



Constantly Varied Progressions: January,

With a new year comes a new CrossFit Games Season. We are kicking off the year with our Open Prep Phase. Throughout the last 9 months and 3 training phases (Meso Cycles), we built specific progressions working from the Foundations, Technique, and ending Capacity Phase in December. These next 8 weeks are an accumulation of all the progressions we have worked with coming together. We will work with various heavy lifts focused on moving heavy loads with reps focused on working intensity. As we are still in an open “prep” phase, we will still work in Barbell Cycling as the Secondary Focus. As for the skill, this will be the best Open prep EMOM yet. We will focus on 3 movement patterns every week and build up the volume to maintain consistency with large sets of Gymnastics and other Open movement patterns we have seen over the years.

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
Skill: Open Prep EMOMs

MARCH: CROSSFIT GAMES SEASON

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

CrossFit Open Prep

Primary Strength: Constantly Varied Heavy Lifts

- ▶ *Throughout the next 4 weeks, we will work with a max effort set with varying rep range depending on the movements.*
- ▶ *Unlike our typical strength progressions where we gradually build up the intensity through the month, this will be building the intensity of each session.*
- ▶ *The goal is to start each session working around 60-70% 1RM range and increase the load while maintaining consistency in mechanics.*

Secondary Strength: Barbell Cycling

- ▶ *For the first 2 weeks we will begin cycling from the hang of both the Snatch & Clean & Jerk, where in the back half of the month, we will progress to the ground with touch and go reps from both a Snatch and Clean to Overhead.*
- ▶ *Each session will have a time to complete the work and adjust the loading. Just be sure to maintain consistency of the barbell fluidity from rep to rep.*
- ▶ *The later weeks will likely have to be broken up reps, but as long as the bar is moving smoothly for multiple reps, moderately increasing the load is ok.*

Skill: Open Prep EMOMs

- ▶ *Through the next 7 weeks, heading into the Open, we will start each session with a more specific time frame to establish some baseline reps and adjust to a more consistent rep count within the last two rounds of the EMOM.*
- ▶ *The goal of each session should be to establish a personal progression if scaling is needed while at the same time working with an efficient movement pattern that allows the athlete to build up volume under a low level of intensity.*