



## JANUARY OVERVIEW: GENERAL PHYSICAL PREPARDNESS

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This month marks the first phase of our training cycle leading into the 2025 CrossFit Games Open. January's focus is on GPP (General Physical Preparedness), laying the groundwork for increased intensity and refinement in the months ahead. This phase is strategically timed to ensure that athletes develop the strength, technical proficiency, and conditioning necessary to peak during the Open season. Each session is crafted to build a solid foundation of fitness, enabling athletes to handle the demands of CrossFit's signature tests with confidence.

### TRAINING PHASE: CROSSFIT OPEN PREP

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#### January

##### GPP

**PRIMARY STRENGTH:** Squat Variations

**SECONDARY STRENGTH:** Technical Lifts

**SKILL:** Open Skills Practice

#### February

##### Open Preparation

**PRIMARY STRENGTH:** Squat Variation

**SECONDARY STRENGTH:** Technical Lifts

**SKILL:** Open Skills Practice

#### March

##### OPEN

**PRIMARY STRENGTH:** Power Clean & Snatch

**SECONDARY STRENGTH:** Grease the Groove Squats

**SKILL:** Monostructural Conditioning

# GENERAL PHYSICAL PREPARDNESS

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Throughout January, skill sessions will target essential Open movements like kipping gymnastics, jump rope efficiency, and single-leg squats. These focused practices will help athletes develop consistency, efficiency, and the ability to perform under fatigue. By breaking down each skill and refining technique, athletes will gain the confidence needed to tackle whatever the Open throws their way.

## PRIMARY STRENGTH: SQUATS (BACK, FRONT, & OVERHEAD)

This month, we'll focus on rotating through barbell squats, including back squats, front squats, and overhead squats. These movements are fundamental to building leg strength, core stability, and improved movement mechanics under load. Athletes will progressively increase intensity, working toward a heavier effort while maintaining form and depth, ensuring a strong foundation for more dynamic movements later in the season.

## SECONDARY STRENGTH FOCUS: OLY LIFTS (CLEANS, JERKS, SNATCHES)

Technical lifts, such as hang cleans, snatches, and clean & jerks, will be a focal point for developing explosive power and precision. Emphasis will be placed on refining technique through structured progressions, with accessory work to support key positions in these lifts. This will allow athletes to handle heavier loads with efficiency and confidence as they prepare for the complexity of Open workouts.

## SKILL FOCUS: VARIED SKILL PRACTICE (KIPPING PU, T2B/BMU, DOUBLE UNDERS, SINGLE LEG SQUATS)

Open-specific skills will dominate this month's skill sessions, with targeted practice on kipping pull-ups, double-unders, and pistols. These sessions will break down each movement, focusing on technique, pacing, and strategies for consistency under fatigue. Athletes will refine their mechanics while developing the endurance and precision needed to excel in high-rep, time-sensitive Open workouts.

Each component ties back to the goal of mastering the basics, enhancing capacity, and preparing for peak performance as we head into the Open season!