



## Constantly Varied Progressions: March

This is the final month of our Macro Calendar for the GPP Programming to prepare for the Open. It is now when we test ourselves through the CF Open, and Prioritize the Intensity for the workouts on Fridays. This month the weeks will revolve around the Open where we will challenge our CNS early in the week with some Deadlifts followed by the a skill that always shows up in the next round of the CrossFit Games season, the Quarter Finals. Our new Macro Calendar will begin with the Foundational training phase starting April.

### Open Season

#### January GPP

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

#### February Open Prep

**Primary:** Squats  
**Secondary:** Technical Lift + EMOM BB Cycling  
**Skill:** Dumbbell Complexes + EMOM Formatted WODs

#### March: Open

**Primary:** Deadlift  
**Secondary:** Overhead Squat  
**Skill:** Rope Climbs (Skill & Accessory)

# Open

## **Primary Strength:** Deadlift

- ▶ *This month we are going to dial back on a lot of our overall intensity to focus on hitting the CF Open Events with all efforts. But, we will continue to work on maintaining our strength using a varied rep range of the Deadlift.*
- ▶ *This is not going to be a linear program, so work with moderate to challenging efforts for the first few weeks and after the open, we can pick up the intensity again for some near max lifts.*

## **Secondary Strength:** Overhead Squats

- ▶ *FWe are working the OHS on the Wednesday as this is challenging, but not as heavy as a traditional Back or Front Squat, so our CNS can be fresh for the Open on Friday.*
- ▶ *These sessions will be set in a traditional Pyramid Rep Scheme where we will likely stay a weight as we increase the reps, then increase the weight as we decrease the reps on the back side of the pyramid reps.*

## **Skill:** Rope Climbs (Skill & Accessory)

- ▶ *SAs we are going through the Open, we want to help prep the top 25% and everyone else for a skill that will most likely show up during the Quarter Finals.*
- ▶ *We will focus on the Rope climbs with both the Skill & Accessory. Each session will start with some time to “practice” the range of skills on the rope climb, then follow up with some isolation. Movement patterns to build more strength for this skill.*