



Constantly Varied Progressions: April

Now that the Open is over, and Quarter Finals are coming to an end, we are starting at the beginning of the new training calendar or Macro Calendar. Starting the next training phase, "Foundation," will kick off with a theme of "Base & Balance," which is focused on building some of the core lifts while integrating some balance and core focuses. This next month, the goal is to focus on moving well and improving any imbalances in the hips, shoulders, ankles, and wrists. The following 3 months will focus on preparing the athlete's foundation so we are more prepared to move to the more complex and technical gymnastics & weight-lifting movements.

TRAINING PHASE: "Foundation"

April:

Base & Balance

Primary: High/Low Bar Back Squat + DB Floor Press

Secondary: Lift + Loaded Carry

Skill: Handstands & Scales + Accessory Strength

May:

Strength & Foundation

Primary: High Bar Back Squat

Secondary: Press + Bent Over Rows

Skill: Push-up & Pull-ups ("Murph" Prep)

June:

Speed & Skill

Primary: Snatch

Secondary: Push Press Superset w/Strict Gymnastic

Skill: Kipping T2B & Pull-ups

Base & Balance

Primary Strength: High Bar or Low Bar Back Squats + DB Floor Press

- ▶ *During Base & Balance, we are working to correct any imbalances in the Back Squat by working with either a High Bar or a Low Bar Back Squat.*
- ▶ *For the Athlete looking to improve their posture on the Squat as a whole, work with the High Bar Position as it will keep a more upright torso.*
- ▶ *The Athlete that is more Quad or Anterior dominant and has difficulty breaking below parallel in the Squat should consider the Low Bar Squat as it will shorten the lever of the torso, bringing the weight back closer to the hips, and emphasize more out of the Posterior Chain.*

Secondary Strength: Lift + Loaded Carries

- ▶ *Loaded Carries is one of the most underused strength movements. This month we are using this modality to assist in building up our base by controlling our body position walking under load.*
- ▶ *Each session will have a different type of carry that will start with some form of Hinge or Press for additional volume working with light to moderate weights.*
- ▶ *During the carries, we need to focus on our posture, core engagement, and breathing through the entire set to go up in weight or move slower to increase the time under tension.*

Skill: Handstands & Scales + Accessory Strength

- ▶ *This month we are going to focus on getting inverted and some single leg skill work with practice, then accessory.*
- ▶ *Alternating weeks, we will spend 6-8 minutes practicing a progression for each modality then, follow it up with some isolation and core exercises to accessorize the shapes needed to build consistency in body positioning.*