

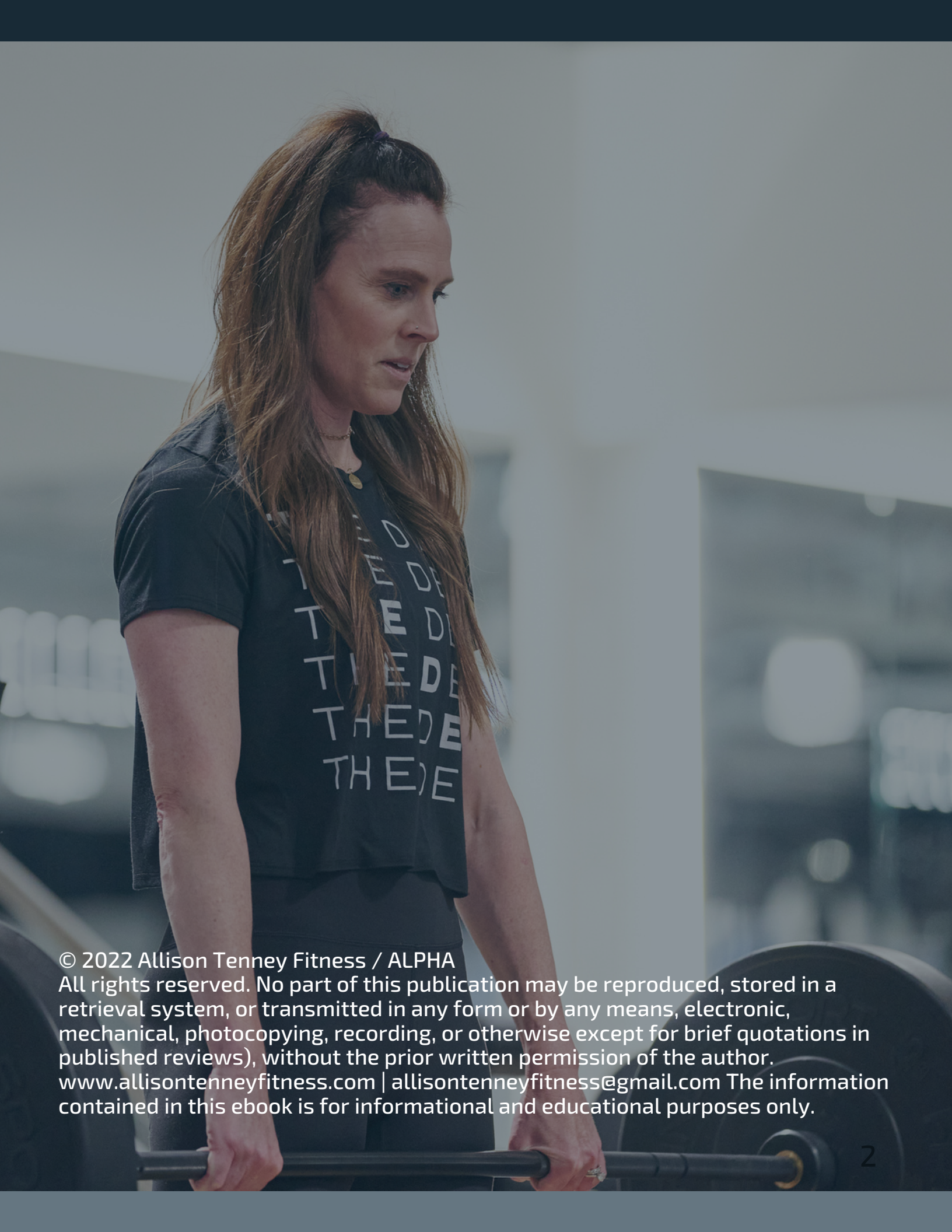


# ALPHA

Unleash your inner athlete







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[www.allisontenneyfitness.com](http://www.allisontenneyfitness.com) | [allisontenneyfitness@gmail.com](mailto:allisontenneyfitness@gmail.com) The information contained in this ebook is for informational and educational purposes only.



## WELCOME TO DIY ALPHA

I am so honored to have you here.

The DIY Alpha program lays out a challenging strength and conditioning routine in a balanced and well-rounded way.

Over 4-week training blocks and 3-month phases, you will progressively build upon the levels of fitness — strength, capacity, balance, power, mobility, flexibility, etc.

