

YEAR OF DOMINATION

This isn't your average endurance plan. 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.

PROGRAM CYCLES

<p>CYCLE 01 MONTHS 1-3</p> <h2>BASE BUILD</h2> <p>BUILD THE MONSTER</p> <p>Lay a bulletproof aerobic base with long steady-state and tempo sessions. Lower intensity doesn't mean easy—threshold efforts stay in the mix to keep the edge sharp.</p>	<p>CYCLE 02 MONTHS 4-6</p> <h2>THRESHOLD TRASHER</h2> <p>GET SAVAGE AT SPEED</p> <p>Test your limits at lactate threshold. Two intense sessions a week teach you to live on the edge. Running, biking, rowing—everything counts as you train to outlast the hurt.</p>
<p>CYCLE 03 MONTHS 7-9</p> <h2>VO₂ MAX WARFARE</h2> <p>EXPLODE THE CEILING</p> <p>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.</p>	<p>CYCLE 04 MONTHS 10-12</p> <h2>SHIFT THE GEARS</h2> <p>BECOME THE MACHINE</p> <p>Train to transition between zones without hesitation. Smooth, ruthless pacing becomes second nature. Full-spectrum conditioning—a year of work, forged into an unstoppable engine.</p>
<p>MO 1 MO 2 MO 3 MO 4 MO 5 MO 6 MO 7 MO 8 MO 9 MO 10 MO 11 MO 12</p>	



EVERY PHASE 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.