



Team Misfit November - 2021

Phase III, Week 1 Test Week, Starting 11/15/2021

	Monday, Day 1	Tuesday, Day 2	Wednesday, Day 3	Thursday, Day 4	Friday, Day 5	Saturday, Day 6
Strength/ Skill	<p>Squat Snatch Warm Up 1x3 Power Position 2x3 Tempo Pull Squat Snatches, lighter than set 1 weight. then, 5 reps @ 55% 4 @ 60% 3 @ 65% 5 @ 60% 4 @ 65% 3 @ 70% 5 @ 65% 4 @ 70% 3 @ 75%</p> <p>Rest 2-4 minutes between sets, drop and reset.</p>	<p>Toes to Bar Skill/Warm Up 15 Scap Pull Ups 12 Gymnastic Kips (Build to bigger, and bigger kips) 9 Kip w/ Knees Up 6 Knees Up with a Kick Then, EMOM 3 Minutes 3-8 Toes to Bar</p>	<p>EMOM 16 Minutes 1 Tempo Pause Back Squat</p> <p>Perform a 3-second count on the way down, a full 1-second pause, and then stand.</p> <p>Start at around 65% and add weight each set.</p>	<p>For 15 Minutes, practice the following complex: 1 Tempo Snatch Pull + 1 Power Snatch</p> <p>Drop and reset between the pull and the snatch. The snatch is performed at normal speed.</p> <p>Start light and add weight if mechanics remain sound.</p>	N/A	N/A
Conditioning	<p>Optional Accessory Work 3-5 Sets for quality 10 Seated Double KB Strict Press (very light) 1:00 Wallsit (weighted if desired) 15 Hollow Rocks</p>	<p>Gymnastics Test AMRAP 6 Minutes 40 DB Snatches 50/35lbs 20 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time Rest 3:00 AMRAP 5 Minutes 30 DB Snatches 50/35lbs 15 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time Rest 3:00 AMRAP 4 Minutes 20 DB Snatches 50/35lbs 10 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time</p> <p>Score is total Toes to Bar.</p>	<p>12 Rounds 15 Double Unders 1 Power Clean 185/125lbs</p>	<p>In Teams of 3, AMRAP 12 Minutes rotating partners: 80' Agility Course</p>	<p>Front Squat Interval Test For Time 41/33 Calorie Row 19 Front Squats 165/115lbs 24/19 Calorie AAB Rest 4:00 41/33 Calorie Row 14 Front Squats 185/125lbs 24/19 Calorie AAB Rest 4:00 41/33 Calorie Row 9 Front Squats 205/135lbs 24/19 Calorie AAB</p> <p>Bar is taken from the floor.</p> <p>Scaled/Modified Weights: 115/75lbs, 135/95lbs, 165/115lbs</p>	<p>For Time with a partner, switching any time: 100 Deadlifts 225/155lbs 20 Rope Climbs 100 Shoulder to OH 135/95lbs 20 Wall Walks 100 Calorie AAB (or machine)</p> <p>27 minute cap</p>
Competitor Extra	<p>Every 2 Minutes for 12 Minutes 12/9 Calorie AAB 15 UB Wallballs</p> <p>Choose the heaviest ball that allows you to bike hard and remain unbroken with the ball for all 6 rounds.</p>	<p>Find a 1RM Split Jerk</p>	<p>CrossFit Test 3 Rounds 21 Alternating DB Squat Snatch 50/35lbs 15 Lateral DB Burpees 9 Muscle Ups</p>	<p>For Completion 10k Bike @ Forever Pace Every 5:00 starting at 5:00 1 "Fast" Set of Push Ups</p> <p>*Fast doesn't refer to the overall set, it refers to the speed of the individual reps. When rep speed slows, stop and resuming rowing</p>	<p>EMOM 10 Minutes 1 Perfect Set of Chest to Bar Pull Ups</p> <p>Choose a number between 4 and 12 that you can hit perfectly every round. Number should remain the same for all 10 rounds.</p>	<p>5 Rounds Ski 1,000m Rest 2:00</p> <p>Goal is to Ski :03-:05 faster per 500m than your 5k PR pace (or expected 5k pace).</p>



