



Constantly Varied Progressions: November

November is the second month of our training phase “Functional Strength Volume”. This month, our theme is to build additional volume by spending more time under tension on both the Pause Squats and touch-and-go reps on the Deadlift. We will continue building our work capacity with gradual intensity. By increasing “heavier” reps and monostructural training, we should emphasize Quality over Intensity. The more consistent we move, the more we can push to work at a moderate to challenging level of intensity.

TRAINING PHASE: “Functional Strength Volume”

October:

Consistency is Key

Primary: Front Squat

Secondary: Bench Press +
Kettlebell Sumo Deadlift

Skill: Barbell Cycling

November:

Time Under Tension

Primary: Front Pause Squats
+ Front Squats

Secondary: Deadlift

Skill: Monostructural
Conditioning

December:

Intensity > Volume

Primary: Deadlift

Secondary: Overhead
Squats

Skill: Various Gymnastic
skills

Time Under Tension

Primary Strength: Front Pause Squat + Front Squat

- ▶ *After last month's Front Squat Cycle and focusing on a consistent depth; this month, we will continue with the Front Squats but prime each session with some Pause Squats.*
- ▶ *The goal for the Pause Squats is to open up the ankles and hips with lighter weight as more of a warm-up for the working sets.*
- ▶ *During the Pause Squats, we must practice breathing and bracing, which will carry over to the heavier working sets.*

Secondary Strength: Deadlift

- ▶ *This month, we will move back to a conventional Deadlift for reps.*
- ▶ *We will focus on getting in some volume, targeting touch-and-go reps, to increase our time under tension.*
- ▶ *The session will end with a heavy set of 2, followed by a D-load week where we will work with some isolation exercises before returning to December's Deadlifts.*

Skill: Monostructural Conditioning

- *Monostructural training is essential but can be tedious to practice. This month, we will work with Running & Rowing while maintaining sustainable paces.*
- *This month's goal is to better understand our energy systems by targeting more of the Aerobic Pathways in the earlier part of the workout.*