



Constantly Varied Progressions: February

With the CrossFit Games Open Season starting in just a few weeks, we will continue with our Open Prep with more constantly varied lifts and Open EMOMs. This month we will see a shift in the volume as we get closer to the end of the month. The EMOMs will be "short" but high intense monostructural Metcons on the bike or the rower after the Primary and Secondary strength days. The goal is to push for hard intensity without piling on the volume of reps which would beat our bodies down and increase the risk of an injury. We want to head into the open with a fresh, healthy body and truly test our fitness amongst the rest of the CrossFit Community. For the athletes planning to move on in the season to the quarterfinals, our RX Plus track on SugarWOD has additional volume for the athletes to increase their training and intensity.

Open Training Phase

JANUARY:
OPEN PREP

Primary: Constantly Varied
Heavy lifts
Secondary: Barbell Cycling
Skill: Open Prep EMOMs

FEBRUARY:
OPEN PREP /
SEASON OPENER

Primary: Constantly Varied
Heavy lifts
Secondary: Dumbbell
Cycling & Complex
Skill: Open Prep EMOMs

MARCH:
CROSSFIT GAMES SEASON

Primary: Variation of power
movements
Secondary: Aerobic
Conditioning
Skill: Open Events

CrossFit Open Prep / Season Opener

Primary Strength: Constantly Varied Heavy Lifts

- ▶ *Continuing from our last month, we are not working with a linear progression on any specific lifts as we prepare for the Constantly Varied aspects of the Open.*
- ▶ *Instead of testing 1 lift at the end of the month, we will test a lift every week with primarily short Monostructural workouts, which require minimal technique but can take an athlete to a dark place.*
- ▶ *Each session begins with a light load and should progress up to a max set for that day.*

Secondary Strength: Dumbbell Cycling & Complexes

- ▶ *The goal of moving from the Barbell to the Dumbbells are to get some additional exposure to a more unstable environment.*
- ▶ *The Barbell is a closed torque environment with both hands on the same object, which is more stable and allows to go heavier and faster. The dumbbells are an open torque environment, as each hand holds its weight. This will make the movements more challenging at lighter loads due to more stability required.*

Skill: Open Prep EMOMs

- ▶ *In the next 4 weeks, we will continue working with the same time frame to increase the comfort of movements that will likely show up in the Open..*
- ▶ *These sessions are designed for athletes to establish a personal baseline of reps to practice. So, avoid going to failure or moving with poor mechanics.*