



MARCH OVERVIEW: OPEN SEASON

March marks the culmination of the CrossFit Open season and the start of our Community Cup Training Phase. The first half of the month is dedicated to finishing strong in the Open, testing the strength, skills, and pacing we've honed since January. Once the Open wraps up, we turn our attention to preparing for the Community Cup in June. Using the Open as a snapshot of our current fitness, we'll fine-tune our personal routines and consistency to improve and compete at our best in this individual competition, where we'll be placed in a level to face off against others of similar ability.

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 Snatch & Hang Clean

SECONDARY STRENGTH: Grease the Groove Squats

SKILL: Monostructural Conditioning

CFG OPEN SEASON

In early March, we'll keep our strength and skill focus light as we wrap up the CrossFit Open. Following the Open, we'll ramp up with heavier efforts in squats and hang cleans to build intensity. To close out the month, we'll tackle a few classic CrossFit Girl benchmark workouts, testing our progress and setting the stage for what's ahead.

PRIMARY STRENGTH: BACK SQUATS

As we finish out the Open, we'll shift our squat focus toward speed, keeping the intensity lighter. This approach allows the central nervous system to recover during the Open's final stretch. Afterward, we'll build up to some max-effort lifts to push our strength limits.

SECONDARY STRENGTH FOCUS: POWER SNATCH & HANG CLEAN

At the start of March, we'll focus on the power snatch to keep our Olympic lifts fresh and explosive. Once the Open workouts are complete, we'll transition to hang cleans, emphasizing either a power or squat variation to build on that foundation.

SKILL FOCUS: TURKISH/SANDBAG GET UPS

As we wrap up March and this training phase, our skill focus will shift toward unilateral movements, core strength, and stability through Turkish get-up variations and complexes. Ranging from overhead Turkish get-up complexes to sandbag get-ups, these exercises are initially designed to serve as active recovery following the Open workouts in early March. Throughout the rest of the month, they'll evolve into a core accessory component to complement the week's training.