This program is specifically tailored to individuals who have already built a solid foundation of strength and fitness, and who \*just\* want the program - no extra coaching needed.

I do not take the coaching commitment and your strength journey lightly. There can be no outer transformation unless there is also a shift on the inside as well.

Inside Alpha, you will find compassionate care coaching from a distance. While we may not be in your business on the regular, we ARE around in case you need us.

My hope is that you extend yourself the grace, compassion, time, care, and attention you truly deserve to reach your audacious dreams. Inside this welcome packet, you will find details about Alpha to help you navigate the program.

Please read through each section to understand your program, how to navigate the mobile app (TrueCoach), and how to maximize your experience and your results.





# ALPHA



THE PROGRAM



# PHASES OF THE PROGRAM

Alpha is written as a yearlong program.

Phase 1 Months 1-3	Phase 2 Month 4-6	Phase 3 Month 7-9	Phase 4 Month 10-12
Energy System Development / General Prep Phase	Back to Basics: Strength Block	Strength Power	Pre Season Prep Increase Intensity

## Months 1-3: Energy System Development / General Preparation phase

The focus is on reconditioning the body by improving energy systems through a few different methods:

> Cardiac Power Intervals, Tempo Method, Threshold Training, and High Resistance Intervals.

We also want to build a solid foundation of strength and movement patterns before adding intensity and dynamic movements.

## Months 4-6: Back to Basics - Strength Block

The goal here is to increase specific strength as the foundation for future power / high intensity work.

## Months 7-9: Strength-Power

The goal is added power and speed work along with continued strength development.

## Months 10-12: Pre-season Prep

This is where we put it all together. The goal is to improve gross and fine motor skills and use the strength and conditioning we have developed in the previous three phases to increase intensity.

A black and white photograph of a woman with long hair in a ponytail, wearing a dark t-shirt with the word 'THE' repeated in a grid pattern. She is looking down at a barbell in a gym setting. The background is blurred, showing gym equipment and lights.

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Testing



# PERFORMANCE TESTING

Performance Testing will allow you to get a baseline of different training aspects. Strength, Speed, Endurance, Power - these are all elements we are going to be working on improving.

It's totally your choice if you want to do the performance tests. I have provided some options as well, so (for example), if you can't run as an aerobic test, you can do the row test instead.

## Aerobic Fitness

Get baseline of Resting Heart Rate.

Your resting heart rate will give you a good estimate of improved aerobic fitness. A lower resting heart rate is usually correlated with a greater stroke volume and better aerobic fitness. Your aim will be a resting heart rate below 60 bpm (beats per minute). This will be specific to each individual.

Make sure you are checking your resting heart rate in the same position each time and I recommend using a heart rate monitor. The goal is to see your resting heart rate drop about 5 beats over the first training block, as your aerobic endurance improves.

(Choose one)...

### 1. Modified Cooper Test:

Record your total distance covered in 6 min. You will run as fast and as hard as you can.

If you have a heart rate monitor, look at your average heart rate as well. This will give you a really good idea of what your lactate threshold is.

### 2. 5:00 Row:

Record your distance covered in the 5:00 on the rower.

## PERFORMANCE TESTING CONT...

### 3. Lower Body Explosive Power:

Standing Broad Jump (measure distance)

The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

### 4. Upper Body Strength Capacity:

- Max Push Ups - The maximum number of consecutive correctly performed push-ups is recorded.
- Max Pull Ups - Using an overhand grip (palms facing away from the body), start in the hanging position. Pull your body up to the bar so your chin clears the bar.

OR

- Isometric Hang for time - Using an overhand grip (palms facing away), jump up to the bar so your chin is over the bar. Hold this position for as long as you can (shaking is normal). Once your shin drops below the bar, your time is done.

### 5. Strength Testing:

- Back Squat - 5 Rep Max
- Bench Press - 5 Rep Max
- Deadlift - 5 Rep Max

Use your 5 Rep Max to calculate your 1RM. Performing an actual 1RM for strength testing is VERY taxing on the nervous system. We can get "close enough" to your 1RM by using your 5RM to calculate your 1RM, and not totally crush your nervous system, putting you at greater risk of injury.



