
PRINCIPLES: **PERIODIZATION**

WITH GEORGIA SMITH

OPEX

Periodization is the act of building out training blocks that fit within the long-term training plan. When you periodize, you plan training phases relative to your client's goals, abilities, and training schedule.

By thinking ahead and having a long-term plan in place, you'll remove the guesswork from your program designs and always understand the focus of each training cycle. This will help you prioritize different skills and energy systems, so you're not trying to progress everything at once.

Periodization will also help you balance volume, intensity, and recovery for each client, so they avoid overtraining, plateaus, and injuries.

PHASES OF PERIODIZATION

Accumulation - High volume, low intensity, skill development, structural balance, technical focus, and aerobic metabolic work.

Intensification - High intensity, lower volume, skills under fatigue, threshold, aerobic and anaerobic metabolic work.

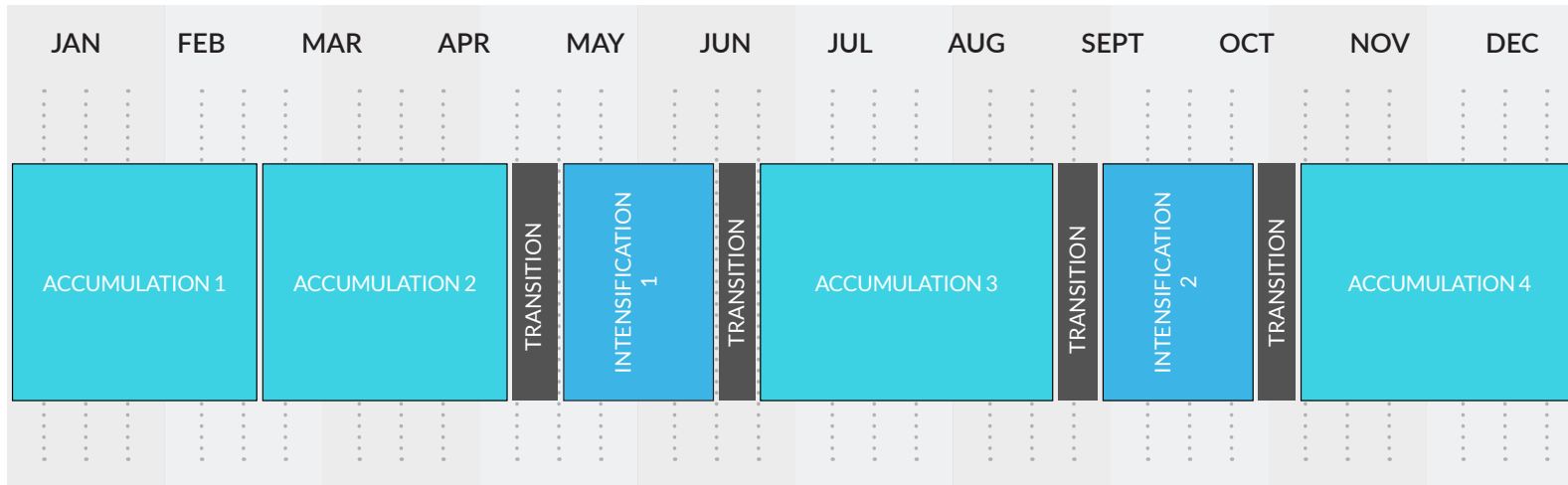
Pre-Competition - Resembles the competitive setting. Characteristics include sharpening, refining, peaking, and tapering.

Competition - The act of competing. Express, maintain, survive.

