

MIXED MODAL SEASON ORGANIZATION

SAMPLE SEASON DESIGN & PROGRAMMING FOR ELITE ATHLETES

MIXED
MODAL | OPEX

INTRODUCTION

Competitive functional fitness is anything but random. There are numerous qualities needed to be successful in the sport, which is why coaches must have a plan for their athletes. The sport breaks some of the periodization ‘rules’ that are common in traditional sports, like powerlifting, weightlifting, football, etc. Therefore, coaches must break convention and plan a competitive season around the demands of functional fitness.

This guide lays out the season organization, including the programming, of a high-level athlete that is competing at a national and world level. From this, coaches will gain an understanding of how to utilize the principles laid out in *Mixed Modal* to improve weaknesses, peak for competitions, rest and recover after competitions, and to find the flow of a season.

Mixed Modal provides deep coaching education across multiple aspects of planning and periodization, including event preparation, phase transitions, phase specificity, concurrent training, phase classification and more. Get a complete guide to competitive functional fitness season organization in the course *Mixed Modal*.

Mixed Modal uses the terms ‘Base’ and ‘Tough’ in lieu of ‘Accumulation’ and ‘Intensification’. This is due to the fact that accumulation and intensification in competitive functional fitness do not mean the same as they would when referring to the classic definitions.

MIXED MODAL	CLASSIC
BASE	ACCUMULATION
TOUGH	INTENSIFICATION

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AVATAR



CLIENT

Caity

SEX

Female

AGE

28 years old

HEIGHT

5'7"

WEIGHT:

160 pounds

TRAINING AGE

Participated in high level collegiate gymnastics, 6 years competitive functional fitness.

Trains 6 days per week.

