

The Official Training Manual of the Centurion Method

Introduction

This manual has been designed to change your physical form. Make sure you have read the entirety of the previous section fully and understand its contents. The evolution and adaptation of the modern human mind is founded in philosophy first and physicality second. Far too much emphasis is laid upon numbering, documenting and scaling workouts with reps, sets, diets, calories, nutrients, distances and weights and far too little is rested upon the alteration of the mind for the benefit of the participant.

The Centurion Method has scant concern for how you look, if you want to get a beach hard body with solid six pack abs, a wide flared pair of pecs with good strong triangular lats sculpting down towards your picture perfect glutes and quads, you can piss off to Men's Health and use their infinite wisdom in creating Barbie dolls out of a demi-god that has existed since the Pleistocene era.

Yes you will look good; if you're a man you will gain muscle, you will lose weight, you will sculpt and tone your physique and you will start to *look* like the god-man that you are, and if you're a woman, you will lose weight from your ass and your thighs and your belly and you will get toned abs, tight arms and shapely legs. But our main point here is that we don't care about that. The aesthetic alteration is a *side effect* of the physical aspect in general. You will get faster, stronger, fitter and harder through this process and *that* is the point.

Let's take a brilliant example I came up with of the difference between the Centurion Method and what I call the Barbie Doll Method.

Two shops on the British high street, both are registered with the local council as selling clothing to the public, both sell shoes, coats, hats, jackets, shirts, trousers etc. and both are regularly busy with their specific clientele. One is a hiking/mountaineering shop like Blacks and the other is a fashion clothing shop like Topman. Let's say a guy walked into the hiking shop and started trying on different mountaineering jackets with different boots specifically

designed for a specialised type of climbing, he turns to the shop assistant and says,

"Hey do these boots look good with this jacket?"

The shop assistant has never been asked this question before in relation to the coats and shoes, he is normally asked about togs and thickness of boot heel and if the shoes come with a guarantee that covers walking 1,000 miles in 3 years. He pauses for a moment looking at the customer and says,

"Well, errrrm, yeah I suppose they look good together..."

Now, let's say a different guy walks into Topman and starts trying on jackets and shoes in the same way, he doesn't look at himself in the mirror, he just starts squeezing the bottom of the shoe and feeling the thickness of the jacket, he turns to the Topman employee and says,

"In your opinion, will this jacket keep me warm in minus 10 degree on the side of a Turkish mountain? I've got a climb in six weeks and I need some good hiking equipment?"

In this instance the shop assistant wouldn't have a single thing to say, in most cases he would probably just tell the customer to go down the road to the hiking shop and buy a coat from them, as he wouldn't trust himself to give the correct advice in this situation. And that would be the right thing for him to do, because anyone buying a coat from Topman to go hiking in would be mental.

My point is, these two shops are highly specialised, they might not look like it, but they are. The hiking shop has no real idea about fashion; it doesn't *really* concern itself with such things beyond basic understanding of how to market its product to the general populace. The same is true of the fashion shop, it doesn't care if its product only lasts one season, most fashionable folks will come in next year and buy a new winter coat by then anyway. The difference is in their purpose, what their clothes are for, and *that* is the point.

The Centurion Method will make you look good, absolutely it will, no doubt about that, but we're not in the *business* of making people look good, that's not what we're here for. In the same breath we can say without doubt, the gyms, magazines, supplement companies and fitness brands are not really all that concerned with making a successful and physically able human being out of you. All they're really concerned about is weight loss, toning, sculpting and shaping. Fitness First are the least ashamed of this fact. 50% of their clientele sign up for gym memberships to lose weight, to market anything other than weight loss to the majority of its clients is therefore commercial suicide. If they started marketing and altering their product for athletes and survival fanatics they'd be mad, it would result in mass exoduses from their gyms and a failure for their marketing teams. The same is true for the Centurion Method; we are here to make you fit, able and prepared for whatever life may throw at you, whatever the stimulus, whatever the outcome.

So, when engaging in this revolutionary program, we encourage you, read the main bulk of the other book first, *then* begin this system of training, you will honestly benefit from it a whole lot more if your perspective on training and the human body system has been altered. That book has been designed to assault the senses and get questions and ideas bouncing around that appear to be self-evident, but we are not looking for political, social, philosophical converts here, we just want you *thinking* and asking questions about yourself, your history and above all your future. Then we can continue here and *change your life*.

The workouts and systems in this manual are designed to be partially cherry picked from and partially used as a skeleton around which you would build your own workout program. Assuming you have contact with the other users of the Centurion Method and the designers, any and all questions should be directed at someone who has had previous success. All shall be explained in due course.

