Decode the Workout

The words and shorthand you'll see in TLC programming and SugarWOD.

STRONG / FAST

STRONG (Mon, Wed, Fri): one heavy lift plus fresh, crisp power: jumps, throws and cleans. FAST (Tue, Thu, Sat): engine, gymnastics and power you can repeat when tired.

Check week

Work up to your rep max at RPE 9 at most. The last set where every rep is clean is your number.

Rung

Your step on a ladder: Pull, Push, Core, Inversion, Clean or Jump. Your coach moves you up.

@7

RPE 7 on a 1–10 effort scale: about 3 good reps left in the tank (3 RIR).

87.5%

A percent of your 5RM from your last Check week. 87.5% of a 200 lb 5RM = 175 lb. Round to the nearest 5 lb.

AMRAP 12

As many rounds and reps as possible in 12 minutes. Log your rounds plus extra reps.

EMOM 10

Every minute on the minute, for 10 minutes. Start at the top of each minute; rest is what's left.

Season

The year runs in three: Foundation, Capacity and Strength. Each one ends in an event.

Reset week

Lighter and different on purpose. Nothing tested, nothing above RPE 7.

Score 1–3

Your coach's movement score at each Check: Not yet, Developing or Standard.

Tempo 3-1-1-0

Seconds: 3 down, 1 pause at the bottom, 1 up, 0 at the top.

E1 / E2 / E3

E = exposure: the 1st, 2nd or 3rd time you do a lift this block. Missed one? Look back and work at today's RPE.

AMRAP set

The last set of a lift: as many good reps as you can. Write the reps in your notes.

Time Cap

Didn't finish? Every rep left adds 1 second. 12:00 cap with 15 reps left = 12:15.

LOGGING IN SUGARWOD

SugarWOD can't score an AMRAP set, so type your reps in the notes — "AMRAP set: 11 reps at 95 lb." Enter every weight in pounds. Not sure what a line means? Ask your coach before class starts.