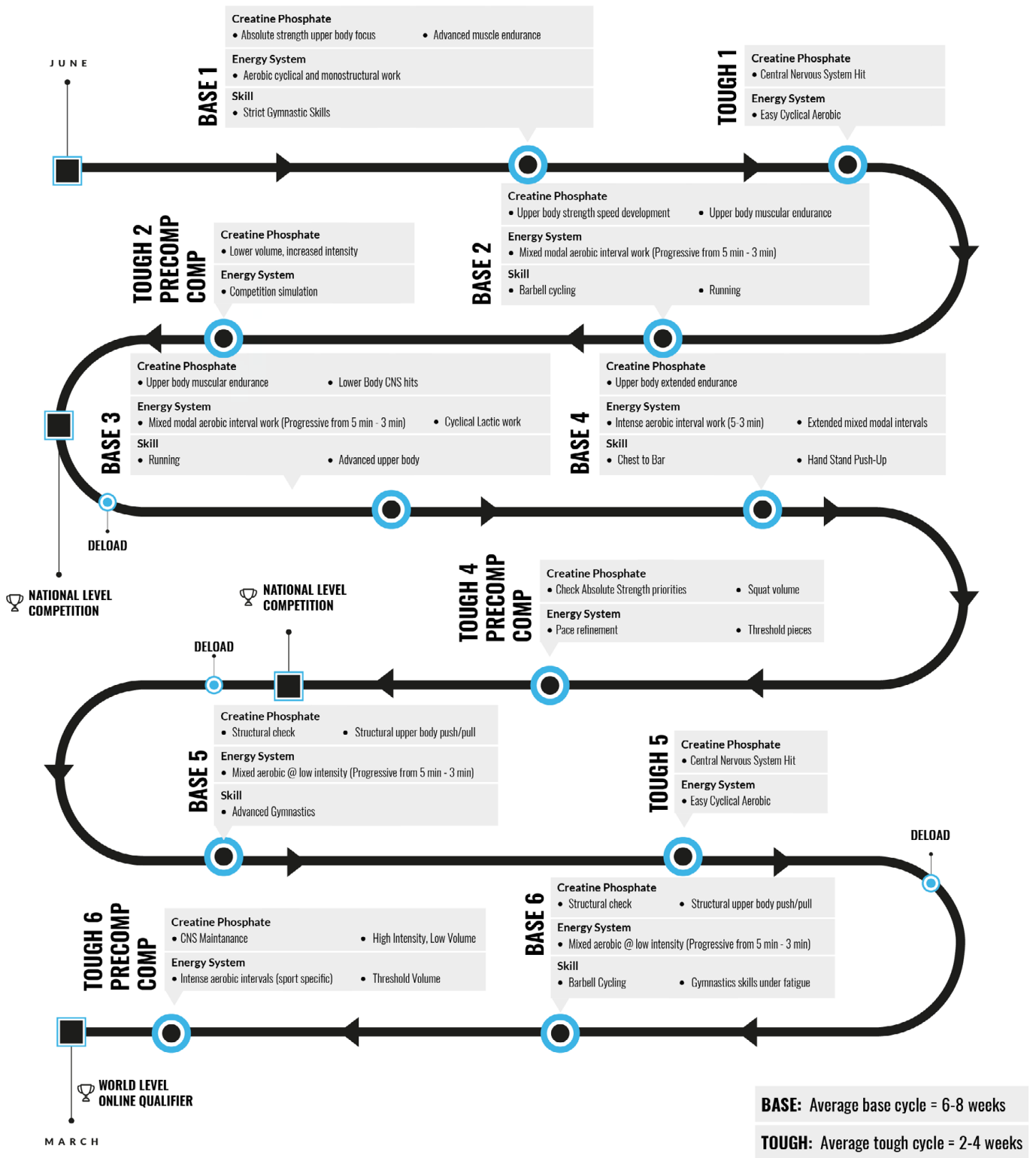
KEY PERFORMANCE INDICATORS

- **Front Squat 1rm:** 300 lbs
- **1 mile Time Trial:** 6:00
- **Deadlift 1rm:** 385lbs
- **2k row Time Trial:** 7:09
- **10 min Assault Bike for Cals:** 165 cals
- **Max Unbroken Ring Muscle-Ups:** 14 reps
- **5rm Seated Single Arm DB Press:** 60lbs
- **5rm Standing Single Arm DB Press:** 60lbs
- **5rm 45 degree DB Curl:** 25 lbs
- **Close-Grip Bench Press 1rm:** 215 lbs
- **Max Unbroken Chest-to-Bar:** 36 reps
- **Row 30/30 x4:** 170m, 164m, 160m, 158m

PROGRAMMING OVERVIEW

- Due to a high training age, design includes frequent shifts in cycles
- Focuses on upper body muscular endurance development (frequency and volume variety)
- Absolute strength is deprioritized because it has been developed (design includes light touches)
- Lifestyle balance is a critical component of design with focus on nutrition / fueling optimization (she is a sugar burner, so carbohydrates will be high, fat and protein moderate)
- Mindset development is focused on winning and willing to 'go for it'
- Goals for the season are to increase functional volume and peak for key competitions
- This season is designed around 3 national level competitions and one world level online qualifier

MIXED MODAL SEASON ORGANIZATION



SAMPLE PROGRAMMING

Building on the foundation of the sample season, below we have provided three sample designs from key points in this sample season for the avatar above.

TOUGH/PRE-COMPETITION PHASE

(INTO NATIONAL LEVEL COMPETITION)

This particular training cycle is designed to get Caity ready for a national level competition. As shown in the ***Mixed Modal Season Organization Plan***, this is preparation for a late summer competition.

Being a Tough/Pre-Competition training phase, there are particular characteristics laid out in this training week. Intensity is high in terms of aerobic work -- pushing the limits of cyclical and dynamic sustainable work to prepare for the competition setting. Mixed Modal Muscle Endurance and extended sets are used to get Caity prepped for what's to come in competition.

