



## Constantly Varied Progressions: May

After last month's Base & Balance theme, this month, we are shifting to some of the basic body weight movements in preparation for "Murph" at the end of the month. During this portion of the training phase, we want to continue prioritizing quality control in the Primary and Secondary strength focuses by working with sustainable weights to reinforce the foundational movement patterns. During the skill focus sessions, we will work with some variety of the jump rope and kipping practice before doing some EMOM variations of push-ups, pull-ups, air squats, and running.

### 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:** Front Squat

**Secondary:** Power Clean (With clean Pulls)

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

# Strength & Foundation

## **Primary Strength:** High Bar Back Squat

- ▶ *After last month's Back Squat Superset, this month, we want to focus on a more vertical torso in preparation for the next month's Front Squat.*
- ▶ *The volume will start with 5x5s and progress in reps and sets with accessory work later in the month.*
- ▶ *During this cycle, we will follow a more linear progression using a range of percentages for each working set to find a 1RM at the end of the month.*

## **Secondary Strength:** Strict Press/Push Press + Bent Over Row Complex

- ▶ *This month we will shift the focus from the DB Floor Press and work in a more vertical ROM.*
- ▶ *Through each session, we will progress from a Strict Press and work into a Push Press to improve our overhead position.*
- ▶ *Ending the complex with the Bent Over Row will allow us to focus on another ROM (Horizontal) pulling different from the Pull-ups in the skill.*

## **Skill:** Push-up / Pull-up / Air Squat (“Murph” Prep)

- ▶ *For the skill in May, we will work on building up some volume and prioritizing quality in each movement of the push-up, pull-up, and air squat in order to prepare for “Murph”.*
- ▶ *At the beginning of the month, we will see some additional skills, like jump rope and kipping pull-up practice.*
- ▶ *Each session will be some form of an EMOM with a classic CrossFit Girl Benchmark workout a week before “Murph”.*