# RECORD SHEET - Performance Testing

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Date	Resting HR	Broad Jump	Aerobic Test 5:00 Row 6:00 Run	Max Push Ups	Max Pull Ups/ Iso Hang	5 Rep Max: Back Squat Bench Deadlift

## COMMON ABBREVIATIONS & TERMS

- Progressive Overload = Increasing in difficulty over time (accomplished by incr. weight, reps, adding tempo/pauses...)
- METCON = Metabolic Conditioning
- Hypertrophy = Muscle Building
- EMOM = Every Minute on the Minute. Ex: 10-12 Reps EMOM x 6 Min = 10- 12 Reps at the start of Every Min for 6 Min. Rest remainder of the minute after completing work (usually 15-25s of work time)
- AMRAP = As Many Reps as Possible. Keep moving + accumulate as many rounds/reps until time expires
- Alternating Movements = Complete movement (ex: bench). Rest 1-2 min. Complete second movement (ex: row). Rest 1-2 min
- Superset = Two movements performed back-to-back, no rest b/t
- RDL = Romanian Deadlift
- TGU = Turkish Get-up
- Incline = At an angle (ex: incline bench)
- Prone = Lying downward
- SA = Single Arm
- BW = Bodyweight
- DB = Dumbbell
- KB = Kettlebell
- Rest Day = A day off exercise where we give the body time to rest/recover.
- Deload = A week of less volume, frequency, reps, and intensity. It typically should occur every 4-6 weeks in programming

## INTENSITY:

- RIR = Reps in Reserve. Think of this as reps left in the tank. For example, 3 Reps with 2 RIR = you \*could\* complete 5 reps but stop at 3.
- RPE = Rate of Perceived Exertion



## CHOOSING WEIGHT

To make performance improvements, takes some pushing - at the right time. For the most part, you will be in charge of choosing your weight based on your testing results and also how you are feeling for the day.

You are the authority on your body. Autonomy is something we practice and nobody knows better about your body than YOU. To make progress, my hope is that you continue to push your training edge. There are guidelines and suggestions as you go as far as RPE (rate of perceived exertion) and %.

For training adaptations to occur, to improve strength, and to build muscles (#gainz), you need to challenge yourself.

Typically I suggest leaving 1–2 reps in the tank unless otherwise specified on your training day.

### RPE scale (rate of perceived exertion)

<b>10</b>	<b>Max effort</b>	Very hard/uncomfortable. Can't sustain for long periods of time.
<b>9</b>		1 rep remaining. Challenging and uncomfortable.
<b>8</b>	<b>Very hard</b>	2 reps remaining. Somewhat challenging.
<b>7</b>		3 reps remaining. Moderately challenging.
<b>6</b>		4 reps remaining.
<b>5</b>	<b>Moderate</b>	
<b>4</b>		Plenty left in the tank. Conversational pace.
<b>3</b>	<b>Easy</b>	Long steady training.
<b>2</b>		Walking with purpose.
<b>1</b>		Active recovery and daily activity.

## TEMPO (Time under Tension)

Time under tension (Tempo work) has been defined as the time spent carrying out muscular contractions as part a strength training exercise. We can vary the times and how to target different portions of a lift based on how we write Tempo work. When we are working on Tempo, the focus is on muscular elements versus tendinous elements (a slow, controlled motion is going to place more stress on the muscles, whereas a bouncy or ballistic motion will place more stress on the tendons).

Example: Let's say you are doing a squat with the tempo 3.0.1.0

- The first number is the eccentric (lowering) portion of the lift.
- The second number is the bottom part of the lift.
- The third number is the concentric (lifting) portion of the exercise.
- The fourth number is the top of the lift.

In this example, the focus is on the eccentric portion of the lift, the slow lower. Tempo training is done to improve stability, develop intermediate muscle fibers, and develop work capacity.



## What you won't find inside Alpha:

- Guaranteed results of any kind. That's on you, my friend.
- Before/after pics
- Nutrition help or guidance on food
- Shame for missing a workout
- Making you 'good' or 'bad' for adhering to the program



# ALPHA

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A grayscale photograph of a woman in a gym, performing a deadlift. She is wearing a light-colored tank top and dark leggings. The barbell has large weight plates with 'SOLAR' and '25' markings. The background shows various gym equipment like treadmills and weight racks.