Skills that are being refined in this cycle are complex gymnastics movements with a focus on handstand walking. As mentioned in Caity's programming overview, upper body muscle endurance is a priority throughout her season. Below are three weeks of programming based on specific assessments and goals of the athlete.

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DAY 1

AM

A) 10 minutes @ sustainable
3 freestanding Hand Stand Push-Ups
6 strict knees-to-elbows on stall bars
1 minute AirBike

B) Snatch: 3,2,1; rest as needed - stay within 75-80%

C) Clean and Jerk: 3,2,1; rest as needed - stay within 75-80%

D) Front Squat/Rope Climbs

3 Front squats @225lbs

- after each FS - complete 1 Legless Rope Climb - 15' - As Fast As Possible
rest walk 3 min

x3 sets

2 Front squats

- after each FS - complete 1 Legless Rope Climb - 20' - As Fast As Possible
rest walk 3 min

x2 sets

E) High Effort Aerobic Work

3 minute AMRAP @ high effort

10 Power Clean+Jerk 95lbs

10 burpee bj 20"

rest walk 90 sec

+

3 minute AMRAP @ high effort

10 Overhead Squats 105lbs

10 Toes to Bar

rest walk 90 sec

+

3 minute AMRAP @ high effort

10 DB Hang Squat Clean 35lbs/hand

10m Handstand Walk

rest walk 90 sec

x 2 sets

*match scores on the second sets

PM

A) Cyclical Aerobic Power
21-18-15-12-9-6-3
AirBike cals @60-62RPM
Ski Erg cals @850-900 cal/hr
Row cals @1050-1100 cal/hr

DAY 2

AM

A) Cyclical Aerobic Power
21-18-15-12-9-6-3
AirBike cals @60-62RPM
Ski Erg cals @850-900 cal/hr
Row cals @1050-1100 cal/hr

PM

A) Cyclical Aerobic Power
21-18-15-12-9-6-3
AirBike cals @60-62RPM
Ski Erg cals @850-900 cal/hr
Row cals @1050-1100 cal/hr

DAY 3

AM

A) 4 Rounds @ sustained effort
12 weighted pistols 35lbs
20 GHD sit ups
45 weighted double-unders

B) 5 sets
1 Hang Snatch+2 Overhead Squats starting @ 145lbs, add per set
rest 1 min
20m sled push 250lbs
rest walk 3 min

C) For Time
18 thruster - 75lbs
Run 200m on TrueForm
15 thruster
Run 200m
12 thruster
Run 200m
9 thruster
Run 200m
6 thrusters
Run 200m
3 thrusters

D) Easy 20 minute walk in sun

PM

A) Every 3 minutes @ high effort
Row 400m
10 burpees As Fast As Possible
rest walk remaining time
x 6 sets
- must show decreased time per set or terminate workout

DAY 4

A) Swim 30 min easy
B) Walk 45-60 minutes @ brisk pace

DAY 5

AM

A) 4 Rounds Not for Time
20' handstand walk unbroken
rest 5 sec
3 freestanding handstand push-up
rest 10 sec
2 minute AirBike
rest walk 90 sec

B) Power Clean and Push Jerk: 1,1,1,1,1; rest as needed - Challenging load for the day

C) Front Squat: 3,2,1; rest as needed - Challenging load for the day

D) 3 Sets @ high Effort
3 minute AMRAP
AirBike 20 cals
15 chest to bar pull ups
AMRAP burpee to 6"
rest 1 min
- sustain number of burpees per round

PM

A) Row: 500m @90% Aer - Start your sets at 1:53-1:54/500m
rest walk 1 min
x 8 sets