Designing Your Program

The first step in this highly specialised and personal process must be in designing your program of fitness to reflect your specific goals. In theory you could work your way through all of the workouts from beginning to end doing one after another, but your fitness would probably suffer due to the immense amount of pressure put upon it at different times, basically it would be pointless.

Fitness Testing

To accurately place yourself on the scale which the Centurion Method uses, you need to do a basic fitness test, which consists of a few basic timed exercises.

EXERCISE	DESCRIPTION	TIME/RESULT
1.5 Mile Cooper Test Timed	Run 1.5 miles as fast you can at maximum intensity and then record your time	
Pull Ups 1 Minute	Do as many pull ups as you can in one minute and record	
Press Ups 1 Minute	Do as many press ups as you can in one minute and record	
Plank Timed	Hold the plank position for as long as possible and record your time	

When you have completed the above you should get a result which places you in one of four categories.

Paides - Beginner

EXERCISE	DESCRIPTION
1.5 Mile Cooper Test	16 mins +
Pull Ups 1 Minute	Less than 5
Press Ups 1 Minute	Less than 10
Plank Timed	50 seconds or less

Paidiskoi - Intermediate

EXERCISE	DESCRIPTION
1.5 Mile Cooper Test	Under 14 mins
Pull Ups 1 Minute	Between 10 - 15
Press Ups 1 Minute	Between 15 - 20
Plank Timed	Between 1:15 - 1:45

Hebontes - Expert

EXERCISE	DESCRIPTION
1.5 Mile Cooper Test	Under 12 mins
Pull Ups 1 Minute	Between 16 - 20
Press Ups 1 Minute	Between 21 - 30
Plank Timed	Between 1:50 - 2:30

Praetorian - Elite

EXERCISE	DESCRIPTION
1.5 Mile Cooper Test	Under 10 mins
Pull Ups 1 Minute	More than 25
Press Ups 1 Minute	More than 40
Plank Timed	More than 4mins

If you fall below the required grade for any one exercise but have made the grade for the other exercises it does not matter, you still automatically fall into the grade below. For example if you ran the Cooper in 9:50, did 26 pull

ups, 41 press ups but got 3:35 on the plank test, you would still enter the program at Hebontes level. This is because the fitness level required to enter at Praetorian level could damage you if the body is not totally prepared and showing signs of peak physical performance.

If you enter at Paides level, do not be disheartened under any circumstance, this is probably the best way to go as you have the longest time to prepare your body for the potential shock of what the Centurion Method may throw at it. For those who enter at Praetorian level, you should probably be worried, as we will expect the absolute best from you at all times, or you will be dropped a grade. This goes for all levels. Fitness tests are sporadic and obligatory throughout the program, if you droop it's because you're overtraining and need to pull back a bit. But again, we will explain.

Workout Frequency

After working out where you are in the grading system of the mock Agoge which the Centurion Method uses, the next stage is to work out how often you will be training. Because the system uses the same workouts and doesn't discriminate on your current fitness level, for a Paides doing three workouts a week will utterly destroy them and leave them unable to move, with little hope of keeping upright, let alone excelling. Whilst if we left a Praetorian to only train three times, he would be itching for more and begin to tire or become bored with the method. We like to keep things simple so the following should suffice. Remember the old saying though, "*you break down your body in the gym, you build yourself in bed*". So don't fall into the trap of thinking rest days are for pussies, you *need* rest, or you will die. Fitness is highly stressful for the body and if you workout too much and don't rest you WILL become ill and you WILL be laid up in bed unable to move. We've been there.

So, the following tables are specific to the grade, if you feel you should be moved, just contact me and we'll discuss where you feel your fitness level is higher or lower than where you currently fall and we'll work it out.

Paides

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<i>Workout</i>	<i>Primal</i>	<i>Workout</i>	REST	<i>Workout</i>	REST

Paides operate on three workouts a week, with rest either side and a primal training day and two rest days back to back at the end. This effectively means the second workout is given the maximum amount of fuel and anticipation, effectively trebling its effectiveness. Remember that for Paides the emphasis is on *quality* not *quantity*. We do not want you to burn out and crumple when the real effort starts as you move up the grades. After about four weeks of this kind of program you will find your overall fitness and ability has improved enormously and you will probably advance up to Paidiskoi.

Paidiskoi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Workout</i>	REST	<i>Workout</i>	<i>Workout</i>	<i>Primal</i>	<i>Workout</i>	REST

Paidiskoi are the elemental baseline for the Centurion Method, again the emphasis is on the quality of the moves not the quantity, you might look at a workout and say "that's too much" or "too little" and the reasons will either be you're forcing reps out wrong or not trying hard enough. Either one of these excuses needs to be discussed, so make contact before you feel exhausted or disillusioned. The Paidiskoi hit a heavy workout, rest, then two workouts, with a primal in the centre, a further workout and then rest. Again, rest days should be an opportunity to eat a shit load of food and get a good night's sleep or a quiet boozing.