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TrueCoach

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# How to use TrueCoach

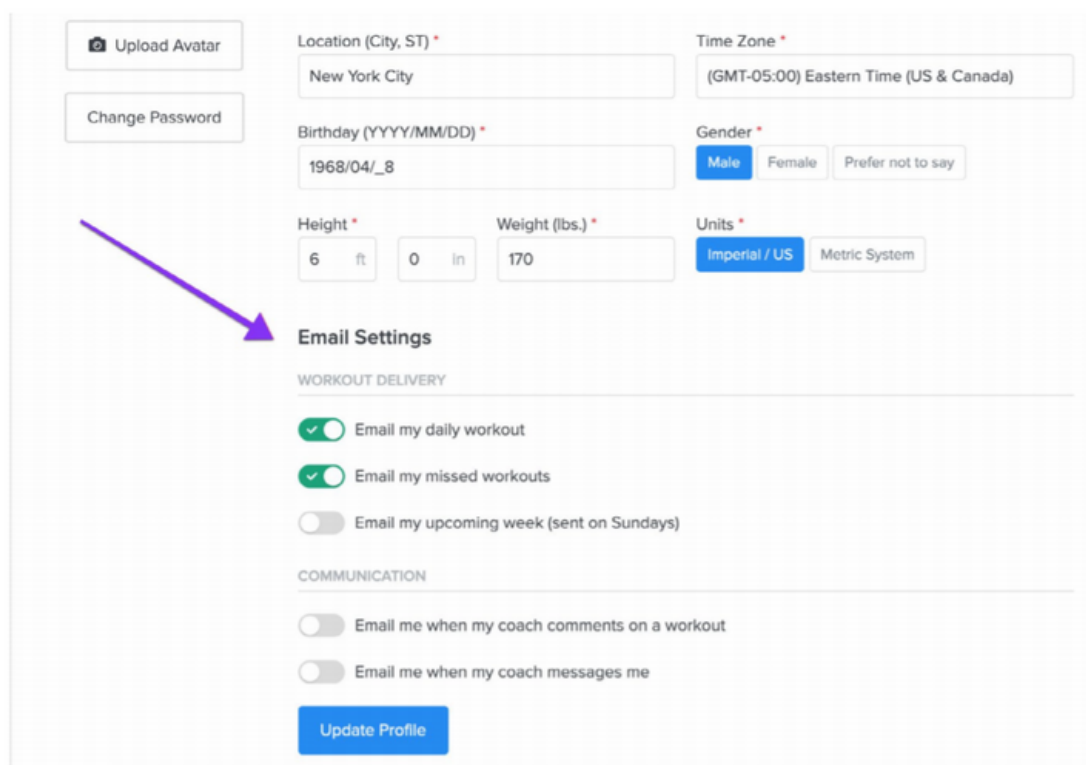
Check out this video tutorial from TrueCoach about how to use the App: <https://help.truecoach.co/en/articles/2632440-client-how-to-use-truecoach>

## TrueCoach Notifications:

Notifications are automatically set up inside TrueCoach to let you know when a new month of workouts has been assigned. You will also receive an email for the day's workout AND if it's missed or you don't log in for that day.

You can turn off the notifications if you do not want to receive the emails:

- From a web browser, once you've logged in, click on your profile photo in the top right corner.
- Then, click on the top line with your name and photo.
- Scroll down to the Email Settings menu. From there, you can choose which emails you receive. If the toggle is green with a check mark, you WILL get those notifications

