain movements can be complex, especially if you don't have an expert coach at your side while you're training. We do our best to link movement videos and instruction to those movements athletes may be unsure of how to perform.

Supplemental Programs:

Invictus Weightlifting - 3-Day: Work with Jared Enderton and spend 3 days a week training to improve your Olympic lifts. You will improve your weightlifting technique and become more efficient - leading to new PRs! The sessions can be added as a supplement to your current training program, or as a stand-alone program.

Invictus Strength: Focus on building your strength in 8-10 week cycles. You will focus on the main powerlifts of squat, deadlift and bench while incorporating some Olympic lifts and accessory training to get you to break your old PRs.

Invictus Gymnastics: Commit to 20 minutes, 3x/week and improve your gymnastics with us. Continue on your current training program and add this before or after your workouts to see vast improvements - whether you're working on getting a muscle-up or getting 10 in a row, this program will help.

Invictus Engine: Don't let your 'Engine' be your limiting factor in your training. Improve your conditioning with training designed to build your aerobic capacity and improve your ability to sprint through high-intensity power workouts

STRENGTH

A.

Back Squat

20 minutes to build to a 1RM Back Squat

Three sets of:

Back squat x 3-5 reps at 85%
(of 1RM from above)

Rest 2 mins between sets

B.

Strict Press

Five sets of:

Strict Press x 5 reps

Rest 1-2 minutes

Begin first set at 75% and build up over the
5 sets

C.

Semi-Stiff Leg Sumo Deadlift

Three sets of:

Semi-Stiff Leg Sumo Deadlift x 8

Rest: 90s between sets

Build in weight

D.

Glute Ham Raises

Three sets of:

Glute Ham Raises x 8 reps

Rest: 90s between sets

E.

Accessory Superset

Three sets of:

GHD Weighted Hip

Extensions x 20 reps Rest
as needed

Extra-wide pronated grip
strict pull ups x 10 reps

Rest as needed

[Click here to learn more about Invictus Strength & get started!](#)

MEET THE COACH

HUNTER BRITT

Hunter's extensive experience in coaching, programming, and competing at the highest level gives him the tools to help athletes improve at all levels. He holds several CrossFit Certifications and has worked with several world-renowned coaches, affiliates, and Games Athletes in the sport of CrossFit. Hunter uses his experience to create effective methods to build strength while maintaining and perfecting technique. Hunter competed in the CrossFit Games in 2016 and 2017 with Team Invictus and placed 2nd with Conjugate Black in 2014. Hunter loves to coach and compete, always challenging himself and his clients to be their absolute best. Hunter coaches our Invictus Athlete, Competition, and Strength programs as well as individualized programming for athletes with specialized goals.

WEIGHTLIFTING

A.

Every 2 minutes, for 8 minutes (4 sets):

Snatch Press from Receiving x 5 reps

Build over the course of the 4 sets.

Followed by....

Every 2 minutes, for 8 minutes (4 sets):

Snatch Push Press x 3 reps

Build over the course of the 4 sets.

B.

Every 2:30, for 25 minutes (10 sets):

Slow Pull Snatch

Sets 1-3 = 2 reps @ 72.5% of 1-RM

Snatch

Sets 4-6 = 2 reps @ 77.5% of 1-RM

Snatch

Sets 7-8 = 1 rep @ 82.5% of 1-RM

Snatch

Sets 9-10 = 1 rep @ 87.5% of 1-RM

Snatch

C.

Every 2 minutes, for 12 minutes (6 sets):

Hip Power Clean x 2 reps

Sets 1-2 @ 75% of 1-RM Power Clean

Sets 3-4 @ 80% of 1-RM Power Clean

Sets 5-6 @ 85% of 1-RM Power Clean

D.

In 20 minutes, establish a 1-RM

Enderton Front Squat Complex

Take the bar out of the rack. The Enderton Front Squat complex consists of 3 reps in total:

1st rep = 3 second pause at the bottom

2nd rep = double bounce

3rd rep = regular front squat

These 3 reps = 1 rep of the complex

E.

