



Constantly Varied Progressions: April,

With the dust settling from the CrossFit Open and Individual Quarter Finals, it's time to start the Macro Calendar. The month of April starts with the Foundation Training phase, which starts with the theme "Base & Balance." This month is where we will put our focus on some of the fundamental movement patterns like Hinging, Squatting, and Pressing while implementing some integrated Core Balance exercises. This month should focus on moving well and dialing back on the intensity to build up good patterns, not drilling bad ones.

Technical Strength Training Phase

April:

Base & Balance

Primary: Deadlift

Secondary: Back Squat +
Dumbbell Floor / Bench
Press

Skill: Balance

May:

Strength & Foundation

Primary: Back Squat

Secondary: Hang Power
Clean

Skill: Ring Dips & Core

June:

Speed & Skill

Primary: Front Squat

Secondary: Push Press
Skill: Pull-ups

Base & Balance Progressions

Primary Strength: Deadlift

- ▶ *This particular Deadlift cycle includes a good amount of volume with the intention on building up consistent moving patterns.*
- ▶ *There will be a range of reps with the goal of increasing the weight through the session while implementing drop sets and pyramid rep schemes.*

Secondary Strength: Back Squat + Dumbbell Floor or Bench Press

- ▶ *During the back squat sessions, we are going to superset with either a Dumbbell Floor or Bench Press depending on the equipment available.*
- ▶ *In the early weeks, we are working with some volume at a moderate intensity with the intention to increase control through the ROM with quality positioning. As the weeks move on, the volume comes down and the intensity goes up.*
- ▶ *This is also a building block for May, where the back squat will be our Primary strength.*

Skill: Balance & Stability

- ▶ *Balance is the most basic skill that any human needs to have. The level of balance will depend on the athlete. Every athlete has the possibility to progress this skill no matter what the level.*
- ▶ *Focus on maintaining quality positions and to not over reach your capacity. Be sure to keep a large emphasis on your breathing pattern while working on these drills.*