DAY 6

A) Bike/Swim:
Swim 200m
Bike 5 miles
Swim 200m

B) Mobility and range of motion 10-15 minutes

DAY 7

AM

A) 3 Rounds @85-90%
3 rounds:
30m sandbag Front Rack walk - 100lbs
25 GHD sit ups
Ski Erg 250m
- decrease time per round

rest walk 4 min and move to B

B) For Time 85-90%
10-8-6-4-2
Medball to shoulder - 80lbs
b/t each set complete 25 weighted DU unbroken

rest walk 6 min and move to C

C) For Time @85-90%
5 Power Snatch - 105lbs
1 Rope Climbs - 20'
4 Power Snatch - 115lbs
1 Rope Climbs - 20'
3 Power Snatch - 125lbs
1 Rope Climbs - 20'
2 Power Snatch - 135lbs
1 Rope Climbs - 20'
1 Power Snatch - 145lbs
rest walk 8 min and move to D

D) 3 Sets @ 85-90%
Run 600m - outdoors
15 unbroken Wall Balls - 20lbs to 10'
rest walk 1 min

E) Easy 10-15 minute walk in sun

BASE PHASE

In this phase of training, you will notice characteristics of a Base, or accumulation cycle. These characteristics include a focus on upper body push and pull muscle endurance, barbell cycling at moderately tough loads (strength battery) and gymnastic skill acquisition. Skill acquisition cannot be ignored, in Mixed Modal, we go deeper into what skill acquisition means and what is required to acquire each skill relative to the sport.

The aerobic build has a split focus between mixed modal and cyclical. A major focus is to increase aerobic capacity by utilizing capacity repeats. This will teach Caity to learn how to control her pacing by sustaining and increasing per round.

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DAY 1

AM

A) Cyclical+Simple Gymnastics Intervals
Versa Climber 500'
10 burpees
row 700m
10 box jump - 24"
Ski Erg 700m
rest walk 5 minutes
x 3 sets
*sustain per set

DAY 2

AM

A) Not for Time
3 bar muscle-up+front roll into L-Sit
20m crab walk
x3
+
10 Dumbbell front raise
10 Dumbbell lateral raise
10 Dumbbell Y raise
x3
+
1 Rope Climb - 20' no legs on lower
45 weighted DU
1 minute stall bar L sit
x3

B) Split Jerk-build to a tough triple in 8 min

C1) Close Grip Bench Press: @50X1; 4-6 x 5; rest 90 sec

C2) Weighted Pull-Up - Pronated : @1112; 4-6 x 5; rest 2 min

D1) Dumbbell complex::
3 strict single arm dumbbell press/arm
4 single arm dumbbell push press/arm
5 single arm dumbbell push jerk/arm
rest walk 90 sec

D2) Prone Row: @1112; 6 reps x 5; rest 90 sec

E) 4 Rounds For Time
4 strict Muscle-Ups
50' handstand walk
80 double unders

PM

A) Row repeats::
Row/Ski/FW warm up - 1 minute each easy x 3
+
Row 500 m in 1:58
rest 2 minutes
Row 500 m in 1:57
rest 2 minutes
Row 500 m in 1:56
rest 2 minutes
Row 500 m in 1:55
rest 2 minutes
Row 500 m in 1:54
rest 2 minutes
Row 500 m in 1:53
rest 2 minutes
Row 500 m in 1:52
rest 2 minutes
Row 500 m in 1:51

DAY 3

AM

- A) Not For Time
 - 50' A skips
 - 50' B skips
 - 50' karaoke
 - 50' shuffles from right to left
 - x 3
 - +
 - 2 vertical jump x 6; rest as needed
 - +
 - 5 Hang Power Clean
 - 5 Hang Squat Snatch
 - 5 Front Squat
 - 5 Push Press
 - 5 Push Jerk
 - x 3
 - Barbell cycling practice low loads
 - +
 - 20m sled push fast x 5; rest as needed

- B) Power Snatch: touch and go - 5 reps speed based; rest 90 seconds x 5 sets - building from 125lbs

- C) Back Squat: @22X1 - establish one challenging set of 6 in 15 minutes

- D) GHD Back Extension.: @2022; 8 reps x 4; rest 2 minutes

- E) 8 rounds for time @ sustainable
 - 5 Dumbbell Power Clean - 50lbs/hand
 - 10 GHD sit up
 - 200m run on TrueForm

