

THE PRIORITY & REVIEW WORKSHEETS

Sheet 2 — Choosing Your Priority (Chapter 4)

Answer these in order. Your priority is whichever domain your honest answers point toward — not automatically your weakest baseline number.

1. Is there a specific event on your calendar in the next six months? If yes, what is it, and what does it test?

2. If there's no event, which domain matters more to how you actually want to feel and perform day to day — strength, or aerobic capacity?

3. Looking back at Sheet 1, is any domain far enough below your own recent baseline, usual capability, or stated goal that you want it to receive priority for the next twelve weeks?

4. Given your answers above, your priority for this block is: ☐ Strength ☐ Endurance ☐ Balanced

Sheet 7 — Week 8 Review (Chapter 10)

You're partway through Build, with one more Build week (Week 9) still ahead before Peak begins. Answer honestly before finishing Build.

Am I completing sessions substantially as written?

Is my recovery holding up, per Sheet 6?

Does anything about the rest of Build need to change before Peak — a session moved, a load adjusted, a modality swapped per Chapter 7?

Sheet 9 — Choosing Your Next Block (Chapter 11)

Using your Sheet 8 result and Chapter 4's same honest process:

If I ran a priority block, has the domain I maintained fallen further than I'm comfortable with?

If I ran a balanced block, did either domain move far enough backward that it should lead next time?

Is there a new or closer event that should drive my next track?

My next block's track: ☐ Strength-priority ☐ Endurance-priority ☐ Balanced ☐ Repeat this block's track

Turn back to Sheet 2 and start again.