



Constantly Varied Progressions: December

December is the final month of our current training phase, "Functional Strength Volume". This month, we want to focus on pushing the intensity with some HEAVY Deadlifts and the higher skills with Handstand Push-ups. This is the last month we will work with consistent monthly progressions on building a progressive overload. In January, we will work on more GPP with progressive overloading of certain lifts and patterns to prepare for the "Open Prep" training phase.

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 Squat
+ Front Squat

Secondary: Deadlift

Skill: Monostructural
Conditioning

December:

Intensity > Volume

Primary: Deadlift

Secondary: Overhead
Squats

Skill: Handstand Push-ups

Intensity > Volume

Primary Strength: Deadlift

- ▶ *This month, we will drop from larger sets and work with higher percentages, building to a 1RM for the end of the year.*
- ▶ *During these Lift Days, we will focus on getting to your working sets with light to minimal reps, while building to the working percentages for the day.*
- ▶ *Prioritize the deadlift mechanics with a safe flat back. Practice pulling from a dead stop vs. touch-and-go reps. Use this to practice your set-up sequence to breathe, brace, and pull properly. Stopping to rest between sets is fine to prioritize the set-up.*
- ▶ *Skipping the metcon and focusing on the deadlift may be ideal for those looking to get the most out of these sessions.*

Secondary Strength: Overhead Squats

- ▶ *As we work up to some heavy percentages on the Deadlift, we will work more on a skilled squat than something that will continue to beat up our CNS.*
- ▶ *The Overhead Squat will start with larger sets to build and work with a consistent ROM.*
- ▶ *Complete all sets working from a rack, dropping the bar in front after each set to minimize the risk of catching it in an unsafe position.*

Skill: Handstand Push-ups

- ▶ *For this month's skill, we will focus more on the "Practice" element to help improve the handstand push-up.*
- ▶ *We will focus on starting on the floor with a push-up, to an inverted position and potentially, progressing to a freestanding HSPU by scaling up and down.*
- ▶ *Regardless of the athlete's ability, practicing under a low intensity will help with the adaptation to transfer these skills into a high-stress environment.*