



## Constantly Varied Progressions: January

Now that the 2023 year has come to an end, it's time to shift to the "Open Season" phase. Over the last 9 months, we have been building our work capacity across all modalities, and now it's time to put it to work in a more constantly varied format. For January, we will be in an Open Prep training phase. Our lifts will not follow linear progressions to allow more General Physical Preparedness (GPP). We will build the intensity with progressive overload by building the lifts over the month. Squats will continue to be the secondary strength; alternating between front and back squats with varied rep ranges.

### Open Season

#### January GPP

**Primary:** Skilled Barbell Lifts  
**Secondary:** Squats  
**Skill:** Gymnastic Skills  
**Bonus:** Open Repeats

#### February Open Prep

**Primary:** Squats  
**Secondary:** Technical Lift +  
BB Cycling  
**Skill:** Grease the Groove  
EMOMs

#### March: Open

**Primary:** Deadlift  
**Secondary:** Overhead  
Squat  
**Skill:** Rope Climbs

# General Physical Preparedness

## **Primary Strength:** *Skilled Barbell Lifts*

- ▶ *Unlike the last 9 months, we will not work on a linear progression with 1 single lift. We will mix in a range of lifts with various timing formats.*
- ▶ *The goal is to review most of the more complex lifts as we get closer to the Open season in case we have to establish a max at some point in the 3 weeks of the Open.*
- ▶ *We must focus on the technical aspects of the lifts to maximize the performance and stay safe.*

## **Secondary Strength:** *Front & Back Squats*

- ▶ *We will continue to maintain our strength by squatting once a week while hitting some big lifts with the Primary Strength.*
- ▶ *The squats will alternate between front and back, with varied rep ranges and working towards a heavy effort each week.*

## **Skill:** *Gymnastic Skills*

- ▶ *We will work with the traditional T2B, BMU, Wall Balls, Double-under, etc., in an EMOM format.*
- ▶ *We want to focus on pacing and consistency with reps/rounds to establish baseline times to complete some movements. This data can be helpful with future Open workouts.*
- ▶ *Each format will focus on increasing the intensity with some easy paces with built-in rests, then end with a scored component.*