Box Programming April Programming Forecast

Now that the CrossFit Open is over it's a great time to introduce some new movements and a new template. Our new template now will include an additional upper-body day which means that our upper-body work will consist of:

- Max Effort Training
- Dynamic Effort Training
- Repetition Work

This is also a great time to establish some new goal for your clients. With the inclusion of an additional upper body day, your clients will have the ability to hit some new goals more easily, such as first pull-ups.

The blend of conditioning work will remain consistent in terms of high threshold vs. low threshold, but this particular block of programming will include Alactic work which requires short bouts of intense work followed by longer rest intervals. This work is tough to perform correctly in a group setting because of the variability that exists among your clients' training ages, but in these instances, it will be done in a way in which there will be less chance of variability.

Expect to see an increase in GPP measures (loaded carries) this block and subsequent blocks as this work will be included in specific conditioning pieces. Keep your eye on pacing recommendations as always.

April Benchmarks

Max Effort Lower
1) Back Squat 2RM (1RM Done 1/1)
2) Conventional Deadlift against a band
3) Zercher Box Squat 1RM (Last done 12/18)
4) Power Snatch Clusters 1.1.1

Max Effort Upper
1) Jerk 1RM (Clean + Jerk 1RM done on 1/1)
2) JM Press/Row Superset
3) Weighted CG Chin-up/Dip Superset
4) CG Bench/Row Superset

Dynamic Effort Lower
1) Speed Front Squats
2) Ultra Wide Sumo Deadlift
3) Speed Back Squat + Heavy Set

Dynamic Effort Upper
1) Speed Bench Press
2) Wk: 3 + heavy set

Conditioning Benchmarks
1) Southie (Last done 11/20)
2) Greenhouse
3) Abs of Steel
4) Girls Gone Wild (Last done 12/9)
5) Adrenaline (Last done 12/1)
6) Johnny Cash
7) Bear Grylls (Last done 11/17)
8) Batwings
9) Isabel
10) FGB (Last done 12/16)

Additional Key Points

Remember to read our content. There is a list of must-read content on the "**Reference Page**" that was recently updated.

Support:

If you have any questions or concerns, please don't hesitate to reach out!

info@boxprogramming.com for general/admin related questions

jason@boxprogramming.com for programming related questions