



Constantly Varied Progressions: January

With the 2022 Calendar year over, it's time to shift into the Open Season Phase. Over the last 9 months, we have been working on building our work capacity across all modalities, and now, it's time to put it to work in a more constantly varied format. We will be in an Open Prep focus in the first month of the training phase. This month, our lifts have no linear progressions to allow more GPP style. We are also working on the efficiency of Barbell cycling and a range of Gymnastic skills we will likely see in the upcoming Open. Every week, we will complete one of the many Open Workouts we have seen over the last 10+ years. We designed this month to replicate how our Open season will look so we are not just physically prepared but also mentally prepared to do a hard workout every Friday.

Open Season

January
Open Prep

Primary: Skilled Barbell Lifts
Secondary: Barbell Cycling
Skill: Gymnastic Skills +
EMOMs

February
Open Season

Primary: Various Squats
Secondary: Barbell Cycling
Skill: Grease the Groove
EMOMs

March:
GPP / Quarter Finals

Primary: TBA
Secondary: TBA
Skill: TBA

Open Prep

Primary Strength: Skilled Lifts

- ▶ *Unlike the last 9 months, we will not work in a Linear progression with 1 single lift. We will mix in a range of lifts with various timing formats.*
- ▶ *The goal is to review most of our more complex lifts as we get closer to the Open season just in case we have to establish a max at some point in the 3 weeks of the Open.*

Secondary Strength: Barbell Cycling

- ▶ *During our barbell cycling, we will refine our barbell pattern to build weight while maintaining a smooth and fluid bar path.*
- ▶ *The movement patterns will alternate weeks with the Primary lifts so we can keep the variance and still work in some form of consistency.*

Skill: Gymnastic Skills

- ▶ *We will work with the Traditional T2B, BMU, Wall walks, Double-under, & Pistol squats in a dedicated practice time for our skills focus.*
- ▶ *After drilling the skills and establishing a progression to scale, we will implement the skill in a Progressive EMOM.*
- ▶ *The EMOMs will start with a timed interval to grease the groove with other patterns. Then, progress to a range of reps that will transition directly into a scored portion.*
- ▶ *This format's ultimate goal is to build up some volume while working up with the intensity vs. getting shot out of a cannon and finding failure too soon.*