



FEBRUARY OVERVIEW: OPEN PREP

February marks the second month of our Open Prep Training Phase, continuing from January's focus on General Physical Preparedness (GPP). With the groundwork set, the emphasis now shifts to refining strength, barbell efficiency, and pacing under fatigue. This phase is designed to prepare athletes for the intensity of Open workouts by reinforcing proper movement patterns, increasing barbell confidence, and building endurance in key skills. The goal is to bridge the gap between foundational strength work and the ability to perform at peak intensity when it counts.

TRAINING PHASE: CROSSFIT OPEN SEASON

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/
Open Repeat Workouts

March

OPEN

PRIMARY STRENGTH: Power Clean & Snatch

SECONDARY STRENGTH: Grease the Groove Squats

SKILL: Monostructural Conditioning

CFG OPEN PREP

February builds on last month's foundation with heavier squats, Olympic lifts, and Open-specific skill work. Strength development remains a priority, while technical lifting progressions focus on refining movement efficiency under fatigue. Gymnastics skills, including kipping pull-ups, HSPU, Double Unders and some rope climbs are integrated to improve consistency in high-rep scenarios, ensuring athletes are well-prepared for Open-style challenges

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

Squats remain a priority this month, but intensity increases with heavier lifts and more demanding sets. Strength sessions will push athletes toward heavier loads while maintaining technical efficiency under fatigue. These progressions ensure a solid foundation of leg and core strength, which is critical for handling the demands of Open workouts.

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

The focus is on Push Press Clean & Jerk complexes and snatches, emphasizing technical proficiency and efficiency under fatigue. Controlled barbell cycling will be worked in with small doses to improve transitions, but the primary goal is reinforcing mechanics in Olympic lifts. Open workouts will serve as a testing ground for pacing and execution.

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

This month's skill sessions integrate Open-repeat workouts, refining pacing, execution, and efficiency in high-intensity settings. Gymnastics progressions include HSPU, rope climbs, double-unders, and kipping movements, helping athletes develop confidence and precision when it matters most.