WEEK 1, DAY 1

		STIMULUS AND COACH'S NOTES
Warm Up	1:30 Double LAX Ball T-Spine Smash -Then- Alt. EMOM 6 minutes 1 - AAB for Cals 2 - Banded Pull-aparts 3 - PVC Snatch Balance	<p>STRENGTH/SKILL Stimulus: Technique to Moderate weight, form focused Rest: As prescribed</p> <p>Coach Focus: Day 1 of the Squat Snatch work for the phase begins with some positional work to ensure athletes are understanding the concept of moving around the barbell before going into their percentage work. Every set is drop and reset with the goal of moving well vs. "by any means necessary". It's our hope that the snatch work from last phase leads to a more successful session in this phase.</p>
Strength/Skill	Squat Snatch Warm Up 1x3 Power Position 2x3 Tempo Pull Squat Snatches, lighter than set 1 weight. then, 5 reps @ 55% 4 @ 60% 3 @ 65% 5 @ 60% 4 @ 65% 3 @ 70% 5 @ 65% 4 @ 70% 3 @ 75% Rest 2-4 minutes between sets, drop and reset.	<p>Additional Notes/Resources: We are looking for you to prioritize the so that is why you will see a range of rounds in the accessory work. Coaches should gauge the pace of their class before determining how many rounds, if any at all, are done. As a reminder with the accessory work we are looking for quality rather than volume or speed. Tempo Pull Squat Snatch How To</p> <p>CONDITIONING Feel: Accessory Pacing: Forever Target Score: N/A Firebreather Score: N/A</p> <p>Coach Focus: - Seated DB Strict Press: Looking for vertical torso and a vertical press without leaning backwards as the KBs go above your athlete's head - Wallsit: Thighs a parallel, hands off the legs - Hollow Rocks: Maintenance of midline through the entire rock. Coaches should watch their athletes shoulders carefully to ensure they aren't "breaking" at the midline when rocking.</p>
Conditioning	Optional Accessory Work 3-5 Sets for quality 10 Seated Double KB Strict Press (very light) 1:00 Wallsit (weighted if desired) 15 Hollow Rocks	<p>COMPETITOR EXTRA Feel: Gas Pacing: Reach Target Score: Sub-1:15 each round Firebreather Score: Sub-:60 each round</p> <p>Scaling - AAB: Should be a very aggressive pace for all, if the athlete is a stud on the bike they should be sprinting each round. Bike should not exceed :45 at any point. - Wallballs: Should be unbroken for every set.</p>
Competitor Extra	Every 2 Minutes for 12 Minutes 12/9 Calorie AAB 15 UB Wallballs Choose the heaviest ball that allows you to bike hard and remain unbroken with the ball for all 6 rounds.	<p>Coach Focus: The wallball should challenge every athlete, if sprinting does not create the stimulus for your fire breathers, have them grab a heavier ball than normal RX. Athletes should be biking hard and transitioning right to their ball with minimal rest.</p>



WEEK 1, DAY 2

		STIMULUS AND COACH'S NOTES
Warm Up	1:00 <u>Shoulder Swimmers</u> 1:00 Box Step Ups 1:00 AFRAME Toe Touches Then- 2 Rounds 4 Burpee Box Jump Overs 6 Alt. DB Snatch (lighter DB) 8 Hollow Rocks	STRENGTH/SKILL Stimulus: Technique Rest: As needed/prescribed Coach Focus: The #1 goal of today's skill work is to help athletes understand that long legs (legs straight) in the toes to bar on the way up to the bar is inefficient. However, after kicking the pull up bar, staying long helps build tension. Work to improve both portions of their swing today. Additional Notes/Resources: How to Coach the Toes to Bar
Strength/Skill	Toes to Bar Skill/Warm Up 15 Scap Pull Ups 12 Gymnastic Kips (Build to bigger, and bigger kips) 9 Kip w/ Knees Up 6 Knees Up with a Kick Then, EMOM 3 Minutes 3-8 Toes to Bar	CONDITIONING Feel: Muscular Overload/Gas Pacing: Sustain Target Score: 45+ Reps of Toes to bar Firebreather Score: 90+ Toes to Bar Scaling - DB Snatches: Should not exceed roughly 2:00, 1:30 or 1:00 in each round, scale weight before reps to allow for at least 20 reps UB. - BBJO: Should not exceed roughly 2:00, 1:30 or 1:00 in each round, scale to bar facing burpees or regular burpees, or scale reps for your most de-conditioned athletes. - Toes to bar: Kipping knee raises or V-Ups in place of toes to bar Coach Focus: We are looking for your athletes to have approximately 2:00 at the end of each round to amass reps of toes to bar. Coaches should push athletes to maximize their time on the pull up bar each round by reaching on their pace in the two buy-in movements each round. Do not allow your athletes to perform the "by any means necessary" toes to bar. Additional Notes/Resources: The "official" scaled version of this workout would be a 35/20lb. DB, a 20/16" box, and Knee Raises instead of Toes to Bar.
Conditioning	Gymnastics Test AMRAP 6 Minutes 40 DB Snatches 50/35lbs 20 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time Rest 3:00 AMRAP 5 Minutes 30 DB Snatches 50/35lbs 15 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time Rest 3:00 AMRAP 4 Minutes 20 DB Snatches 50/35lbs 10 Burpee Box Jump Overs 24/20" Max Rep Toes to Bar in remaining time Score is total Toes to Bar.	COMPETITOR EXTRA Stimulus: Heavy Rest: As needed Target Score: AHAP Firebreather Score: AHAP Scaling - Newer athletes should work on the footwork and lifting mechanics. Coach Focus: We are looking for a true 1RM Split Jerk so it is imperative coaches work with their athletes on solidifying their movement patterns and footwork before starting to build heavy. Instruct your athletes to move FAST when warming up to prime their CNS for the 1RM.
Competitor Extra	Find a 1RM Split Jerk	Additional Notes: Split Jerk Tips - Bent Back Leg in the Catch