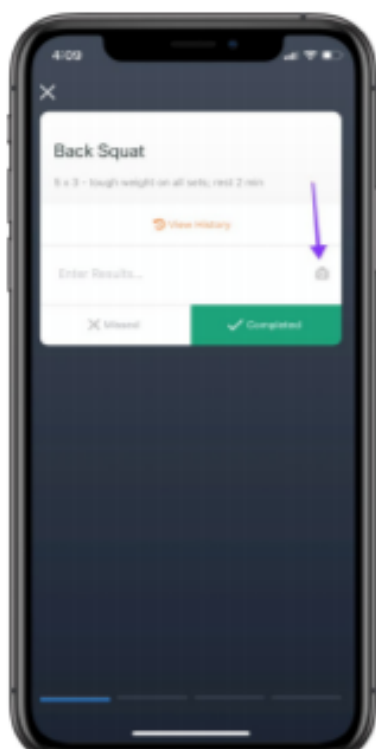


The screenshot shows the TrueCoach profile settings page. On the left, there are buttons for 'Upload Avatar' and 'Change Password'. The main form contains fields for 'Location (City, ST)' (New York City), 'Time Zone' ((GMT-05:00) Eastern Time (US & Canada)), 'Birthday (YYYY/MM/DD)' (1968/04/\_8), 'Gender' (Male, Female, Prefer not to say), 'Height' (6 ft, 0 in), 'Weight (lbs.)' (170), and 'Units' (Imperial / US, Metric System). A purple arrow points to the 'Email Settings' section, which is expanded. Under 'WORKOUT DELIVERY', there are three toggles: 'Email my daily workout' (checked), 'Email my missed workouts' (checked), and 'Email my upcoming week (sent on Sundays)' (unchecked). Under 'COMMUNICATION', there are two toggles: 'Email me when my coach comments on a workout' (unchecked) and 'Email me when my coach messages me' (unchecked). At the bottom is a blue 'Update Profile' button.

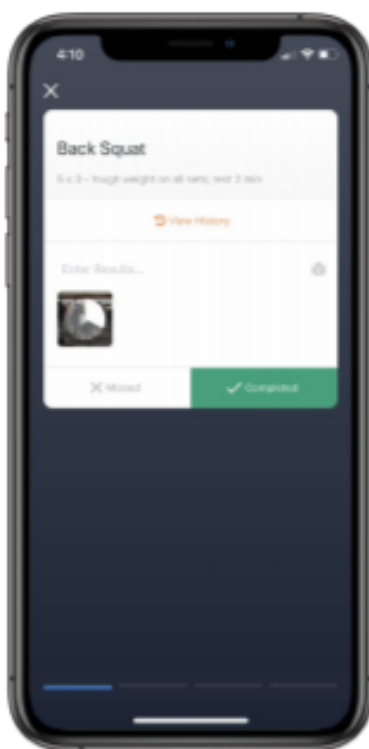
## How to use TrueCoach

We encourage you to upload one video for 1–2 exercises of your workout for that day. Filming and reviewing your own lifts can be highly beneficial for you to see.

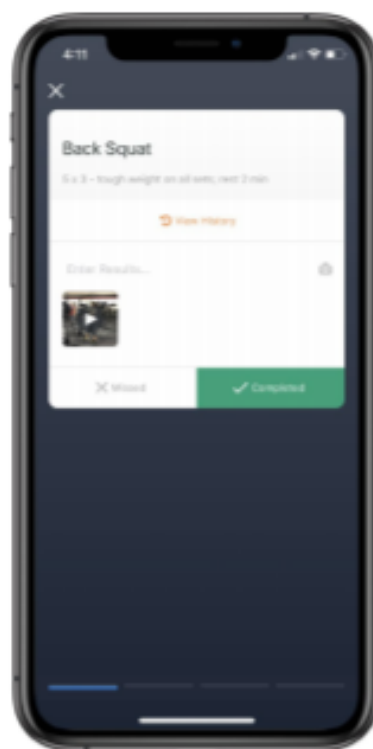
Please note — you do NOT need to submit videos. This is totally optional. As someone in the DIY program, we will not be reviewing or commenting on any videos or workouts.



1. Click “Begin”/”Update” in the top right corner. Swipe over to the specific exercise of where you want to upload the video. Then click the gray camera icon.



2. From there, select the video to upload.



3. Once it is complete, it will show in the workout.





# ALPHA ATHLETE

## TrueCoach Note:

One of the drawbacks of TrueCoach is the binary nature of “completing” and “missing” a workout and how these are labeled as Green and Red. While we are conditioned to believe that Green = Good and Red = Bad, that’s simply not the case... especially inside The Den.

If you are able to complete every single workout inside TrueCoach, GREAT. If you miss workouts and see lots of Red, also GREAT. This doesn’t make you a bad person. It means you are Human. It’s a practice to train yourself out of this binary way of thinking when you see the Green/Red.

TENNEY  
ALLISON

Here for you



## **Sharing & Consent**

The Coaching-Client space is a sacred one. We honor your privacy and do not share anything without your consent. What you share inside TrueCoach stays inside TrueCoach (kinda like fight club, but for Alpha). Nobody but YOU and your Coach sees inside your profile.