Every 2 minutes, for 8 minutes (4 sets):

Strict Supinated-Grip Pull-Ups x 10 reps

[Click here to learn more about Invictus Weightlifting & get started!](#)

MEET THE COACH

JARED ENDERTON

Jared Enderton has been coaching Olympic Weightlifting and Strength & Conditioning at all levels for over 15 years including as the head Strength & Conditioning Coach for the USA Sprint Cycling Team, owner of CrossFit Pandora's Box, and Enderton Barbell Club. Jared also conducts weightlifting seminars all around the world, having done more than 200 to date. Jared made his way to the CrossFit Games for the first time in 2018 and is a 3x CrossFit Regionals athlete. He competed at the National level at the Olympic Training Center and is a USA Nationals Silver Medalist in the Clean & Jerk as well as a Strongman competitor prior to that. Jared takes pride in coaching athletes of all levels, and pours his heart and soul into helping others achieve their training goals.

GYMNASTICS

A.

Spend 2 minutes working on proper hand and foot placement for a Kick to Handstand.

Every 30 seconds, for 3 minutes:

Three-Quarter Handstand on Wall x 15 seconds

EMOM, for 6 minutes:

Int 1 - Donkey Kicks x 15 reps

Int 2 - Finger Presses x 20 reps @ 1010

Int 3 - Hand Plank Shoulder Taps x 30 reps

A.

Uphill Donkey Kicks to 20" Box x 20 reps

EMOM, for 4 minutes:

Handstand Fall-Over x 6 reps

Rocking Box Bridges x 10 reps

Every 45 seconds, for 3 minutes:

Int 1 - Wall-Facing Split Handstand Hold x 20 seconds

Int 2 - Back-To-Wall Donkey Kicks x 8 reps

EMOM, for 3 minutes:

Finger Presses x 20 reps

A.

EMOM, for 3 minutes:

Static Handstand Hold x 40 seconds

Every 30 seconds for 2 minutes:

Frog Press to Handstand x 3 reps

EMOM, for 4 minutes:

Strict Handstand Push-Up to 8"

Deficit x 3 reps + Handstand

Shoulder Shrugs x 20 reps

Every 30 seconds, for 2 minutes:

Int 1 - Rocking Box Bridges x 10 reps

Level One

B.

Every 30 seconds, for 3 minutes:

Int 1 - Kipping Swings on Bar x 6-8 reps

Int 2 - Bouncing Knees-To-Chest x 10 reps

One set of:

Kipping Half Toes-To-Bar x max (unbroken) reps

C.

Every 30 seconds, for 5 minutes:

Int 1 - Chest-To-Bar Diagonal Hold x 20 seconds

Int 2 - C2B Elbow Drivers x 20 reps

Int 3 - Chest-To-Bar Pull-Up Scaled (with zero assistance negative) x 3 reps @ 2020

Level Two

Every 10 seconds, for 60 seconds:

Target Reach Swing + Toes-To-Bar x 1 rep

Every 30 seconds for 4 minutes:

Int 1 - Kipping Toes-To-Bar x 8 reps

Int 2 - Straight Body Ceiling Reaching Crunches x 10

Level Three

Int 2 - Hand Plank Cross Knee-To-Elbow x 40 reps

B.

Every 30 seconds, for 4 minutes:

Int 1 - Kipping Toes-To-Bar x 10 reps

Int 2 - Toes-To-Bar Candlestick Press x 3 reps

C.

Every 10 seconds, for 60 seconds:

Int 1 - Narrow Grip Chest-To-Bar Pull-Up x 2 reps

Int 2 - Regular Grip Chest-To-Bar

C.