WEEK 1, DAY 3

		STIMULUS AND COACH'S NOTES
Warm Up	2:00 4-way Banded Glute Activation -Then- AMRAP 3:00 Max KB Taters * *Every :30s starting at 0:00, 10 Double or Single Unders	<p>STRENGTH/SKILL Stimulus: Technique, building to Heavy Rest: As prescribed</p> <p>Coach Focus: The purpose of this squatting session is to refine two main components of the back squat. First, we want to see athletes control their descent on the squat to learn that when squatting we are looking to build tension in the hips as we sit down and back on each rep. Second, we want athletes to use the tension they feel in the bottom the squat to translate into a stand with hips tracing forward as they stand. Avoid loading that creates the "stripper squat" fault.</p>
Strength/Skill	EMOM 16 Minutes 1 Tempo Pause Back Squat Perform a 3-second count on the way down, a full 1-second pause, and then stand. Start at around 65% and add weight each set.	<p>Additional Notes/Resources: Stay Tight In The Back Squat!</p> <p>CONDITIONING Feel: Cardio Pacing: Sustain Target Score: Sub-10 Minutes Firebreather Score: Sub-6 Minutes</p>
Conditioning	12 Rounds 15 Double Unders 1 Power Clean 185/125lbs	<p>Scaling</p> <ul style="list-style-type: none"> - Double Unders: Practice should not exceed :30 in any round. Consider scaling to a 1:1 heavy rope singles or 2x single unders with the athlete's normal rope - Power Clean: Should not exceed 75% of the athlete's 1RM, and should be a challenging weight but one athletes can walk up to and hit confidently each round. <p>Coach Focus: The rep scheme should "clue in" your athletes to what the desire stimulus is for the day, which is a cardio workout. Coaches should ensure that each athlete has a weight on the barbell that is challenging but doesn't create a situation where an athlete stands and stares for a significant amount of time at any point.</p>
Competitor Extra	CrossFit Test 3 Rounds 21 Alternating DB Squat Snatch 50/35lbs 15 Lateral DB Burpees 9 Muscle Ups	<p>Scaling</p> <ul style="list-style-type: none"> - DB Snatch: Reduce loading before changing movement. If squat snatches aren't possible due to mobility scale to a S-arm alternating squat clean - Lateral Burpees: Should not exceed roughly 1:00 in any round - Muscle Ups: 3 sets or less, ideally 1-2 sets. Scale to most difficult pulling variation an athlete can do, or 2x Pull Ups if muscle ups aren't feasible. These are intended to be done on rings, and if you have athletes who consistently substitute Bar Muscle Ups because their ring MU aren't as proficient, encourage them to get on the rings. <p>Coach Focus: The combination of long range of motion, high skill and low rep scheme means that this workout is going to be very gassy. Athletes should be instructed to push their pace from the start and to attack the muscle ups intelligently as 9 reps is a very large set for most CrossFit affiliate athletes. Intentional, strategic breaks in rounds 1 & 2 will likely be the right call for most to get the best time and stimulus.</p>



