



## Constantly Varied Progressions: April

Now that the dust has settled from the Open & Quarter Finals seasons, we are starting the Training cycle at the beginning of the new training calendar, or Macro Calendar. Starting the next training phase, "Foundation", we will kick off with a theme of "Base & Balance", which is focused on building some of the core lifts while integrating some Core & Stability movements. This next month, the goal is to focus on moving well and correcting any imbalances in the Hips, Shoulders, and Ankles. The following 3 months will focus on preparing the athlete's foundation to move to the more complex and technical gymnastics & weight-lifting movements.

### TRAINING PHASE: "Foundation"

#### April:

Base & Balance

**Primary:** High/Low Bar Back Squat + DB Floor Press

**Secondary:** Lift + Loaded Carry

**Skill:** Balance & Stability

#### May:

Strength & Foundation

**Primary:** High Bar Back Squat

**Secondary:** Press + Bent Over Rows

**Skill:** Push-up & Pull-ups ("Murph" Prep)

#### June:

Speed & Skill

**Primary:** Snatch

**Secondary:** Push Press Superset w/Strict Gymnastic

**Skill:** Kipping T2B & Pull-ups

## Base & Balance

### **Primary Strength:** High Bar or Low Bar Back Squats + DB Floor Press

- ▶ *During the Base & Balance, we are working to correct any imbalances in the Back Squat by working with either a High Bar or a Low Bar Back Squat.*
- ▶ *For the Athlete looking to improve their posture on the Squat as a whole, work with the High Bar Position as it will keep a more upright torso.*
- ▶ *The Athlete that is more Quad or Anterior dominant and has difficulty breaking below parallel in the Squat should consider the Low Bar Squat as it will shorten the lever of the torso, bringing the weight back closer to the hips, and emphasize more out of the Posterior Chain.*

### **Secondary Strength:** Lift + Loaded Carries

- ▶ *Loaded Carries is one of the most underused strength movements. This month we are using this modality to assist in building up our base by controlling our body position walking under load.*
- ▶ *Each session will have a different type of carry that will start with some form of Hinge or Press for additional volume working with light to moderate weights.*
- ▶ *During the carries, we need to focus on our posture, core engagement, and breathing through the entire set to go up in weight or move slower to increase the time under tension.*

### **Skill:** Balance & Stability

- ▶ *Balance and stability are critical parts of any fitness program. This month, our skills will challenge our core through extremity movements in various positions.*
- ▶ *Athletes must focus on staying within a position or ROM under complete control when working with a single leg, inverted, or hanging position.*
- ▶ *Breathing will be a significant limiting factor if the athlete can control the position or shape for any particular session. So, scale back any drill where the athlete can control the breathing rhythm and own each position.*