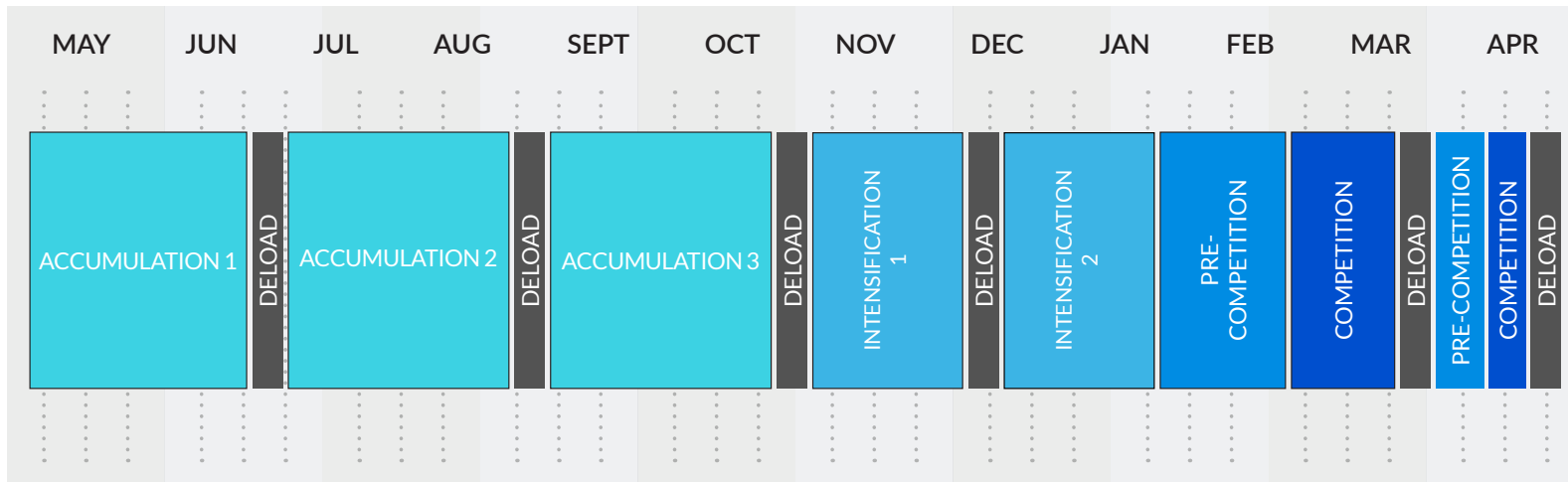
Deload - Recover from competition and regenerate. Lower volume and lower intensity. Transition for gen pop.

PERIODIZATION IMPLEMENTATION - LONG-TERM PLANNING

GEN POP LONG-TERM PLAN



FUNCTIONAL FITNESS ATHLETE LONG-TERM PLAN



ACCUMULATION FOR GEN POP

MONDAY

- A.** Every Minute on the Minute x 12 minutes
 - odd. 2 Wall Walks
 - even. 6 Ring Pull-Ups
- B.** 15 minutes @ sustained pace
 - Assault Bike for calories
 - +
 - rest 10 minutes
 - +
 - 15 minutes @ sustained pace
 - Row for calories
- C.** 5-10 minute Easy Cooldown

TUESDAY

- A.** Zercher Squat @31X1, 10-12 reps x 3 sets; rest 90 seconds
- B1.** Snatch Grip Bent Row @20X1, 10-12 reps x 3 sets; rest 60 seconds
- B2.** Alternating Kettlebell Floor Press @20X1, 20-24 reps x 3 sets; rest 2 minutes
- C.** 3 Sets (left then right)
 - 5 Single Arm Kettlebell Cleans
 - 10 reps Contralateral Kettlebell Rack Split Squat
 - 10 reps Bent Over Kettlebell Row with Rotation

- 40m Single Arm Kettlebell Front Rack Carry
- rest 90 seconds between sides
- D.** 5-10 minute Easy Cooldown

WEDNESDAY

Rest Day

THURSDAY

- A.** 5 Sets (left then right)
 - 1 Turkish Get-Up (ground to stand)
 - 3 Dumbbell Windmills
 - 20m Single Arm Dumbbell Waiter Walk
 - 1 Turkish Get-Up (stand to ground)
 - rest 60-90 seconds between sides
- B.** 15 minutes As Many Rounds As Possible @ sustained pace
 - 400m Row
 - 300m Ski
 - 200m Run
 - rest 10 minutes
 - x 2 sets from the top
- C.** 5-10 minute Easy Cooldown

FRIDAY

- A.** Romanian Deadlift @30X0, 10-12 reps x 3 sets; rest 2 minutes
- B1.** Strict Neutral Grip Pull-Up @20X1, 8-12 reps x 3 sets; rest 90 seconds
- B2.** Strict Dumbbell Z Press @20X1, 8-12 reps x 3 sets; rest 2 minutes
- C.** 8 minutes As Many Rounds as Possible
 - 30 second Hollow Hold
 - 40m Sandbag Bear Hug Carry
 - 8 Single Leg GHD Hip Extensions, each side
- D.** 5-10 minute Easy Cooldown

