



## Summer 2010 Training Program

**Training Period:** June 1st - September 3rd

**Program Influences:** CrossFit, CrossFit Football, Mountain Athlete, Starting Strength

### **General Interests and Goals**

#### **Weekend Warriors and Regular Athletes**

- Increased strength measured by improvements in the classic lifts (squat, press, deadlift, and pull-up).
- Preparation for summer hiking, biking, and running.
- Train outside as much as possible utilizing fun conditioning workouts.
- Prepare for transition to the fall's ski and snow sports preparation training.

#### **2011 CrossFit Games Hopefuls**

- Strength and Power Development Phase
- Planned practice of technical gymnastics movements and olympic lifting
- Limited conditioning work.
- Prepare for transition to Fall 2010 Strength and Power Specification Phase.

#### **Military Athletes**

- Utilize summer weather for increased outdoor training using heavy field implements, rucking, and range fitness.
- Prepare for summer Operator Ugly testing.
- Other goals are athlete specific based on individual training and deployment plans.

#### **Endurance Athletes**

- High volume of mechanics and pace practice.
- Strength work for maintenance and recovery.
- Non-sport specific conditioning work to maintain overall fitness and aid in recovery. Focus on low-risk movements to avoid injury during competitive season.

**Please note, not all athletes fall into these categories or competition schedules so some athletes may utilize individualized programming.**

## **Testing**

The first and last weeks of this cycle will be unique because two of the primary workouts during those weeks will consist of benchmarks that will be used to evaluate the progress and success of the training cycle. The benchmark workouts are described below along with details about the training sessions for week 2 through week 11.

## **Design Of Primary Training Sessions (Sessions A, B, and C)**

All sessions will typically contain strength and conditioning training along with either mobility/recovery work or skill practice.

### **Benchmark Workouts:**

#### **Benchmark 1: "Not Fran"**

21-15-9 Reps of

- Thruster
- Pull-ups

Loads for thruster and pull-ups will be set based on the individual.

#### **Benchmark 2**

5 rounds:

- 15 Back Squats
- 1 Gasser (4 trips across the width of a football field totaling 193 meters.)

Loads for back squat will be based on the individual.

## **Strength Training**

### **Primary Movements:**

- Back and Front Squat
- Military and Bench Press
- Deadlift
- Weighted pull-up.

**Progression:** Linear. Add 5 pounds to presses and squats each strength training session. Add 5-10 pounds to deadlift.

**Primary Rep Scheme:** After 3-5 warm-up sets, 3 work sets of 5 reps utilizing the same loading (i.e. "sets across").

### **Starting Loads:**

Those new to linear strength progressions should determine their starting weight during the first session by increasing load on sets of 5 until the bar speed significantly slows or form degrades.

Those with a known and recent 5 rep max in a lift should plan to use that load for their work sets during the 5th or 6th week of this program. That means that your first week squat and deadlift loads would be 50-60 pounds less than your 5RM and your press and bench loads would be 30-50 pounds less.

If your last 5RM was ages ago use the first method. Its okay to use the first method in some lifts and the second method in others.

**Testing:** Improvements in 5 repetition maximum for all primary movements and improvement in the two benchmark workouts.

**Session A:** Squat and strict press every week.

**Session B:** Alternate each week between deadlift and strict pull-up.

**Session C:** Rotate through only squat, only bench, and squat and bench.

### **Conditioning Training**

Conditioning training will typically occur after strength work and during this cycle we will predominately use durations of 10 minutes or less with the occasional longer session.

We will plan as many outdoor conditioning events as possible. We will also utilize some progression in some conditioning workouts from week to week or month to month. For example, you may see the same workout but with more rounds, heavier loads, less rest, etc.

### **Skill Training**

- Double Unders
- Rope Climb
- Tumbling
- Strength: The Classic Slow Lifts

### **Design Of Supplemental Training Sessions (Sessions 1 and 2)**

After the first two-weeks of this cycle supplemental sessions will be added specific to our Olympic Lifters, Military/Mountain Athletes, and Endurance Athletes. Specific instructions will be given on when supplemental training should be completed relative to the primary training sessions.