- F) Easy walk 10-15 minutes cool down

NOON

- A) Bike 45-60 minutes : Outdoors or on upright bike
Complete

PM

- A) Run: 5k EASY pace

DAY 4

- A) At a moderate pace
 - 100 cal AirBike
 - 2 mile run
 - 100 cal Ski Erg
 - 2 mile run
 - 100 cal row

DAY 5

AM

A) Aerobic Sets
8 minute AMRAP @ 80-85% aerobic
Row 1k
60 air squats
in remaining time AMRAP Ring MU
-rest walk 4 minutes-

8 minutes AMRAP @ 80-85% aerobic
Ski Erg 1k
30 strict handstand push-ups
in remaining time AMRAP weighted DU
-rest walk 4 minutes-

8 minute AMRAP @ 80-85% aerobic
AirBike 1 mile
60 air squats
in remaining time AMRAP Double Unders

PM

A) Not for Time
10 hollow roll to superman
x 3
+
1 strict muscle-ups
20 secinds top of dip hold
x 5
+
5 cable reaches/side
15 seconds single leg back extension hold/side
x 3
+
Sprint 20 seconds in weight vest on TrueForm
rest walk 1 minute
x 6
+
15 GHD reverse hypers w/ band
x2

B) 3 Sets (Warm-Up)
Clean pull
Clean high pull
Squat Clean x 2
Hang Squat Clean x 2
Front Squat x 2
Thruster x 2

C) Clean Lift Off + Clean: 2.1 - building for 12 minutes, speed is intent here

D) Hang Snatch: 5 reps touch and go -every 75 seconds x 5 sets

E) Every 3 minutes complete
10 Dumbbell Front Squat - 60lbs per hand
2 Rope Climbs - 20'
x3

F) Every 3 minutes complete
10 Dumbbell Front Rack lunge - 60lbs per hand
CTB pull up x 15 - done 5/5/5
x 3

G) Walk cool down 10-15 minutes in sun!

DAY 6

AM

A) Warm up::
1 minute Versa Climber
1 minute AirBike
1 minute row
- increasing per round
x 3
+
30 second L sit on stall bars
30 second planche lean
x 2
+
3 rounds:
5 Power Cleans touch and go
5 Power Jerk touch and go
5 Power Clean and Jerk touch and go
+
3 rounds
5 Power Snatch touch and go
5 Hang Squat Snatch touch and go
5 Overhead Squat

B) Push Press: build to a tough set of 5
- then 5 reps x 3; rest 2-3 minutes - 85% of tough set of 5

C) Power Jerk: every 45 seconds - 3 reps - from ground - touch and go- from 115-145lbs

D) 5 Rounds Not For Time
5 kipping parallette handstand push-up - 10"
50m double Kettlebell Front Rack walk - 53lbs/hand

E) 3 Sets @ 85% sustained pace
Sled push - 100m - 250lbs
Handstand walk 50'
Farmers Walkx 50m - 125lbs/hand
Handstand walk 50'
Yoke walk x 50m - 375lbs
Handstand walk 50'
rest walk 5 minutes

F) Walk cool down 10-15 minutes in sun

NOON

A) Capacity Repeats
In 4 minutes complete:
Run 400m on TrueForm
into...
12 burpee box jump overs - 24"
x 5 rounds
- increase pace per round

DAY 6 (CONTINUED)

PM

A) Swim:
3 attempts underwater as far as possible, push off from the wall
+
Swim 100m
Kick 100m
x 2 sets
+
Swim 50m hard
rest 90 seconds
x 15 sets
+
Cool down 10-15 minutes in water

DAY 7

AM

A) 3 Rounds
Ski 30 seconds @ 80/85/90%
Row 30 seconds 80/85/90%
Run 30 seconds 80/85/90%
AB 30 seconds 80/85/90%
+
10 minutes track warm-up
+
2 Seated Box Jump
50' butt kickers
50' A skips
x 3 rounds