Hebontes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Workout</i>	<i>Workout</i>	REST	<i>Workout</i>	<i>Primal</i>	<i>Workout</i>	REST

The third level is where everything starts to get really fun, the Hebontes is the point where things start to come together and your workouts

can up to the next level. Intensity should be at maximum throughout the workouts and the movements should all be clean and correct, half reps only tolerated at the very end of a cycle or set. Hebontes are elite level, so when you do the workout you should be taking it one step further than normal. If you get to the end of the workout and you can move, speak and function properly, you need to do the *whole workout again*. This is required. If you are working out at Hebontes level and complain the workouts aren't hard enough, you're doing it wrong. Pick up the pace.

Praetorian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Workout</i>	<i>Workout</i>	REST	<i>Workout</i>	<i>Primal</i>	<i>Workout</i>	REST

Praetorians do the exact same workout split as the Hebontes but everything is taken to a much higher intensity. Praetorians do not workout to *get* to a level of fitness or physical establishment, they are working to *maintain* or *excel* their previous best. This is very, very hard for even the most highly trained and elite athletes, but that is what the Praetorians **MUST** see themselves as. The workouts contained in the following parts of the book will be useless if they're not pushed to their absolute limit. If you can comfortably finish a workout and are out of breath, the workout needs to be completed 2-3 times over; accept nothing but the best from yourself, push yourself that bit further each and every time.

Selecting the Workouts

The workouts in the next section of the book are divided up into three major groups, with some overlap, but they generally work along simple lines. There are roughly 33 of them, with a slight bias towards Strength and Power, because that is the bread and butter of a warrior's lifestyle. And that's what you are.

The way this has been worked out is along classical roleplaying/board-game lines, we want to get it into your head that this is an adventure, hell if you want to give yourself a bloody fake name when you do Centurion Method, go

for it! We encourage any madness, any sincere geekdom, any weirdness; the Centurion Method is based upon it, built on it, go nuts. Dress up like an orc when you work out, fuck everyone else.

Anyway, the workouts are divided in the following manner –

- **Finn's Wolves (explosive/circuit workouts)** – Based upon the Irish Celtic mythical hero Finn McCool and his warrior band the Fianna. The recruits to the Fianna had to prove themselves with insane feats of physical ability involving running, jumping, climbing and fighting.
- **Conan's Kozaks (strength/power workouts)** – Based upon the best character *ever*, Conan the Cimmerian created by Robert E Howard. His Kozaks were the wild hillmen who fought with him in the mountains against sorcerers and Nemedian knights.
- **Romulus' Legions (endurance workouts)** – Based upon the Legions of Rome, specifically those legions engaged in combat in northern Europe, who had to endure cold, long distances, general pain and misery and then die in battle.

When it comes to the Primal workouts, when you see them in your weekly split (which of course can be altered to your commitments or lifestyle), you should just do them in consecutive order, and when you get to the end, come back and repeat the cycle. Each one should be pushing your agility and flexibility along specific lines so cycle them accordingly.

Right, so when you come to select that night's workout (or the week prior if you want to work that way) take one of the dice provided in the boxed set and roll it once. This gives you the 'type' which is the section, *Finn*, *Conan* or *Romulus*. Then roll the other dice and this will give you the workout numbers you need to go to, to find the workout you need. For example if you rolled a 3 you'd have *Conan*, then you roll a 5 which gives you workouts 57-61, then you go to that section of the book and select the first workout you see. If you've done the workout before, choose the next one, until you've done them all and then you start again. Chance, fate, the gods, however you want to see it, your workouts are being *given to you*.

TYPE	1-2 (Finn's Wolves)	3-4 (Conan's Kozaks)	5-6 (Romulus' Legions)
1	Workout no. 1-5	Workout no. 34-41	Workout no. 64-71
2	Workout no. 6-11	Workout no. 42-46	Workout no. 72-78
3	Workout no. 12-16	Workout no. 47-51	Workout no. 79-84
4	Workout no. 17-22	Workout no. 52-56	Workout no. 85-89
5	Workout no. 23-28	Workout no. 57-61	Workout no. 90-99
6	Workout no. 29-33	Workout no. 62-63	100 th Workout

One quick tip before you start, it's probably best if you write down your workout routine for the week and then dice roll and select each workout and make a note of what you're doing. If you like the fear of not knowing what workout you're doing then fine, but you might get a week of Conan or a week of Romulus and it could need tweaking. Be sensible, have a play each week and see what you come up with.

Also, there's room for notes under each workout, scribble all over the place, make this book *yours*. Right, go for it.