



**OPEX**

**PROGRAMMING  
FUNCTIONAL  
FITNESS WITH  
INDIVIDUAL DESIGN**

## INTRODUCTION

The popularity of functional fitness continues to rise as people around the world pursue the fun and challenge of mixed modal workouts.

However, as coaches program more metcons and new functional skills, we're beginning to see some common mistakes emerge.

First, coaches program intense metcons year-round. While this may lead to initial improvements, it will eventually result in plateaus, burnout, and even injury.

Next is not understanding and programming for two very different training goals: athletic performance and long-term health.

You can avoid these mistakes and make functional fitness effective for any client by understanding key program design principles, like periodization.

In this guide, we'll explain what periodization is and how you can implement it to create balanced, long-term training plans for both performance and health goals.

Read on to access sample training weeks from each phase of training for both an athlete and a health client, and watch the accompanying video for an in-depth explanation of each program design.

## PERIODIZATION DEFINED

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.

Your client's goals, function, training age, and assessment dictate which of the phases below are appropriate.

LEARN THE OPEX METHOD OF ASSESSMENT [IN THIS FREE GUIDE.](#)

## PHASES OF PERIODIZATION FOR FUNCTIONAL FITNESS ATHLETES

**Accumulation** - Characteristics include high volume, low intensity, skill development, technical focus, and aerobic metabolic work.

**Intensification** - Characteristics include high intensity and high volume, skills under fatigue, threshold, aerobic and anaerobic metabolic work.

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

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

**Deload** - Recover from competition and regenerate.

## PHASES OF PERIODIZATION FOR HEALTH CLIENTS

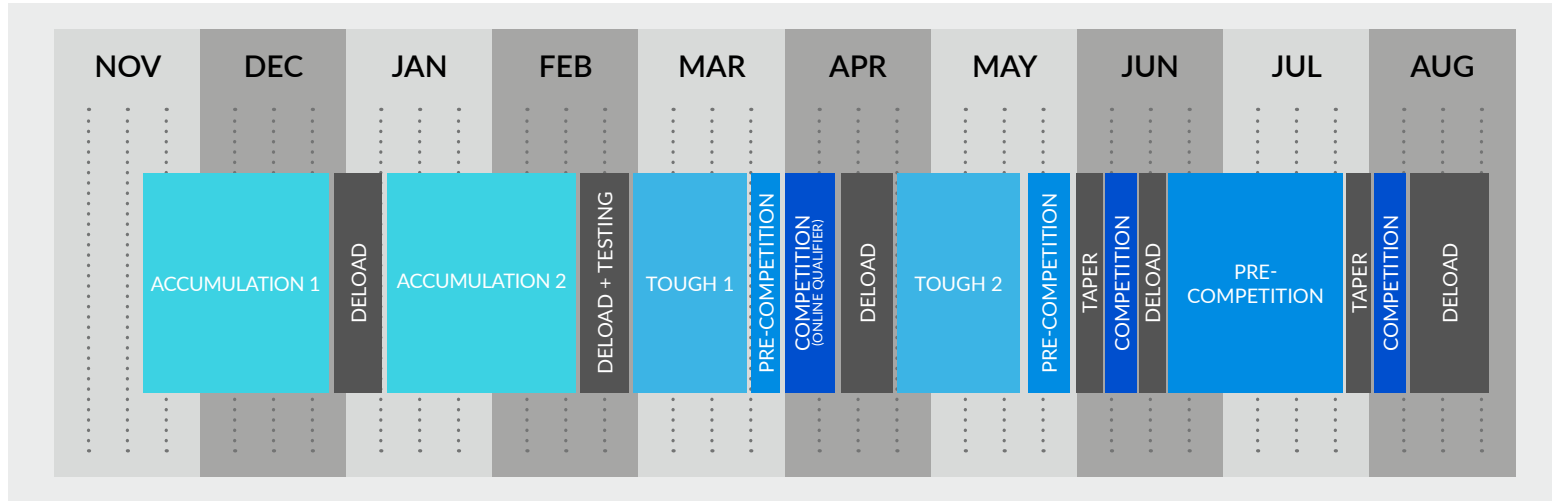
**Accumulation** - Characteristics include high volume, low intensity, skill development, slower tempo, structural balance, and slower aerobic work.

