



## Constantly Varied Progressions: October,

October marks the start of our new and last Training Phase that will take us to the end of the year. This “Capacity Building” Training Phase is also our last phase leading into the “CrossFit Games Open Phase”. October’s training theme is “Pace & Consistency”, and will have a large emphasis on working within a specific time frame. Every week we will add more to loading Intensity and Volume while decreasing the time to complete the prescribed time to work.

### Capacity Training Phase

#### OCTOBER

PACE & CONSISTENCY

**Primary:** Front Squat

**Secondary:** Superset  
Deadlift & Bench Press

**Skill:** Monostructural Pacing

#### NOVEMBER:

STRENGTH ACCELERATION

**Primary:** Front Squat + Push  
press

**Secondary:** Deadlift +  
Accessory

**Skill:** Couplet to Quad  
EMOMs

#### DECEMBER:

INTENSITY > VOLUME

**Primary:** Deadlift

**Secondary:** Shoulder to  
Overhead

**Skill:** Repeat Couplet -  
Quads as a Task.

# Pacing & Consistency Break Down

## **Primary Strength:** Front Squat in a E3MOM to E2MOM

- ▶ *During this month, we are going to focus our squats in a controlled time frame. Working with higher volume in the early half of the month and as the month progresses, the volume will drop and we will work in heavier percentages with less time between sets.*
- ▶ *The focus should be prioritize quality and control through the full range of motion, otherwise adjust to a Front Box Squat working just above parallel prioritizing ROM before increasing heavy intensities.*

## **Secondary Strength:** Deadlift + Bench Press (DB or/and Floor Press) in an E2-3MOM

- ▶ *The Deadlift is going to play a very big roll in this training phase for the next 3 months. This month we are going to implement the Deadlift in a superset every other E2MOM to E3MOM. Just like the Primary strength, we are going to shift the intensity to complete more work with less time.*
- ▶ *We are also using the Bench press as an accessory component to repeat some isolated horizontal pushing since we have not seen it since the "Foundation Training Phase". The intension to the press can vary depending on equipment; using Dumbbells if low on barbells and/or substituting a floor press if a bench is not available.*
- ▶ *Focus on moving for quality with both DL and BP. The goal is to work at a moderate to challenging effort vs working to failure.*

## **Skill:** Monostructural (Row) E2-4 minutes

- ▶ *In this new training phase we are looking at pacing as the skill. This month we are going to use the erg to establish pacing with control. Just like learning toes to bar or a barbell skill it takes practice at a low intensity to adapt to a rhythm of coordinating breath and drive.*
- ▶ *The goal of each workout will be to score the fastest round, which needs to be the last round. To complete these sessions as prescribed, athlete must complete each round faster than the last, even if it's by a couple seconds.*