Every 30 seconds, for 4 minutes:

Kipping Chest-To-Bar + Butterfly Chest-To-Bar x 3 reps

For 60 seconds, perform one set of:
Chest-To-Bar Elbow Drivers x max rep Pull-Up x 2 reps

Int 3 - Wide Grip Chest-To-Bar Pull-Up x 2 reps

Every 30 seconds, for 3 minutes:

Int 1 - 3 reps of complex:
Butterfly Chest-To-Bar Pull-Up + Bar Muscle-Up

Intl 2 - Jumping Chest-To-Bar Pull-Ups x 15 reps

[Click here to learn more about Invictus Gymnastics & get started!](#)

MEET THE COACH

TRAVIS EWART

Travis joined the Invictus coaching staff in 2015, and previously had been coaching gymnastics to kids and adults since 1997. Invictus found Travis as a 'clean slate' of coaching potential and handed him creative autonomy to develop drills and movement patterns without being tainted by the same old regime everybody else was using. This is what makes Travis's approach to gymnastics skills so much different. Since launching Invictus Gymnastics Travis has coached thousands of athletes from every part of the globe, sowing seeds of gymnastics skills and watching his students blossom into gravity-defying athletes.

ENGINE

Running Sessions

Session 1 – VO2 Max Priority

Six sets for times of:

Run 800 Meters @ 100% of 1-Mile Pace

Rest 2-3 minutes between sets

Session 2 – Lactate Threshold

Three sets for times of:

Run 1600 Meters @ 90% of 1-Mile Pace

Run 800 Meters @ 95% of 1-Mile Pace

Rest 3-4 minutes between sets

Session 3 – Aerobic Threshold

For time: Run 4 Miles @ 80-85% of 5k PR Pace

This effort should be sub-maximal, so take

your 5k PR pace and divide it by .85, and perform this at that

pace. For example, if

your 5k PR pace is 6:30/mile, your pace for this effort would be

7:30/mile.

Rowing Sessions

Session 1 – VO2 Max Priority

Every 5 minutes, for 40 minutes (8 sets) for times of:

Row 750 Meters

Session 2 – Lactate Threshold

Four sets for times of:

Row 1850 Meters

Rest 4 minutes

Session 3 – Aerobic Threshold

Four sets for times of:

Row 2500 Meters @ 80-85% of 2k PR

Rest 3 minutes

Cyclical & Mixed-Modal Sessions

Session 1 – Lactic Endurance Priority

Every 4 minutes, for 32 minutes - (8 sets) for times:

15/10 Calories of Assault Bike

10 Burpees

15/10 Calories of Assault Bike

Session 2 – VO2 Max Priority

Eight sets of:

60 seconds Max Calorie Assault Bike

Rest 4 minutes or 750 Meters

Swimming Technique Sessions

Warm-Up Technique Drills

Four sets of:

25 Meters Using Only One Arm

Rest 15 seconds

followed by...

Four sets of:

50 Meter Kick (with zoomers if possible)

Rest 20 seconds

followed by...

Four sets of:

25 Meter 1/2 Length with Closed Fist + 1/2 Regular

Rest 15 seconds

“The Meat”

Four sets of:

25 Meter Stroke Count

— note your number of strokes for each set

Rest 15 seconds

followed by...

Two sets of:

50 Meter with Same Stroke Count per 25 Meters as

above — note

number of strokes

Rest 20 seconds

followed by...

One set of:

100 Meter with Same Stroke Count

per 25 Meters as above Incline I Raises x 10 reps

(Face down, raising straight arms in front)

[Click here to learn more about Invictus Engine & get started!](#)

MEET THE COACH

CJ MARTIN

C.J. is the head coach and owner of Invictus. He has coached dozens of individual and Masters athletes to the CrossFit Games, including Team Invictus who has made 13 consecutive appearances - more than any other team in Games history. He has worked with athletes from around the world, through online coaching and program design since 2009, being able to cultivate the “Sea of Green” support from anywhere in the world. C.J. is a Level 4 CrossFit instructor, USA Weightlifting Coach, and former member of the CrossFit HQ training team.

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