**Intensification** - Characteristics include high intensity, low volume, and faster aerobic work.

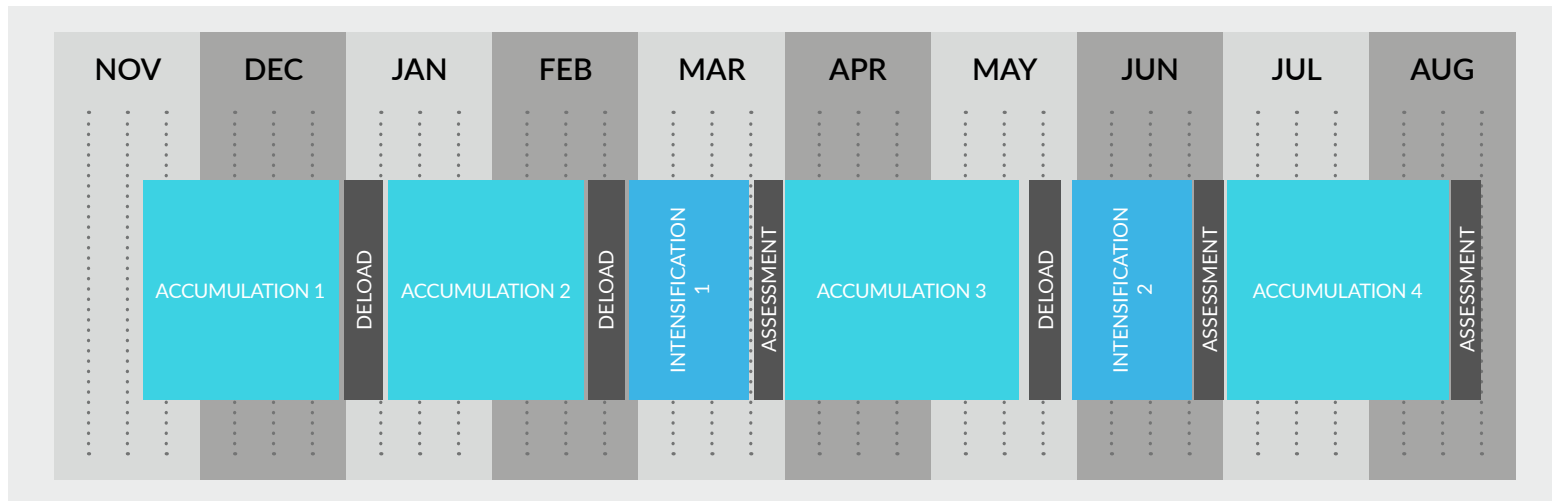
**Deload** - Lower volume and/or lower intensity aerobic and resistance training.

# PERIODIZATION AND PERSONALIZATION: MACRO VIEW

## ATHLETE MACRO VIEW



## HEALTH MACRO VIEW



Designing periodized functional fitness programs starts with identifying what functional means for your client.

For an athlete, their function may be to win a local competition, an online qualifier, or even the CrossFit Games. They are seeking maximum physical potential and their intention is performance.

For a health client, their function may be to stay healthy for their kids, achieve career success, or travel and explore the outdoors without physical limitations. They may be a fitness enthusiast who enjoys training, but they are seeking sustainability and their intention is to live a larger life.

Given these two polar opposite intentions, it is clear that a one-size-fits-all approach to periodization is inappropriate.

An athlete's training year must be structured around competition and periodized in a way that appropriately peaks them for maximal expression on "game day." Their life needs to align with training.

A health client's training year must be structured in a way that supports consistency in training for a lifetime. Their training needs to align with their life.

[CLICK HERE](#) TO WATCH A VIDEO EXPLANATION ON THE KEY DIFFERENCES IN PERIODIZING LONG-TERM TRAINING PLANS FOR ATHLETES AND HEALTH CLIENTS.

## PERIODIZATION AND PERSONALIZATION: MICRO VIEW

In the training weeks below you will see how phases of training are implemented in program design for both a health-focused fitness enthusiast and a competitive functional fitness athlete.

*Read the weekly program designs and then watch this video for an explanation of the intention behind the workouts and additional periodization considerations from two OPEX Coaches.*



# ACCUMULATION FOR HEALTH

## MONDAY

- A.** Every Minute on the Minute x 12 minutes  
odd. 2 Wall Walks  
even. 6 Ring Pull-Ups
- B.** 15 minutes As Many Rounds As Possible  
@ sustained pace  
20-10-5  
Assault Bike calories  
Ring Rows  
+  
rest 10 minutes  
+  
15 minutes As Many Rounds As Possible @ sustained pace  
20-10-5  
Row calories  
Burpees
- 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  
20m Seal Walk  
200m Row  
20m Walking Lunges  
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

*Click here to watch a video explanation of the intention behind this Accumulation training week.*

# INTENSIFICATION FOR HEALTH

## 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

*Click here to watch a video explanation of the intention behind this Intensification training week.*



# DELOAD FOR HEALTH

## MONDAY

- A.** 7 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

## WEDNESDAY

Rest Day

## THURSDAY

- A.** 60 minutes @ MAP 10 pace
  - 1200m Assault Bike
  - 800m Row
  - 400m Ski
  - 20m Crawl

## 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

*Click here to watch a video explanation of the intention behind this Deload training week.*

# 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

*Click here to watch a video explanation of the intention behind this Accumulation training week.*

# 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

*Click here to watch a video explanation of the intention behind this Intensification training week.*

# 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

*Click here to watch a video explanation of the intention behind this Pre-Competition training week.*

# 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

*Click here to watch a video explanation of the intention behind this Competition training week.*

# 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

*Click here to watch a video explanation of the intention behind this Intensification training week.*

## PUTTING PERIODIZATION INTO PRACTICE

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

Next, you must follow the 3 Ps. You now know the last P: Periodization. But the other two Ps, Priorities and Planning, are just as important.

In the [OPEX Coaching Certificate Program \(CCP\)](#), you'll learn how to design individualized exercise, lifestyle, and nutrition programs for any client. OPEX Coaches follow the 3 Ps system to increase their efficiency and remove the guesswork when transitioning from assessment to program design.

Are you ready to write personalized fitness programs with confidence and learn the best business systems to grow your coaching practice?

Download the [CCP Curriculum Guide](#) to learn more.

[LEARN MORE](#)

# READY TO BECOME A CCP COACH?

COACHING CERTIFICATE PROGRAM

An OPEX CCP Coach is a trusted fitness advisor and a partner in delivering results to clients. They are leaders on the front lines, making a real difference in the lives of people in their community. Ultimately, what makes OPEX CCP Coaches stand out is their ability to meet their clients where they are at – regardless of age, training history, lifestyle, or goals – and design a comprehensive personalized fitness program.

ARE YOU READY TO BECOME A  
LEADING FITNESS PROFESSIONAL?

LEARN MORE