SATURDAY

Enjoy movement outdoors

SUNDAY

Enjoy movement outdoors

INTENSIFICATION FOR GEN POP

MONDAY

A. L-Sit Rope Climb, 1 rep x 5 sets; rest 2 minutes

B. 3 minute clock @ sustained pace

15 Kettlebell Swings, 53#

Assault Bike for calories in remaining time

+

rest 3 minutes

+

3 minute clock @ sustained pace

20 Jump Lunges

Row for calories in remaining time

+

rest 3 minutes

x 2 sets from the top

C. 5-10 minute Easy Cooldown

TUESDAY

A1. Front Squat @20X0, 5-6 reps x 3 sets; rest 2 minutes

A2. Close Grip Bench Press @20X1, 5-6 reps x 3 sets; rest 2 minutes

B1. Yates Row @20X1, 5-6 reps x 3 sets; rest 2 minutes

B2. Barbell Split Squat @20X0, 5-6 reps x 3 sets; rest 90 seconds between sides

C. 5-10 minute Easy Cooldown

WEDNESDAY

Rest Day

THURSDAY

A. Turkish Get Up, 12 minutes to find a heavy rep per side

B. 4 Sets

For Time @ sustained pace

15 calorie Ski

20m Sled Push, grinding load

20 calorie Row

rest 3 minutes

C. 5-10 minute Easy Cooldown

FRIDAY

A. Deadlift @30X0, 5-6 reps x 3 sets; rest 3 minutes

B1. Weighted Pull-Up @20X0, 5-6 reps x 3 sets; rest 2 minutes

B2. Push Press @20X0, 5-6 reps x 3 sets; rest 2 minutes

C. Yoke Walk, find a heavy 20m in 3 sets; rest 2 minutes between attempts

D. 5-10 minute Easy Cooldown

SATURDAY

Enjoy movement outdoors

SUNDAY

Enjoy movement outdoors

TRANSITION FOR GEN POP

MONDAY

- A.** Dumbbell Rear Foot Elevated Split Squat @30X0, Find an 8RM
- B.** Dumbbell External Rotation @3010, Find an 8RM
- C.** 3 sets @ MAP 10 pace
 - 1 minute Assault Bike
 - 1 minute Wall Sit
 - 1 minute Ski
 - 1 minute Single Unders
 - 1 minute Plank Hold
 - 1 minute Row

TUESDAY

- A1.** Goblet Squat @31X1, 8 reps x 4 sets; rest 45 seconds
- A2.** Push-Up @21X1, 8 reps x 4 sets; rest 45 seconds
- A3.** Single Leg Dumbbell Glute Bridge @20X2, 8 reps x 4 sets; rest 45 seconds
- A4.** Ring Row @21X1, 8 reps x 4 sets; rest 45 seconds
(Pick a weight/angle you could do 12-15 reps at)
- B.** 5-10 minute Easy Cooldown

THURSDAY

- For Time
- 5000m Row

WEDNESDAY

- Rest Day

FRIDAY

- A1.** Single Leg Romanian Deadlift to a Target @30X0, 8 reps x 4 sets; rest 45 seconds
- A2.** Single Arm Kettlebell Z-Press @20X1, 8 reps x 4 sets; rest 45 seconds
- A3.** Walking Lunges @20X0, 16 reps x 4 sets; rest 45 seconds
- A4.** Banded Lat Pulldown @30X2, 8 reps x 4 sets; rest 45 seconds
(Pick a weight/resistance you could do 12-15 reps at)
- B.** 5-10 minute Easy Cooldown

SATURDAY

- Enjoy movement outdoors

SUNDAY

- Enjoy movement outdoors

ACCUMULATION FOR ATHLETE

MONDAY

A. 8 minutes As Many Rounds as Possible @ easy pace

- 8 calorie Assault Bike
- 25 foot Handstand walk
- 20 alternating Reverse Lunges off a 45# plate

B. 3 Position Snatch; Every 3 minutes perform 1 complex, starting at 95# and building until a challenging complex is reached, no fails

