



DECEMBER OVERVIEW: INTENSITY > VOLUME

As we close out the Functional Strength Volume phase, December's focus shifts to Intensity Over Volume. After months of building a solid foundation, we're now prioritizing heavier lifts, faster workouts, and higher effort levels.

This final month is about putting your hard work to the test, pushing beyond limits, and setting new personal benchmarks. Expect a blend of focused strength sessions and high-intensity skill challenges to finish the phase strong.

TRAINING PHASE: FUNCTIONAL STRENGTH VOLUME

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:
Thruster/Overhead Squats

SKILL: Benchmark Girl
WODs

INTENSITY > VOLUME

This month's theme, Intensity Over Volume, emphasizes heavier weights, fewer reps, and maximum effort to push your limits and build strength. To support the demands of higher intensity, we've added Grease the Groove and SLIPS sessions, focusing on movement quality, recovery, and stability.

These will help you sustain peak performance while minimizing fatigue, ensuring you finish the Functional Strength Volume phase strong and ready for what's next.

PRIMARY STRENGTH: DEADLIFT

This month focuses on building toward a one-rep max (1RM) deadlift. Deliberate progressions will lead to this peak, testing the strength developed over the past two months and aiming for new personal bests. This is an opportunity to showcase the capacity built through consistent practice and foundational work.

SECONDARY STRENGTH FOCUS: THRUSTER/OVERHEAD SQUATS

Thrusters and Overhead Squats alternate weekly, with the goal of decreasing reps while increasing intensity. These movements demand full-body coordination and power, challenging athletes to refine technique under load and push through higher demands.

SKILL FOCUS: CLASSIC CROSSFIT BENCHMARK WODS

December incorporates CrossFit's classic Benchmark Girl WODs, designed to test capacity under intensity. These workouts are best performed with a partner in heats, allowing the working athlete to focus on maximum effort without worrying about counting reps. This setup creates an environment for all-out effort and a true measure of fitness gains.