



HOW TO PROGRAM WORKOUTS

A definitive **step-by-step** guide for creating intentional, effective Strength & Conditioning programming.



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OVERVIEW & PURPOSE

The goal of this ebook is to openly share the method in which I program workouts. This process has been evolving since 2005 & it continues to evolve. Linchpin members have officially logged over 1.5 million results to date. The grand total of non-logged sessions is likely much bigger, but I'd rather stick to hard numbers. This method has been tested over many years on thousands of athletes from across the world. Programming workouts in this manner has proven to work for people of all ages & ability levels. This is not a rigid, inflexible template. I have developed this through years of experimentation & have found this to be a very useful & highly informative, structured guide to assist programmers in removing emotion, avoiding biases & identifying priorities. I'm simply sharing my process. I always felt there was inadequate material available for coaches & trainers on the subject of how to create intentional, deliberately designed workouts & blocks of training. I hope you find the following content beneficial. This is the guide I wish I had many years ago.

I have experimented with various time periods of training & have found that working in 4-week blocks is ideal. This article follows the creation of a 4-week block of Linchpin programming beginning Monday Oct 30, 2023 & ending Sunday Nov 26, 2023. It is recommended to go to www.CrossFitLinchpin.com & click on the "workouts" tab, then click on "workout of the day" to view the weeks of programming that precede this 4-week block of training.

⚡ Lift PR: Back Squat 8RM @ 330 lbs

-Chris V.B.



The system I use to program workouts is as follows:

- Step 1:** Heavy Day Analysis.
- Step 2:** Engine Analysis.
- Step 3:** Upper Body Pulling & Midline Analysis.
- Step 4:** Gross Movement Pattern Identification.
- Step 5:** Insert Upper Body Pulling & Midline.
- Step 6:** Rep Ranges, Rounds, Loading, For Time, Amrap, EMOM, etc.
- Step 7:** Time Domains, Modalities, Loadings, Workout Structure, & Skill Review, etc.
- Step 8:** Overall Review, Edit as needed & Finalize.
- Step 9:** Workout / Training Block complete. Release to athletes.





We will walk through each of these steps & provide a visual snapshot how the 4 week block of training evolves. While I did try to provide as much context & information as possible, it is important to realize that I did not dive into every single decision I made. The goal was to provide my overall through process & provide sufficient examples to illustrate it. At every step in the process I'm always looking to remove anything that is not 100% necessary. Early in the process it is easy to just keep adding elements that seem mission critical to each day. This causes inefficiency & bloat in the programming. The real challenge as a programmer is to develop the ability to identify & remove anything superfluous. When a workout is "finished" you should feel that everything that remains serves a distinct purpose & the removal of anything additional would be a degradation to the strength & conditioning goal of that single workout, week or 4-week block. Also, none of the above mentioned 9 Steps exist in a vacuum, nor does the 4-week block we are about to create. Every workout must exist in harmony with the greater ecosystem of the days & weeks that preceded it, as well as those which will follow it.

"Linchpin Test 13"
 For time:
 20 down to 1 of burpees.
 400m run before every set.

 New PR of 56:15 as Rx'd. ⚡
 14:02 faster than previously!

 -Johan S.

At the beginning, I'm staring at a blank 4-week block. Let's get started.

10.30.2023 Monday	Tuesday	Wednesday	Thursday REST DAY! Get out of the gym	Friday	Saturday	Sunday REST DAY! Get out of the gym
11.06.2023 Monday	Tuesday	Wednesday	Thursday REST DAY! Get out of the gym	Friday	Saturday	Sunday REST DAY! Get out of the gym
11.13.2023 Monday	Tuesday	Wednesday	Thursday REST DAY! Get out of the gym	Friday	Saturday	Sunday REST DAY! Get out of the gym
11.20.2023 Monday	Tuesday	Wednesday	Thursday REST DAY! Get out of the gym	Friday	Saturday	Sunday REST DAY! Get out of the gym