C. Back Squat @21X1, 3.3.3 reps x 3 sets; rest 30 seconds between clusters and 3 minutes between sets

D. Gymnastics Pulling Density
Each For Time @ sustained pace

- 20-15-10
- Chest to Bar
- Dumbbell Push Press, 35#

+
rest walk 5 minutes

+
9-7-5

- Bar Muscle Up
- Box Jump, Step Down, 30 inches

E1. Single Arm Bottoms Up Kettlebell Press @3112, 10/side x 3 sets; rest 90 seconds

E2. Single Leg Barbell Hip Thrust @2112, 10/side x 3 sets; rest 90 seconds

F. 10-15 minute Easy Cooldown

TUESDAY

AM Session

A. 45 minutes @ easy pace

- 20 calorie Ski Erg
- 3 Bottoms-Up Turkish Get-Up, each side
- 20 calorie Row
- 3 Parallette Eccentric Handstand Push-Up @50A1
- 20 calorie Echo Bike
- 50 meters Farmers Walk w/ Handles, moderate load

PM Session

A. Mixed MAP 7

- 10 minute AMRAP @ sustained pace
 - 20 calorie Assault Bike
 - 20 Prisoner Walking Lunge Steps
 - 20 Burpees to 6 inch Target Overhead
- +
rest walk 5 minutes

10 minute AMRAP @ sustained pace

- 250m Row
- 20 Air Squats
- 30 Double unders
- 10 Shoulder to Overhead, 85#

+
rest walk 5 minutes
x 2 sets from the top

B. 10-15 minute Easy Cooldown

WEDNESDAY

AM Session

A. Incremental MAP Sets

- 60 second Row
- 60 second rest
- 60 second Echo Bike
- 60 second rest
- x 3-5 sets
- (Increase pace per set and terminate if unable to get faster)

+
rest 5-10 minutes

+
For Time

- 21 calorie Ski Erg
 - 15 Toes to Bar
 - 9 Devil's Press, 35#
- rest 3 minutes
x 3-5 sets

(Increase pace per set and terminate if unable to get faster)

B. 10-15 minute Easy Cooldown

PM Session

A. 3 sets

- 3 Single Leg Box Jumps/side
- 5 Dumbbell Thrusters @31X3, 35#
- 60 second slow Assault Bike

ACCUMULATION FOR ATHLETE - CONT.

- B.** Hang Power Clean + Hang Squat Clean Thruster, Every 90 Seconds, 1 complex x 6 sets
- C.** Speed Back Squats @10X0, Every 60 Seconds, 3 reps x 8 sets
- D.** Every Minute on the Minute x 8 minutes
 - min 1. 3 Clean Pulls @185#
 - min 2. 3 Snatch Pulls @145#
- E.** Handstand Push-Up Density
 - 10-8-6-4-2
 - Strict Handstand Push-Up
 - Strict Pull-Up

THURSDAY

Rest day

FRIDAY

- A.** Every Minute on the Minute x 9 minutes
 - min 1. 10 Hang Muscle Snatch, low load
 - min 2. 10 Hang Power Clean, low load
 - min 3. Slow Spin on Assault Bike
- B.** Muscle Snatch + Hip Snatch + Snatch Balance, Every 90 Seconds, 1 complex x 6 sets
- C.** Paused Clean, 3,3,3,3; rest 3 minutes (3 second pause below knee, build from moderate to tough)
- D.** 1 1/4 Front Squat @21X1, 5 reps x 3 sets; rest 3 minutes

- E.** Mixed MAP 7 with Gymnastics
 - 10 Minutes As Many Rounds As Possible @ sustained pace
 - 3 Burpee Ring Muscle-Ups
 - 50 Double Unders
 - 20 calorie Assault Bike
 - +
 - rest 5 minutes
 - +
 - 10 Minutes As Many Rounds As Possible @ sustained pace
 - 25 foot Handstand Walk
 - 10 Burpee Box Jump Over, 24 inches
 - 25 foot Handstand Walk
 - 20 calorie Row
- F.** 10-15 minute Easy Cooldown

