



MONTHLY BREAKDOWN MAY

Summer is right around the corner so the focus this month is strength work to improve function as well as body composition. The month of May is quite similar to April with a fair amount of strict work as well as definitive energy systems work, however, there is more emphasis on maximal strength this month. We are performing 3 “strength only days” this month - all on different weeks during the month. This will allow us to have a single focus and really zero in on where people are weakest not to mention change it up. The preparation for “Murph” continues, but now most of the work has been done so we are trying to refine what we’ve gained in April. Another difference this month is less focused anaerobic work - we’ll still train anaerobic systems but it will be done in more CrossFit style metcons. In June, we’ll perform more focused anaerobic work again.

Some things to take note of:

- Strength only days still include many components that will get peoples heart-rates up so these are not to be underestimated. This work serves as the foundation for your clients and is incredibly important.
- What day you perform Murph whether it be on Saturday, Sunday, or Monday will fit into the plan perfectly as I’ve designed this month knowing that many of you will run it on different days. Whatever day you’re running it on you’ll simply skip that programming (unless it’s on the day I planned - Monday.)
- You’ll see some new benchmarks as well as some old benchmarks so make sure your clients are tracking on their previous scores.

Finally, the month of May represents a nice balance of aerobic measures, strength work, anaerobic work, as well as more GPP measures than last month. Please take note of the additional content I provide you to build value in this work. These two articles [here](#) and [here](#) should be read.

Often times I receive question on training schedules. Here’s some additional guidance for your clients schedules:

- Advanced Clients - Train Monday-Saturday and Sunday OFF
- Advanced Clients Option #2: Train Monday, Tuesday, Thursday, Friday, Saturday
- Intermediate Clients Tier #1: Train Monday, Tuesday, Wednesday, Thursday, Friday
- Intermediate Clients Tier #2: Train Monday, Wednesday, Thursday, Friday
- Intermediate Clients Tier #3: Train Monday, Tuesday, Thursday, Saturday
- Beginner Clients Option #1: Train Monday, Wednesday, and Friday
- Beginner Clients Option #2: Train Monday, Tuesday, and Thursday
- Beginner Clients Option #3: Train Monday, Wednesday, Thursday.

ADDITIONAL TRAINING NOTES

- Please make sure your coaches watch all videos and read all the notes in the Facebook group. This will ensure we are delivering the best possible product to your clients.

MAX EFFORT VARIATIONS/LAST TESTED

PUSH PRESS 1RM (8/24)
 1 1/4 FRONT SQUAT 3RM (10/29)
 STRICT WIDE GRIP PULL-UPS
 SUMO RACK DEADLIFT
 UPPER REP WORK
 BACK SQUAT WAVE (W. CHAINS IF POSSIBLE)
 CLOSE GRIP BENCH PRESS
 RING PULL-UPS

DYNAMIC EFFORT VARIATIONS

WIDE STANCE BOX SQUAT (3 WEEKS)
 SEATED DYNAMIC BOX JUMPS (2 WEEKS)
 CLOSE GRIP FLOOR PRESS (WEEK 2 OF 2)
 PUSH PRESS + PUSH JERK + SPLIT JERK (2 WEEKS)
 FRONT BOX SQUAT (2 WEEKS)

CONDITIONING BENCHMARKS/LAST TESTED

JAMES B (1/19)
 CRAZY TRAIN (NEW)
 THOMBSTONE (NEW)
 FOOL IN THE RAIN (1/24)
 MURPH (LAST MEMORIAL DAY)
 TUGBOAT (1/31)

MUST WATCH VIDEOS

*ALL VIDEOS THAT ARE LINKED IN PROGRAMMING

RELEVANT ARTICLES

POSTED IN FACEBOOK GROUP. ALL ARTICLES ARE AVAILABLE [HERE](#).



Questions? info@boxprogramming.com © 2019 Box Programming