

Year of Domination Engine Builder

This isn't your average endurance plan—**this is a 12-month assault on mediocrity.** You're building an engine of destruction: bigger lungs, a stronger heart, and the kind of mental resilience that chews up pain and spits out performance. Let's break down the cycles:

Cycle 1: Base Build			Cycle 2: Threshold Trasher			Cycle 3: VO2 Max Warfare			Cycle 4: Shift The Gears		
Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12

Months 1–3: Base Build

Objective: Build the monster.

Lay a bulletproof aerobic base with long steady-state and tempo sessions. You're stretching your heart to pump like a machine. Lower intensity doesn't mean easy—threshold efforts stay in the mix to keep the edge sharp.

Months 4–6: Threshold Thrash Unreal

Objective: Get savage at speed.

Test your limits at lactate threshold. Two intense sessions a week teach you to live on the edge. One long effort fuels the fire. Running, biking, rowing—everything counts as you train to outlast the hurt.

Months 7–9: VO₂ Max Warfare

Objective: Explode the ceiling.

This block dives into deep-end VO₂ intervals—short, brutal, effective. Paired with aerobic and threshold maintenance work, this cycle is about controlled aggression and maximizing top-end capacity.

Months 10–12: Shift the Gears

Objective: Become the machine.

Train to transition between zones without hesitation. Smooth, ruthless pacing becomes second nature. This phase is about full-spectrum conditioning, bringing together a year of work into an unstoppable engine.

Every phase of this program is crafted to push you harder, make you smarter, and leave you with an engine that doesn't quit. This isn't just training. It's war prep.