SATURDAY

- A.** 3 Sets
 - 60 second Passive Hang
 - 10 Ring Push-Ups @2111
 - 20 GHD Hip Extension @10X0
- B.** Each For Time @ sustained strength pacing
 - 20 Push Jerks, 125# in singles
 - rest 3 minutes
 - 10 Push Jerks, 155# in singles
- C1.** Dumbbell Neutral Grip Incline Bench Press @21X1, 10-12 reps x 3 sets; rest 90 seconds

- C2.** Deadlift @21X1, 6-8 reps x 3 sets; rest 90 seconds
- D1.** Half Kneeling Landmine Press @2112, 10/side x 3 sets; rest 90 seconds
- D2.** Alternating Incline Hammer Curl @2011, 20 reps x 3 sets; rest 90 seconds
- E1.** Tricep Extension Push-Up @2111, 8-12 reps x 3 sets; rest 90 seconds
- E2.** Forehead Supported Dumbbell Rear Delt Fly @2011, 10-12 reps x 3 sets; rest 90 seconds
- F.** Anaerobic Alactic Endurance
 - 12 second Assault Bike @ hard effort
 - 2 minutes slow spin
 - x 5 sets
- G.** 10-15 minute Easy Cooldown

SUNDAY

Rest day

INTENSIFICATION FOR ATHLETE

MONDAY

A. 3 Sets for Quality

- 5 Single Arm Crossbody Dumbbell Snatch/ side with a 5 sec iso hold overhead per rep
- 3 Strict Ring Pull-Ups @2112
- 30 second top of Dip Hold
- 1 minute arms only Assault Bike @ easy
- 1 minute Assault Bike @ easy

B. Muscle-Up Density Build

- 20 Muscle-Ups for Time

C. For Time @ strength pacing

- 10 Cleans 135#
- 20 calorie Assault Bike
- 8 Cleans, 155#
- 20 calorie Assault Bike
- 6 Cleans, 175#
- 20 calorie Assault Bike
- 4 Cleans, 195#
- 20 calorie Assault Bike
- 2 Cleans, 205#

D1. Seated Barbell Press @21X1, 6 reps x 3 sets; rest 2 minutes

D2. Staggered Stance Kettlebell Romanian Deadlift @2111, 6/side x 3 sets; rest 2 minutes

E. Cyclical Anaerobic Build

- 20 sec AB @ hard effort
- 3 minutes rest walk
- x4 sets

F. 10-15 minute Easy Cooldown

TUESDAY

AM Session

A. Mixed MAP 6 - Constant Variance

- For Time @ sustained pacing
- A. 15 calorie Ski Erg
- B. 15 Wall Ball, 14# to 9 foot
- C. 15 Burpees to 6 inch Target Overhead
- D. 15 Toes to Ring
- E. 15 cal Assault Bike
- F. 50 Double Unders

+
rest 5 min

+

Set 2:

F, E, D, C, B, A

+

rest 5 min

+

Set 3:

D, A, F, C, B, E

+

rest 5 min

+

Set 4:

B, F, A, C, E, D

PM Session

A. 3 Sets for Quality

- 3 Seated Box Jump, high
- 5 Goblet Squat @33X1, 53#
- 10 Russian Kettlebell Swing, 70#

B. Every 60 seconds, perform:

- 10 Touch and Go Hang Power Cleans, 85# x 6-8 sets

C1. Close Grip Bench Press @22X1, 3.3 x 3 sets; rest 15 seconds between clusters and 2 minutes between reps

C2. Banded Pendlay Row @21X0, 6-8 reps x 3 sets; rest 2 minutes

D. For Time @ sustained pace

- 21-15-9
Toes to Bar
Dumbbell Burpee Deadlift, 35#

E. 10-15 minute Easy Cooldown

WEDNESDAY

AM Session

A. @ Low aerobic pacing

- 5000m Row, Every 1k perform:
1 minute Bottom of Squat Hold with Kettlebells in Front Rack
50 foot Handstand Walk

INTENSIFICATION FOR ATHLETE - CONT.

