



Constantly Varied Progressions: October

October marks the start of our new and last training phase that will take us to the end of the year with the theme. Starting the training phase with October's Progressions, we will focus on developing volume in a different stimulus with the theme of "Time Under Tension." This month's primary strength will work with a superset of bench press and RDLs in an EMOM format. The secondary strength, front squat, works with a tempo into the squat followed by an increasing pause at the bottom. For the skill, we will spend some time working with a mono structural piece followed by a barbell complex. These progressions will increase our work capacity so we can move faster and better in the coming months to get ready for the volume and the open training phase.

Foundational Strength Volume

October:

TIME UNDER TENSION

Primary: Bench Press + RDLs

Secondary: Tempo Front Pause Squat

Skill: Mono Structural + Barbell Cycling

November:

PACE & CONSISTANCY

Primary: Front Squat EMOM

Secondary: Deadlift Speed pulls + Accessory

Skill: Hanging & Inverted Gymnastic EMOMs

December:

INTENSITY > VOLUME

Primary: Deadlift

Secondary: Overhead Squat

Skill: Rope Climbs

Time Under Tension

Primary Strength: Bench Press + RDLs EMOMs

- ▶ *The goal of this superset is to build up our foundation of both the pressing and hinging archetypes. As we progress through the month we will condense the volume with less time between movements by using an EMOM format.*
- ▶ *The bench press will play a big part as we move into the next months Gymnastic EMOMs*
- ▶ *Working in the RDL for this month allows us to refine the strength in our posterior chain as we head into a couple big months of the deadlift.*

Secondary Strength: Tempo Front Pause Squat

- ▶ *The tempo front pause squat is a building block for the following month's Primary strength.*
- ▶ *Working in a time-controlled environment, we will build strength with volume not in the form of reps but by moving slowly through the full Lift.*
- ▶ *As we progress through the month, we will progressively decrease the tempo but increase the pause to strengthen the posture at the bottom of the squat.*

Skill: Mono Structure + Barbell Complex

- ▶ *This month's skill is 2 parts starting with a run or a row to establish a fast average pace in a moderate time domain.*
- ▶ *Then, we will move into a Barbell Complex to practice lifting under stress as we are just coming off the cardio.*