



Constantly Varied Progressions: December,

Though December, our goal is prioritizing the Intensity over Volume. Throughout the last two months of this training phase, we have been building consistency with our pacing in our EMOMs while working with Descending Splits and increasing our capacity with the Deadlift. This last month of the current training Phase (Capacity Training), and the last of the year. Starting in January, we begin the final Training Phase of our Macro Calendar as we head into the CrossFit Season. For athletes planning to move into the Post-Season, check out the RX+ Program for additional Skills and Lifts to prepare for the Quarter & Semi-Final Events.

Capacity Training Phase

OCTOBER PACE & CONSISTENCY	NOVEMBER: STRENGTH ACCELERATION	DECEMBER: INTENSITY > VOLUME
<p>Primary: Front Squat Secondary: Superset Deadlift & Bench Press Skill: Monostructural Pacing</p>	<p>Primary: Front Squat + Push press Secondary: Deadlift + Accessory Skill: Couplet to Quad EMOMs</p>	<p>Primary: Deadlift Secondary: Shoulder to Overhead Skill: Rope Climbs + EMOMs</p>

Intensity > Volume Break Down

Primary Strength: Deadlift

- ▶ After working on the deadlift for the last 2 months, we want to build a 1RM. Starting December's 5x5, we will work with a higher percentage than last month, with all the sessions except for the 4th week with 6x2. This particular week is about building the intensity throughout 6 sets vs. the weeks leading up to it, working with a more compact Training Volume/Intensity.
- ▶ Focus on getting to your working sets with light to minimal reps while building to the working percentages for the day. Skipping the Metcon and keep the focus on the deadlift during these days may be ideal for those looking to get the most out of these sessions.
- ▶ Prioritize the Mechanics of the deadlift with a safe flat back if linking the reps. By stopping to rest between sets is fine, and be sure to prioritize the setup.

Secondary Strength: Shoulder to Overhead

- ▶ During the secondary strength, we start with some baseline numbers on the three overhead press variations. The goal is to establish a 1RM Strict Press by the end of the month while at the same time increasing capacity on the push press and the ability to move a heavy barbell for reps with the jerk.
- ▶ Focus on maintaining consistency with the ROM and execution of each movement. While we work with the Shoulder-to-Overhead complexes, control must remain the number one priority. So, adjust the loading up or down as needed.

Skill: Rope Climbs + Benchmark WODs

- ▶ As we finish the Capacity Training phase, we will test last month's couplet, Triplets, & Quad EMOMs in Time or Task-oriented workouts.
- ▶ The goal is to use the data we collected with our fastest rounds after the descending splits to reference how we want to complete these workouts.
- ▶ The Rope Climbs will fill in as a light skill for December and allow us to go hard on these Benchmark workouts.
- ▶ Each rope climb session will challenge the competency of the skill with the various progression, then follow up with an EMOM alternating between a RC Progression & a core movement pattern.
- ▶ Each rope climb session will end with an AMRAP focused on building on strict Gymnastics.