



Constantly Varied Progressions: March

March is the last month in our current macro calendar as the CrossFit Open season is upon us. The goal for this month is to keep our health and strength up while heading into the Open Workout closer to the weekend. This month, there will be more consistency as to when the lifting days fall on from week to week. Having the heavy days early in the week and a light aerobic workout closer to the weekend should keep the body fresh for the test in the Open workout. Keep your eyes out for more adjusted programming after the announcement of Open workout. The weekend is subject to change based on the movement patterns in the event for the week.

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: Back Squat
Skill: Monostructural

CrossFit Games Season

Primary Strength: Power Snatch & Power Clean

- ▶ *Through this focus, we are working the pull on both the snatch & clean alternating weeks.*
- ▶ *First two weeks will work primarily from the hang, where in weeks 3&4, we will return the bar to the ground to complete the last rep of the complex.*
- ▶ *Testing at the end of the month, we will complete an 8 minuted EMOM for each lift with a 2 minute rest between the snatch & clean.*

Secondary Strength: Back Squat

- ▶ *Getting back into a regular squat program, we want continue our focus on quality vs intensity.*
- ▶ *Start working with a tempo to improve positioning under lighter loads, then increase the loading and skip the tempo in the later weeks.*

Skill: Monostructural

- ▶ *As the Open is unknown, these workouts are varied to stay fun, but designed to be a little buffer from our lifting sessions before the Open Workout. By minimizing the eccentric loading, the goal is to allow the muscle tissue to recover so we have a fresh body for when we test the open workout.*
- ▶ *If attempting the Open workout on Friday, we suggest resting this day or moving the week over where the squats start on Monday to allow Thursday a rest day.*