PM Session

A. Prep

Swim for 5 minutes, start with an easy effort and build that effort from easy to moderate by the end of the swim

B. Swim

400m time trial

+

Rest as needed

C. 10 minute Easy Swim

THURSDAY

Rest day

FRIDAY

A1. Tall Kneeling Landmine Press @2112, 10/ side x 2 sets; rest as needed

A2. Tall Kneeling Landmine Twist @ controlled, 10 total reps x 2 sets; rest as needed

A3. Banded Scap Push Up @11X2, 10-12 reps x 2 sets; rest as needed

B. HSPU + Gymnastics Pulling Density

For Time:

21 Strict Handstand Push-Up

10 Bar Muscle-Ups

15 Strict Handstand Push-Up

10 Rope Climbs

9 Strict Handstand Push-Up

10 Strict Chest to Bar Pull-Ups

C. For Time @ Strength Pacing

30 Power Snatch, 95#

2 mile Assault Bike

30 Power Clean + Shoulder to Overhead, 95#

D. Mixed MAP 6

5 Minutes As Many Rounds As Possible @ sustained pace

8 calorie Assault Bike

20 Jump Lunges

8 Hand Release Push-Ups

+

rest walk 5 minutes

+

5 Minutes As Many Rounds As Possible @ sustained pace

8 calorie Row

10 Box Jump Step Down 20"

8 Ring Rows, horizontal

+

rest walk 5 min minutes

x 2 sets from the top

SATURDAY

A. 10 minutes As Many Rounds As Possible @ easy

500m Row

20 Reverse Lunges

25 foot Handstand Walk

B. 15 minute clock

1 Power Clean + 2 Front Rack Lunges/side

+ 3 Shoulder to Overhead + 4 Thrusters

Build to a max complex

C. For Time

50 Deadlifts, 155#

30 Ring Dips

30 Alt. Dumbbell Squat Snatches, 50#

300 Double Unders

100 foot Handstand Walk

*150m Treadmill Run before each movement

D. 10-15 minute Easy Cooldown

SUNDAY

Rest day

PRE-COMPETITION FOR ATHLETE

MONDAY

Rest day

TUESDAY

AM Session

A. For Sustained Cals/Reps

60 second Ski Erg

60 second Burpee to 6 inch Target Over head

60 second Box Jump Step Down

rest 3 minutes

x 3 sets

+

rest 8 minutes

+

60 second Row

60 second Unbroken Wall Ball, 14# to 9 foot

60 second Russian Kettlebell Swing, 35#

rest 3 minutes

x 3 sets

+

Immediately after, 10 minutes to establish a tough Power Snatch

B. 10-15 minute Easy Cooldown

PM Session

A. Gymnastics Pushing Density

21-15-9

Handstand Push-Ups

Assault Bike calories

*25 foot Handstand Walk after each set

B. Back Squat @22X1, 3,3,2,2,1,1; rest 2-3 minutes

C. Clean Battery

For Time @ sustained pace

10 calorie Row

5 Cleans, 155#

20 calorie Row

4 Cleans, 175#

30 calorie Row

3 Cleans, 195#

40 calorie Row

2 Cleans, 205#

WEDNESDAY

AM Session

A. Mixed MAP with Gymnastics Pulling Bias

3 Minutes As Many Rounds As Possible @ sustained

7 calorie Ski Erg

5 Burpees

3 Bar Muscle-Up

rest 3 minutes

x 4 sets

+

rest 8 minutes

+

3 Minutes As Many Rounds As Possible @ sustained

7 Chest to Bar Pull-Ups

7 Ring Push-Ups

10 Walking Lunge Steps

rest 3 minutes

x 4 sets

B. 10-15 minute Easy Cooldown

PM Session

A. Incremental Pacing Swim

50m Swim, rest 1:1

(Start moderate and increase speed per set, terminate when unable to get faster)

B. 5-10 minute Easy Swim

THURSDAY

Rest day

PRE-COMPETITION FOR ATHLETE - CONT.