B) Sprint work:
100' shuttle runs
rest walk 2 minutes
x 7 sets

C) Power Clean: 1 rep - every 20 seconds x 15 sets - 5 sets - 165#, 5 sets - 175#, 5 sets - 185#

D) Sumo Deadlift: @2121; 4,4,3,3; rest as needed

E) For Time
15 deficit strict handstand push-ups -6"
Versa Climber 500'
75 weighted double unders
15 deficit strict handstand push-ups -2"
Versa Climber 500'
75 weighted Double Unders
15 strict handstand push-ups

F) Easy walk 10-15 minutes

PM

A) Every 2 minutes
Ski Erg 8 cal
8 Toes to Bar
8 Overhead Squat 105#

*adding 1 cal ski and 1 rep OHS per intervals, go until you reach 15 cal ski, 15 TTB, 15 OHS

TOUGH PHASE

We are rolling into another Tough, or intensification, phase of training this cycle. This cycle will set the tone for Caity to transition into a pre competition for a National Level Competition.

The main priorities this cycle are getting back into intense absolute strength training, continues upper body muscle endurance build, mixed aerobic build and gymnastics density.

You'll notice that we are getting closer to "game pace" (we go deeper into game pace and what this means for a competitive functional fitness athlete in our latest digital course, Mixed Modal) in the mixed aerobic work. We are pushing the limits of sustainability with both pace and muscle endurance via exercise selection.

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DAY 1

AM

A) Aerobic Repeats (Cyclical+Mixed)
Versa Climber 500' @ 85% aerobic
rest walk 3 minutes
x 3
+
Row 500m
25 GHD sit ups
Row 500m
rest walk 1:1
x 3
+
Ski Erg 250m
20 DB snatch - 50#
10 burpee box jump - 24"
Ski Erg 250m
rest walk 3 minutes
x 3

B) Easy walk 10-15 minutes in sun

PM

A) 5 Rounds Not For Time:
2 strict muscle ups
30 seconds L sit on stall bars
Ski Erg 10 cal
B) 10 minute EMOM
Minute 1 - Semi supinated strict chest to bar pull ups x6-8
Minute 2 - strict dip on rings x6-8

C) Power Clean + Strict Press: 1.5 - build to a tough set in 12-15 minutes

D) Power Clean + Strict press: 1.5 - 85% of highest in B - every 2 minutes x 4 sets

E) 4 Sets
3 wall walks
30m farmer's walk (R) - 88#
6 strict pronated pull up
30m crawl
9 ring push ups
30m Single arm farmer's walk (L) - 88#
rest 2 minutes

F) For Time @ sustained pace
50' hand over hand standing sled pull - 150#
Ski Erg 20 cal
35 wtd. DU
50' hand over hand standing sled pull - 150#
Row 20 cal
35 weighted double unders
50' hand over hand standing sled pull - 150#
AirBike 20 cal
35 weighted double unders

DAY 2

AM

A) 3 rounds Not for Time
10 glute V walkouts
30 seconds prone position straight legged

B) 3 Rounds Not For Time
5 reverse shot toss with slam ball
rest 15 seconds
10 high box step ups
rest 15 seconds
10 russian kettlebell swings 88#
rest 1 minute

C) Clean Deadlift + Clean pull + Clean high pull + Clean + Front Squat:
2.2.1.1.1 - build to a tough set in 12-15 minutes
- then take 85% and complete 4 more sets; rest 2-3 minutes

D) Front Squat: @21X1 - build to a tough set of 5 in 12 minutes

E) 5 minutes clock
Row 20 cal
8 sandbag cleans - 100#
20 WB - 20#
rest walk remaining time
x 3 sets
+
Rest 5 minutes
+
5 minute clock
Run 200m
8 Hang Power Snatch below the knee - 85#
8 overhead squat
Run 150m
rest walk remaining time
x 3 sets

