



## OCTOBER OVERVIEW: TIME UNDER TENSION

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Welcome to October and the beginning of our new training phase! This is the first month of our newest Training Phase, which is all about Functional Strength Volume. Over the next three months, we'll focus on building strength across various foundational movements. October sets the stage with a targeted approach to "Time Under Tension," which emphasizes controlling weight through the most challenging parts of each lift. The goal is to enhance muscular endurance, improve movement quality, and strengthen positions to improve work capacity under load.

## TRAINING PHASE: FUNCTIONAL STRENGTH VOLUME

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### OCTOBER

Time Under Tension

**PRIMARY STRENGTH:** Front  
Pause Squat + FS

**SECONDARY STRENGTH:**  
Bench Press + Lunges

**SKILL:** Barbell Cycling

### NOVEMBER

Pace and Consistency

**PRIMARY STRENGTH:**  
Front Squat

**SECONDARY STRENGTH:**  
Deadlift

**SKILL:** Monostructural  
Conditioning / HSPU

### DECEMBER

Intensity > Volume

**PRIMARY STRENGTH:**  
Deadlift

**SECONDARY STRENGTH:**  
Overhead Squats

**SKILL:** Benchmark Girl  
WODs

# TIME UNDER TENSION

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This foundational month is crucial because it prepares your body for the demands of the upcoming weeks. We'll focus on increasing control and stability during fundamental strength movements, which will lay the groundwork for the heavier volume and more complex training that's to come.

## **PRIMARY STRENGTH: FRONT PAUSE SQUATS & FRONT SQUATS**

The primary strength focus this month is on Front Pause Squats and Front Squats. By spending more time in the bottom position, we aim to develop stronger postures and greater awareness in one of the most demanding phases of the squat. This emphasis on time under tension will not only improve your ability to maintain proper form but also increase strength and mobility in the lower body, especially through deeper ranges of motion.

## **SECONDARY STRENGTH FOCUS: BENCH PRESS & LUNGE VARIATIONS**

Bench Press and Lunge Variations will play a key role in balancing the lower body work in our secondary strength work. The bench press builds upper-body pushing strength, while the lunge variations, including loaded traverses, will focus on improving stability and control across various movement planes. This is especially beneficial for improving carries and overall functional strength.

## **SKILL FOCUS: BARBELL CYCLING**

This month, we'll sharpen our barbell cycling skills to enhance overall efficiency and control. By honing your ability to move the barbell fluidly, especially when fatigued, you'll set yourself up for success in the benchmark workout "Grace" (30 clean and jerks for time). Through consistent practice, we will improve our balance and coordination, allowing you to cycle the barbell faster and more effectively, building both stamina and refined technique for high-repetition efforts.