



## Constantly Varied Progressions: November,

Heading into November, we are starting the second Micro Cycle of the Capacity training phase (mesocycle), in which the theme is "Strength Acceleration." The acceleration aspects will mostly apply to both Primary and Secondary strengths, but the skill will have a slightly different perspective on acceleration. The primary strength picks up from last month's front squats. Our goal is to work on accelerating from the squat into an overhead with a thruster progression. For the secondary strength, we will drop the superset from October and focus on the Deadlift. Then, the skill will work on acceleration not just for a heavy perspective but over a longer time frame and a higher volume of work. We will continue with every 2-6 minutes on the minute EMOMs focused on pacing to a fast pace like last month. However, the EMOMs will adjust from mono-structural focus into other movement patterns, including barbell cycling, gymnastics, and other mono-structural skills.

### 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 Oriented

# Accelerating Strength Break Down

## Primary Strength: Thruster Progression

- *We will start the month during the thruster progression by breaking down the Thruster into two movements, the front squat, and a push press. Throughout the month, we will progress through the two patterns and increase the complexity by adding in the Thruster while taking away the reps of the front squats and push press and transition into just a thruster.*
- *The goal with breaking down the Thruster is to improve the efficacy of the positioning and timing to allow for an improved ability to transfer force from the squat to overhead in one fluid pattern.*

## Secondary Strength: Deadlift

- *This month's deadlift session is three weeks working up to a heavy 2RM by week 3. Using week 4 as a D-Load week, working some isolation and accessory work to allow the CNS a break before starting the Deadlift primary strength in December.*
- *The goal with this month should be to keep the working sets in a touch-and-go format to maximize the time under tension. Technique and positioning are critical during these sessions, so prioritize the quality of the pulls.*

## Skill: Couplet, Triplet & Quad E2M-E6M

- *This month's skill will continue from last month's pacing focus on the Rower with the negative splits. We will follow the same format on the negative splits while using a variety of movement patterns.*
- *These couplets and triplets will range from 2-6 minutes a round for 3-10 rounds. The goal is to complete the early rounds with a slow to moderate pace utilizing as much of the allotted time in each round. Then, increasing the intensity by moving faster and taking time off each round, scoring the last round as the fastest.*
- *These workouts will show up in the following month (December) as new Benchmark workouts that we will continue to use throughout the 2022 off-season*