



DECEMBER PROGRAMMING BREAKDOWN

For the month of December there is a big emphasis on *Aerobic Power (AP)*. AP is crucial for success in the sport of CrossFit and the CF Open, BUT also crucial for improving your athletes cardiac output. For more information on this check out this article [here](#). Think of AP as the ability of your athletes to sustain their output at a *higher level* while still staying within their anaerobic threshold. This work involves work to rest intervals that allows for work that is slightly above a pace that would be capable of being sustained if there was no rest. Additionally, this work is critical to improve aerobic capacity thereby improving ones ability to recover between sessions.

While this is work we perform consistently throughout the year, you'll see a slight increase in the number of sessions we perform this month compared to past months AND the ability for your athletes to test their AP during THREE past CF Open workouts. This month and the month of January there will be a fair amount of past open workouts in order to familiarize your athletes with these workouts and increase their comfort level prior to the open.

We'll be knocking out a fair amount of these past workouts during December and January with LESS overall testing in February so your folks are NOT overtrained (both physically and mentally) going into the 2019 CrossFit Open.

A few things to note:

- The structure of this month is similar to past months with the inclusion of Holiday workouts and more CF Open WODs.
- The emphasis on "breathing" this month is higher than past months.
- Strength Work is consistent with past months with *3-Weeks Wave of Wide Stance Box Squat work and 2-Week Wave of Jerk work*.
- Accessory work is still a crucial aspect of our programming. Make sure you're familiar with all movements and their "why."
- If you have questions, post to the Facebook group.

MAX EFFORT VARIATIONS/LAST TESTED

WIDE STANCE BOX SQUAT 3RM (OLD PLATFORM)
JERK 1RM (7/27)
POWER CLEAN 1RM (7/9)
FRONT SQUAT (8/13)

DYNAMIC EFFORT VARIATIONS

BOX SQUATS X 3 WEEKS
JERK X 2 WEEKS
FRONT SQUAT WORK (WEEK 1 OF 3)

CONDITIONING BENCHMARKS/LAST TESTED

GAMEDAY (8/27)
BARN BURNER
OPEN WOD 14.4 (OLD PLATFORM)
GOAT WOD (10/31)
OPEN WOD 18.2 (3/2)
12 DAYS OF CROSSFIT (12/22)
OPEN WOD 14.1 (OLD PLATFORM)

MUST WATCH VIDEOS

BOX SQUAT
PARASYMPATHETIC BREATHING
KB COMPLEX
BANDED PULL-THROUGH
SINGLE LEG GLUTE BRIDGE ON BENCH
BANDED RUSSIAN KBS
ROLLBACK TRICEP EXTENSIONS
SINGLE LEG RDL W. SUPPORT

RELEVANT ARTICLES

POSTED IN FACEBOOK GROUP



Questions? info@boxprogramming.com © 2018 Box Programming