F) Easy cool down 15-20 minutes:

PM

A) AirBike
1 minute @ 64RPM
rest walk 1 minute
x 7
rest 5 minutes
x 2 sets

B) Easy walk 15-20 minutes in the sun

DAY 3

AM

5k run @ sustained pace

DAY 4

A) 4 rounds @ sustained pace
3 Dead Hang to Inverted
Ski Erg 250m

B) Not For Time
6-5-4-3-2-1
Ring Muscle Ups unbroken
50 wtd. single unders b/t each set

C) Power Snatch + Overhead Squat: 8 minutes EMOM - 1.1 - adding per 2 minutes

D1) Hang Power Snatch: touch and go x 5 - below the knee; rest 15 seconds

D2) Toes to Bar: 12-15 unbroken reps; rest 2 minutes x 5 sets

E) Skill work:
7 parallette handstand push-up -6"
rest 15 sec
10 cable face pulls
rest 2 minutes
x 4 sets

F) For Time @ sustained pace
50-35-20
AirBike cals @ 62 RPM
KBS - 35#
Weighted Double Unders

PM

A) Row
500m @1:54 pace
rest walk 2 minutes
x 12 sets

B) Easy walk 10-15 minute in sun

DAY 5

AM

A) Aerobic Intervals (Cyclical+Mixed)
5 minute AMRAP @ 85% aerobic
Ski Erg 1 minute
1 minute air squats
Row 1 minute
1 minute hand release push ups
Bike 1 minute
rest walk 5 minutes
5 minutes AMRAP @85% Aer:
Versa Climber 100'
50' walking lunges
7 burpees
rest walk 5 minutes
5 minutes AMRAP @ 5% aerobic
Run 100m on TrueForm
7 dumbbell hang power clean to overhead - 35#/hand
7 box jump step-down - 24"
rest walk 5 minutes
x 2 sets
- same scores on second sets

PM

A) Swim:
Easy 30 minutes
B) Walk 10-15 minutes in sun

DAY 6

AM

A) 5 rounds @ sustained pace::
Run 20 seconds accels on TrueForm
rest 1 minute
x 5 rounds
+
1 Legless Rope Climb - 15'
10 cal AirBike
x 6 rounds
B) Hang Power Clean: From below the knee - 3 - EMOM 6 minutes - from 145-165#

C) Power Clean + Push Press: 2.1 x 3; rest as needed - 175-205#

D) Hang Clean and Split Jerk: 1.2 x 3; rest 2-3 minutes

E) 4 Sets @skill pace:
Med ball 2 shoulder x 5 reps
25 heavy double unders unbroken
rest as needed

F) 5 Rounds @sustained pace::
15 pull ups
AirBike 1 minute @62RPM
+
rest 5 minutes
+
8 kipping handstand push-up -6"
Row 1 minute @1:54 pace
x 5 rounds

G) Bent Over Cable Reverse Flys: 8/arm x 3; rest 2 minutes

PM

A) 6 Sets @ sustained pace
90 seconds run @ 85% aerobic
rest walk 30 sec
90 seconds row @ 85% aerobic
rest walk 30 sec
90 seconds - Double Unders x 15 + 6 no push-up burpees
rest walk 3 minutes
x 6 sets

DAY 7

AM

A) Not For Time @ easy
20 minute Road Bike
20 minute swim
20 minute run

CONCLUSION

There is no one size fits all approach in fitness, this is even more prevalent when the goal is to win. All of the training laid out above was with purpose, based on an assessment and the priorities that we determined from this athlete based on that assessment.

In our latest course *Mixed Modal*, we will teach you the conceptual framework of developing an athlete, we will teach you the scientific groundwork to understand the “why” behind the work you give them, and we will teach you how to implement via assessment, periodization, programming and fueling for your athlete.

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