



DELTA ZONE SYSTEM

Week 1 Starter Program

Day 1: The Three Zone Engine Build

Goal: Test pace control and the ability to shift gears across modalities.

Format: 3 Rounds (1 min rest between rounds).

Zone 1 – Run: 4 Minutes (3 min RPE 5/6 | 1 min RPE 10).

Zone 2 – Ground: 4 Minutes (10m Sled Push + 10m Burpee Broad Jump).

Zone 3 – SkiErg: 4 Minutes (3 min RPE 10 | 1 min RPE 5/6).

Zone 3 tests your ability to flush the system while staying in motion.

Day 2: The Ceiling (Lactic Threshold)

Warmup: 10 minute easy jog + dynamic mobility.

The Work: 3 Rounds – 1,200m Run

Intensity: RPE 7-8 (Comfortably Uncomfortable).

Rest: 2 Minutes between rounds.

Goal: Keep each 1,200m within 5 seconds.

If the final round drops by 15+ seconds you crossed your threshold.

Day 3: The Truth (Compromised Oxygen + Hybrid)

Phase 1 – Control: 800m Run at RPE 7. Record time.

Phase 2 – Trigger: 4 Rounds (RPE 10)

- 15 Wall Balls
- 10 Burpees
- 200m Sprint

Phase 3 – Delta: 800m Run immediately after. Match Phase 1 time.

Athlete Weekly Metric Tracker

Workout	Metric	Success Marker
Day 1	Zone 3 Recovery	Maintain controlled pace after spike
Day 2	Round Variance	All 1200m runs within 5 seconds
Day 3	Delta Gap	Final 800m vs Initial 800m

The Philosophy

The engine is not measured when you are fresh. It is measured when the oxygen is gone. Every athlete can run fast when calm — the Delta Zone reveals who can hold speed when chaos hits.

BUILD THE ENGINE. MINIMIZE THE GAP.



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