



Constantly Varied Progressions: July

July marks the beginning of our latest training phase, focusing on refining technical movement patterns, including Olympic lifts and kipping gymnastics. During this cycle, we will increase intensity while reducing overall volume to emphasize the importance of proper form. Our goal is to ensure that every prerequisite for the full movement pattern is met, avoiding any incomplete drills. Throughout the month, we will work on these prerequisites and revisit them as we approach the end of the phase for testing.

TRAINING PHASE: "Technical Development"

July:

Strength in Position

Primary: Squat Clean & Jerk

Secondary: Snatch

Skill: Grease the Groove Drills Leading into T2B & Single Leg Squats

August:

Strength in Skill

Primary: Snatch

Secondary: Power Clean + FS + Jerk Complex

Skill: Kipping Drills / HSPU

September

Applied Strength

Primary: Snatch / C&J

Secondary: Back Squat

Skill: Kipping Muscle Ups

Strength in Position

Primary Strength: Squat Clean & Jerk

- ▶ *This C&J focus will begin with some lightweight jerks from the rack to refine the positions before jumping into the full lift.*
- ▶ *While practicing the jerk fresh from a rack, we are going to work the pause drill to refine the dip portion and encourage a slower recovery out of the split.*
- ▶ *After Jerking the bar, complete a few squat cleans while its light so we can continue to warm up the Squat Clean as we head into the full lift and build to the working sets.*

Secondary Strength: Snatch

- ▶ *Similar to the C&J, we are going to begin with a 6-minute window to practice the snatch with a barbell complex.*
- ▶ *The complex is designed to allow athletes to practice the timing, balance, and transition for the snatch from the ground to the Overhead Squat position.*
- ▶ *Start with an empty to light barbell during these drills to warm-up to the working sets.*

Skill: Toes to Bar

- ▶ *This month, we are going to go back and forth on some Kipping Toes to Bar and working below parallel with the Single Leg Squat.*
- ▶ *At the start of each session, we are going to work some shapes and positions to prime the body for the skill through core and mobility.*
- ▶ *After the drills, we will complete an EMOM with a technical skill with an additional skill as a superset.*