FRIDAY

A. Gymnastics Push/Pull Density

Every Minute on the Minute x 21 minutes

min 1. 1-2 Legless Rope Climbs

min 2. 1 Handstand Walk Obstacle

min 3. 60 second slow spin on Assault Bike

B. Front Squat @22X1, 3,3,2,2,1,1; rest 2-3 minutes

C. Snatch Battery

3 minute clock to perform:

10 Strict Handstand Push-Up

As Many Reps As Possible Snatch, 125# in remaining time

+

rest 3 minutes

+

3 minute clock to perform:

15 Kipping Handstand Push-Up

As Many Reps As Possible Snatch, 125# in remaining time

rest 3 minutes

+

3 minute clock to perform:

25 foot Handstand Walk

As Many Reps As Possible Snatch, 125# in remaining time

D. 750m Row @ high sustained

rest 3 minutes

700m Row @ high sustained

rest 3 minutes

650m Row @ high sustained

rest 3 minutes

600m Row @ high sustained

E. 10-15 minute Easy Cooldown

SATURDAY

Simulation Day 1 of 2

A. Event 1

For Time with 20# ruck:

1 mile Run

50 Squats

100 Walking Lunge Steps

- rest 20-30 minutes

B. Event 2

For Time

100 Double Unders

80 calorie Row

60 Wall Ball, 14# to 9 foot

40 Box Jump, 20 inches

20 Devil's Press, 30#

5 Clean and Jerk, 185#

C. 20 minute Easy Cooldown

SUNDAY

Simulation Day 2 of 2

A. Event 3

For Time

10 Rope Climb

20 Thrusters, 95#

10 Bar Muscle-Up

20 Power Cleans, 115#

10 Muscle-Ups

20 Cleans, 125#

+

rest 20-30 minutes

B. Event 4

For Time

5000m Ski Erg

into...

5 minutes to establish a tough Deadlift

C. 20 minute Easy Cooldown

COMPETITION FOR ATHLETE

MONDAY

A. 10 Rounds for Quality

10 calorie Row/Assault Bike (alternate per set)

10 alternating Pistols

30 Double Unders

B. 10 minute Mobility of choice

TUESDAY

AM Session

A. Mixed MAP with CP

3 minutes As Many Rounds As Possible @ sustained

9 Wall Balls, 14# to 9 foot

7 Push-Ups

5 calorie Ski Erg

rest 3 minutes

x 3 sets

+

8 minutes to establish a challenging 5

Touch and Go Hang Power Snatch

+

5 minutes slow spin on bike

+

3 minutes As Many Rounds As Possible @ sustained

9 Deadlifts, 125#

7 Pull-Ups

5 calorie Assault Bike

rest 3 minutes

x 3 sets

+

8 minutes to establish a challenging 5 Touch and Go Hang Power Clean

B. 5-10 minute Easy Cooldown

PM Session

A. Gymnastics Push with Non-Complimentary

1-2-3-4-5-4-3-2-1

Strict Handstand Push-Up, 3 inch deficit

Shoulder to Overhead, 125#

B. 5 minutes As Many Rounds As Possible

3 Cleans, 175#

6 Bar Facing Burpees

C. Lower Density

8 minutes As Many Rounds As Possible

3-5-7-9...etc.

D. Ball Bearhug Squats, 100#

Assault Bike Calories

WEDNESDAY

AM Session

A. Every 6 minutes, perform @ sustained

5 Power Snatch, 115#

10 Toes to Bar

20 Box Jump, Step Down, 20#

x 3 sets

+

rest walk 5 minutes

+

50 calorie Assault Bike For Time @ high sustained

+

rest walk 5 minutes

+

Every 6 minutes, perform @ sustained

5 Power Clean, 125#

10 Chest to Bar Pull-Ups

20 Overhead Walking Lunge Steps, 95#

x 3 sets

+

rest walk 5 minutes

+

50 calorie Assault Bike For Time @ high sustained

B. 5-10 minute Easy Cooldown

COMPETITION FOR ATHLETE - CONT.

PM Session

A. Incremental Pacing Sets

800m @ 75%
rest walk 4 minutes
600m @ 80%
rest walk 3 minutes
400m @ 85%
rest walk 2 minutes
200m @ 90%
rest walk 5 minutes
x 3 sets

B. 5-10 minute Easy Cooldown

THURSDAY

Rest, get some easy blood flow

FRIDAY

A. Event 1

12 minutes As Many Rounds As Possible
40 Double Unders
*2 Double Kettlebell Deadlift, 35#
*2 Double Kettlebell Front Squat, 35#
*2 Double Kettlebell Hang to Overhead, 35#
*KB movements increase by 2 reps each round

B. Event 2

3 Rounds for Time (15 minute cap)
50 foot Handstand Walk
18 Chest to Bar Pull-Ups
50 foot Double Dumbbell Front Rack Lunge Walk, 35#

