



## Constantly Varied Progressions: October

During our last training phase, we worked primarily on lifts to build our strength skills. October is the first month we begin to increase our overall volume in our Strength movements. Our next training phase, "Functional Strength Volume", will focus on the ability to move heavier weights more efficiently. We will have a long progression to build our deadlift; we begin with the sumo deadlift and transition to the conventional deadlift for the last 2 months. This is the last training phase before heading into the new year and beginning our Open Prep.

### 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:** Pause Front Squats  
+ Front Squats

**Secondary:** Deadlift

**Skill:** Handstand Push-ups +  
Monostructural work

#### December:

Intensity > Volume

**Primary:** Deadlift

**Secondary:** Overhead  
Squats

**Skill:** Various Gymnastic  
skills

# Consistency is Key

## **Primary Strength:** Front Squat

- ▶ *This month's Front Squat focus will start with moderate percentages on volume and progress to a 3RM at the end of the month.*
- ▶ *The goal is to get the reps in and practice the sequencing of the squat in preparation for next month's Pause Squats.*
- ▶ *If getting below parallel while maintaining proper positioning is too challenging, stick with the lighter percentages and increase the squat's depth and quality.*

## **Secondary Strength:** Bench Press + KB Sumo Deadlift

- ▶ *During our secondary strength focus, we are super-setting an upper-body push and a lower-body pull for reps in an EMOM format.*
- ▶ *The goal is to primarily work on the Bench Press while touching on the hip hinging pattern as more of an accessory for the adductors and a pattern to the Squats.*
- ▶ *At the end of the month, we will test a 5RM Bench Press on its own while continuing the deadlift with the conventional style for the last two months of the year.*

## **Skill:** Barbell Cycling

- ▶ *Barbell Cycling is a critical part of our sport and training programs. For this month, we will focus on the Clean & Jerk in preparation for Grace at the end of the month.*
- ▶ *The goal is to build a strong foundation with the coordination and balance required to smoothly cycle a barbell for reps at a moderate weight.*
- ▶ *Focus on moving consistently while practicing a steady breathing pattern that works with your cycle rate.*