We also love celebrating wins and pumping our members up online, and will always ASK for your consent to share something that you have accomplished or put inside TrueCoach. We would love for you to tag us on social media (@allisontenney and/or @mallorygallory) so that we can re-share and brag about how amazing you are!

## **Questions about your training?**

We are here to support you and your strength journey. If you have questions or need a modification, feel free to send an email ([allisontenneyfitness@gmail.com](mailto:allisontenneyfitness@gmail.com)). Please allow up to 48 hours for a response.

## **Re-Enrolling for Alpha**

You are automatically enrolled for the first training phase of Alpha (Months 1 - 3) and will be automatically billed each month.

After the first three months, your billing switches to month-to-month so you do not need to worry about re-enrolling for each phase.

Each phase builds upon the last so you are never repeating the same training cycle.



## Updating billing & credit card info

You have access to your billing information and can login to your account on [www.allisontenneyfitness.com](http://www.allisontenneyfitness.com)

You will use your email & password you created when you first enrolled in Alpha to login.

1. Click on "My Programs" up at the top navigation bar
2. Click on "Update Payment Method" under Action.

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HEALTH AND FITNESS COACH

HOME ONLINE PERSONAL TRAINING DONE-FOR-YOU PROGRAMS PODCAST ABOUT MY PROGRAMS CONTACT

**MY ACCOUNT**

**SUBSCRIPTIONS**

Subscription	Status	Renewal Date	Initial Amount	Times Billed	Actions
DIY Den @ the Gym \$79.00 / Monthly	Active	September 11, 2022	\$79.00	1 / Until cancelled	View Invoice   Update Payment Method

This is also where you can see your purchase history, access invoices, and update your personal information.

## Cancelling your Alpha Membership

You are automatically enrolled for the first training phase of Alpha (Months 1 - 3) and will be automatically billed each month.

After the first three months, your billing switches to month-to-month and you can cancel at any time by logging in to your account on [www.allisontenneyfitness.com](http://www.allisontenneyfitness.com) > My Programs > My Account > Subscriptions > (Actions) > Cancel.

### SUBSCRIPTIONS

Subscription	Status	Renewal Date	Initial Amount	Times Billed	Actions	Cancel
DIY Den @ the Gym \$79.00 / Monthly	Active	September 11, 2022	\$79.00	1 / Until cancelled	View Invoice   Update Payment Method	

# ALPHA

ATHLETE



## The Alpha Athlete



The only difference between Alpha & DIY Alpha is the level of coaching and support you receive.

It's an easy switch to receive those things from our Coaches. Simply let us know. We provide video form feedback, modifications if needed, and the type of care that can help keep you consistent and moving towards your goals if you are finding it difficult to go it alone. (Spoiler - you are never alone in Alpha. The pack has got your back!)

NOTHING about your program changes... just more feedback, coaching, and all around accountability to help you on your journey.

You can switch back and forth from Alpha to DIY Alpha seamlessly as your needs change.

Your monthly bill goes from \$99/month to \$179/month.

## Anti Racism Statement and Policy

We affirm that racial equity and justice — an understanding and acknowledgment of historical and ongoing racial inequities and a commitment to actions challenging those inequities — are core to Allison Tenney Fitness vision of a just society where we aim to elevate the fitness profession and make it more inclusive for everybody and every body.

We recognize that barriers to services exist for members of diverse communities, particularly for equity-seeking groups, and we are committed to acting as a positive force in eliminating these barriers. Racism is best understood when acknowledging the context of power, oppression and privilege.

To achieve this, Allison Tenney Fitness, LLC will:

- ensure that diverse communities have equitable access to coaching, programming, and
- be non-discriminatory and promote the goals of anti-racism, access and equity; and
- take reasonable steps to ensure our event, speakers, programs, and decision-making reflect the community it serves.

We also recognize the benefits many gain from white privilege. We commit to pushing people who happen to be white to take critical responsibility for and participate in dismantling this oppressive structure.

As an organization that is committed to proactive LGBTQIA inclusive messages and actions, we recognize the similar need for us to make our commitment to racial equity and justice clear and explicit.

We commit to embed a racial equity and justice lens into Allison Tenney Fitness, LLC, communications, coaching and program content. We recognize that our commitment to inclusion, equity, and justice requires ongoing reflection, action, and adaptation. As I encounter new perspectives and gain new insights, I expect that this “living” statement will evolve accordingly.