



Constantly Varied Progressions: March

As we head into March, we will let the dust settle and let those moving onto the Quarterfinals have their time. Those that are not moving on, will head back into more of a linear plan than we have seen since our Open Prep began in January. This month, we will focus on the Deadlift and the Squat while emphasizing the quality of the pattern. For the skill, we will touch on both Neurological and Physiological adaptations working to improve the Rope Climbs. March is also our last month before we begin our new Macro Calendar with the Foundation Training Phase.

Open Season

January
Open Prep

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

February
Open Season

Primary: Various Squats
Secondary: Push Press / Mono-structural
Skill: Turkish Get-up Variations (Restorative focus)

March:
GPP / Quarter Finals

Primary: Deadlift
Secondary: Overhead Squat
Skill: Rope Climbs + Accessory

GPP / Quarter Finals

Primary Strength: Deadlift

- ▶ *This month we are returning to some consistency from the Primary strength while working with 3 sets of descending reps with a D-load for the last 3 sets.*
- ▶ *The goal is to get back to picking up a heavy to moderate weight weekly with a consistent progressive overload from week to week.*

Secondary Strength: Overhead Squats

- ▶ *During the Overhead Squat Focus, we want to prioritize virtuosity in the squat with ROM and Complete control through the full pattern.*
- ▶ *Each OHS session will be in a Pyramid Rep scheme with 5 working sets. The goal is to stay at a light to moderate weight while increasing the reps, and on the back end of the Pyramid, increase the load as the reps come back down.*

Skill: Rope Climb + Accessory Strength

- ▶ *As we head into the Quarterfinal season, we typically see Rope Climbs as a movement pattern in this next level of competition regardless of the Division.*
- ▶ *We will work on the skill aspect with a foot lock each week and progress to a more challenging variation.*
- ▶ *After the Skill Focus, we will spend 8-10 minutes working on some Accessory strength patterns, including some Functional Isolation movement Patterns to help strengthen the systems needed for the Rope climbs.*