



## Constantly Varied Progressions: November

November is the second month of our current Training Phase of Functional Strength Volume. Last month we spent a lot of time under tension working from the Tempo Squats, RDLs, and even just sitting on the Rower for multiple timed repeats. This month's theme is "Pace and Consistency," with the primary goal of working with consistency on our lifts and developing an understanding of how to pace. The skill will primarily focus on pacing after our handstand and skill accessory. We will work with an EMOM ranging in patterns and time frames directly into a timed round or multiple rounds. Be sure to pay close attention to the reps from the EMOM in the timed round(s). The goal is to establish baseline times on each movement pattern before going to a complex and possible dark place for the timed portion. The best way to think of this is the EMOM is a rolling start before the race starts.

### Functional Strength Volume

**October:**  
TIME UNDER TENSION

**Primary:** Bench Press + RDLs  
**Secondary:** Tempo Front Pause Squat  
**Skill:** Mono Structural + Barbell Cycling

**November:**  
PACE & CONSISTENCY

**Primary:** Front Squat  
**Secondary:** Deadlift Speed pulls + Accessory  
**Skill:** Hanging & Inverted Gymnastic EMOMs

**December:**  
INTENSITY > VOLUME

**Primary:** Deadlift  
**Secondary:** Overhead Squat  
**Skill:** Rope Climbs

# PACE & CONSISTENCY

## **Primary Strength:** *Front Squat*

- ▶ *Last month's under tension focused on improving the squat position with a Tempo Pause Squat, now we get to work just the Front Squat.*
- ▶ *This month will be more linear, with the progressions working from larger volume (reps) with lower intensity (loading %) early in the month. As the month progresses, we will gradually shift to lower volume with higher intensity.*
- ▶ *Prioritize the quality of the reps before the more significant and heavier lifts.*

## **Secondary Strength:** *Deadlift*

- ▶ *After last month's superset with Bench Press & RDLs, this month's secondary strength, we will continue working on the hinge by working the full Deadlift.*
- ▶ *Our goal is to work on keeping large sets in touch and go working between the suggested percentages.*
- ▶ *There is a built-in D-Load week on week 4 to give our CNS a break before beginning the 5 weeks of Deadlifts leading to a 1RM in December.*

## **Skill:** *Handstands + EMOM into For time*

- ▶ *This month's skill is composed of 2/3 different components. Starting with Handstands followed by a Core/Accessory.*
- ▶ *Then, instead of just doing an EMOM on Handstands, we will work with an EMOM varying in movements that will lead right into a "for timed" scored component.*
- ▶ *Throughout this month, our goal is to get more comfortable being inverted, progressing from down-dog holds to a freestanding handstand hold. Then, the EMOM is to practice the skill of pacing to establish rhythm before kicking up the intensity for a scored time.*