WEEK 1, DAY 5

Warm Up	2:00 <u>Hip Openers</u> 20 <u>Front Rack Elbow Pointers</u> -Then- EMOM 9 (:45s on/:15s off) 1- Row Cals 2- Front Rack GFYs (R-leg Lunge + L-Leg Lunge+ Squat = 1 GFY) 3- AAB Cals	<h3>STIMULUS AND COACH'S NOTES</h3> <p>CONDITIONING Feel: Gas/Muscular Overload Pacing: Reach Target Score: Sub-26 Minutes (6 minutes of working time per section), consider a 30 minute cap. Firebreather Score: Sub-23 Minutes</p> <p>Scaling</p> <ul style="list-style-type: none">- Row: Should not exceed 2:30 in any round- Front Squat: The final bar should not exceed 75% of the athlete's 1RM. Each round should not exceed 3 sets to complete the front squats, but should be a good challenge that forces athletes to perform multiple sets.- AAB: Should not exceed 2:30 in any round. <p>Coach Focus: Your athlete should be instructed to push the row buy-in each round with an aggressive, but not reckless pace, that allows them to walk over and get started right away on the front squats. Squat should be completed in 3 sets or less and then athletes should be urged to push the bike at the end of the round. We will be retesting this piece at the end of the phase so remind athletes to record their scores. This test is intended to be a Front Squat under-fatigue sort of test.</p> <p>Additional Notes/Resources: A 4-5 minute stagger should allow athletes to share rowers/bikes with minimal interference/overlap. A 500m run may be substituted for the rowing and a 400m run for the biking portion if machines are limited.</p> <p>COMPETITOR EXTRA Feel: Muscular Overload Pacing: Sustain Target Score: Hit the same amount of chest to bar pull ups every round Firebreather Score: Hit the same amount of chest to bar pull ups every round</p> <p>Scaling</p> <ul style="list-style-type: none">- CTB: If an athlete cannot hit 4+ quality chest to bar pull ups repeatedly, scale to chin over bar. If no kipping pull ups, scale to banded strict pull ups or ring rows to work on pulling strength. <p>Coach Focus: We are looking for perfect reps so check your athletes egos before starting. Coaches should remind their athletes to "do the math" on the total volume they are attempting to complete to ensure they have that capacity before starting.</p> <p>Additional Notes: Chest to Bar Pull Up Tip - See Your Feet!</p>
Conditioning	Front Squat Interval Test For Time 41/33 Calorie Row 19 Front Squats 165/115lbs 24/19 Calorie AAB Rest 4:00 41/33 Calorie Row 14 Front Squats 185/125lbs 24/19 Calorie AAB Rest 4:00 41/33 Calorie Row 9 Front Squats 205/135lbs 24/19 Calorie AAB Bar is taken from the floor. Scaled/Modified Weights: 115/75lbs, 135/95lbs, 165/115lbs	
Competitor Extra	EMOM 10 Minutes 1 Perfect Set of Chest to Bar Pull Ups Choose a number between 4 and 12 that you can hit perfectly every round. Number should remain the same for all 10 rounds.	



WEEK 1, DAY 6

		STIMULUS AND COACH'S NOTES
Warm Up	Straight Through: 1:00 Machine :30 Handstand Hold 25 Banded Good Mornings 20 A-frame Toe Touches 15 Empty Bar Push Press 10 Ring Rows	CONDITIONING Feel: Muscular Overload/Gas Pacing: Sustain Target Score: Finish before the cap Firebreather Score: Sub-20 Minutes Scaling - Deadlifts: Athletes should be able to trade sets of 10 at a time, but should be able to do closer to 20 unbroken reps when fresh at their chosen weight. - Rope Climbs: Should not exceed 5 minutes to complete the climbs. Modify by climbing to a shorter than 15' height. Reduce total reps for less proficient climbers, or sub with strict pull ups. 4 strict pull ups = 1 rope climb. Use a band if needed. - STOH: Athletes should be able to trade sets of 6-12 at a time, but quickly - WW: Use the open standard and scale appropriately for fitness level - Bike: Scale to other machines. Coach Focus: Coaches should work with their athletes to pair up athletes by fitness level to ensure high intensity for both partners. We recommend suggesting rep schemes for your athletes before starting so they go into the workout with a plan that is both challenging but keeps them moving steadily for the entire workout. Additional Notes/Resources: Wall Walk Tips!
Conditioning	For Time with a partner, switching any time: 100 Deadlifts 225/155lbs 20 Rope Climbs 100 Shoulder to OH 135/95lbs 20 Wall Walks 100 Calorie AAB [or machine] 27 minute cap	COMPETITOR EXTRA Feel: Cardio Pacing: Sustain Target Score: Sub-2:00 (male) Sub-2:15 (female) /500m Pace Firebreather Score: Sub-1:50/Sub-2:05/500m Pace Scaling - For less experienced athletes, reduce the volume by 1-3 rounds. Sub any machine for Skiing in ski ergs aren't available. Coach Focus: Some athletes find the technique on the ski erg to be exceptionally challenging. One of Coach Sherb's favorite ways to explain it is: "imagine you are standing in waist-deep water and you're trying to make the biggest splash possible. Get up onto your toes, raise your arms high overhead, and then slam those arms down into the "water" as aggressively as possible." This cue often fixes the core-to-extremity issue we see with the ski erg, which is athletes leading their stroke with their arms vs. their core.
Competitor Extra	5 Rounds Ski 1,000m Rest 2:00 Goal is to Ski :03-:05 faster per 500m than your 5k PR pace [or expected 5k pace].	



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