C. 10-15 minute Easy Cooldown

SATURDAY

A. Event 3

4 minutes + 4 minutes + etc.
15 Squat Cleans, 95#
15 Toes to Bar
12 Bar Facing Burpees
- if completed, add 4 minutes
13 Squat Cleans, 115#
15 Toes to Bar
12 Bar Facing Burpees
- if completed, add 4 minutes
11 Squat Cleans, 135#
15 Toes to Bar
12 Bar Facing Burpees
- if completed, add 4 minutes
9 Squat Cleans, 155#

15 Toes to Bar

12 Bar Facing Burpees

- if completed, add 4 minutes

7 Squat Cleans, 175#

15 Toes to Bar

12 Bar Facing Burpees

- if completed, add 4 minutes

5 Squat Cleans, 195#

15 Toes to Bar

12 Bar Facing Burpees

- if completed, add 4 minutes

3 Squat Cleans, 200#

15 Toes to Bar

12 Bar Facing Burpees

- if completed, add 4 minutes

1 Squat Cleans, 205#

15 Toes to Bar

12 Bar Facing Burpees

B. Event 4

7000m Run Time Trial

C. 10-15 minute Easy Cooldown

SUNDAY

Rest day

DELOAD FOR ATHLETE

MONDAY

Rest day

TUESDAY

- A.** Every Minute on the Minute x 12 minutes
 - min 1. 1 Wall Walk + 2 Nose to Wall Strict Handstand Push-Up + 10 second hold
 - min 2. 2 Chest to Ring Pull-Ups + 2 Muscle-Ups
- B.** Every Minute on the Minute x 10 minutes
 - min 1. 10 calorie Assault Bike
 - min 2. 3 Cleans, 135# (add 10# each set)
- C.** For Quality
 - 10-8-6-4-2
 - Dumbbell Bench Press, 50#
 - Dumbbell Bent Over Row, 50#
- D.** 10 minute Ski Erg @ low aerobic pace
- E.** 10 minute Mobility work of choice

WEDNESDAY

- A.** 30 minutes As Many Rounds as Possible @ low aerobic pace
 - 50 calorie Row
 - 1 Legless Rope Climb
 - 5 Deficit Strict Handstand Push-Up, 3 inches
 - 6-8 Strict Chest to Bar
 - 10 Deficit Kipping Handstand Push-Up, 3 inches
- B.** 5 Rounds for Quality
 - 1 Snatch, 95# (add 10# each set)
 - 200m Jog
- C.** 10-15 minute Mobility work of choice

THURSDAY

Rest day

FRIDAY

- A.** Every 30 seconds
 - 1 Power Clean + 1 Push Jerks
- x 10 sets

- B.** Every 2 minutes
 - 3 Back Squats with Chains @50-60%
 - 3 Seated Box Jumps, high
- x 6 sets
- C.** Every 4 minutes
 - 10 calorie Row
 - 10 Burpee Box Jump, Step Downs
 - 10 Sandbag Bearhug Squats
- x 4 sets
- D.** 10-15 minute Easy Cooldown

SATURDAY

- A.** 30 minute Run @ easy pace
 - *Every 5 minutes perform 20 Push-Ups

SUNDAY

- A.** For Time @ sustained pace
 - 5k Echo Bike
 - 50 Double Unders
 - 3k Row
 - 100 Double Unders
 - 100 Walking Lunge Steps
 - 200 Double Unders
- B.** 10-15 minute Easy Cooldown

PERIODIZATION AND PERSONALIZATION

Periodization is a foundational program design principle, but there are key steps that need to be followed before you can put periodization into practice.

First, you must know who you are designing workouts for. Assessing your clients' movement quality and work capacity, along with consulting on their goals and training history, will ensure that your program design fits their function—whether that's sport or health.

To deliver this effectively, you need a system of coaching that includes not only exercise, but also nutrition and lifestyle. To professionalize your coaching and learn the skills of personalized program design, your next step is to enroll in the [OPEX Coaching Certificate Program \(CCP\)](#).

Through mentorship and education, you'll learn our proven methodology and get the systems you need to progress and manage your clients.

Click the button below to learn more about CCP today.

