

PreSeason Cycle 1: October 29 - December 22

Strength Focuses

- Back squat
- Front squat
- Overhead Squat with supplemental mobility programming
- Weightlifting technique under fatigue
- Gymnastics volume accumulation

Back Squat

- We will use the back squat as our volume accumulation tool for developing overall strength.
- The tempos prescribed will slow the eccentric and provide more time under tension.
- The rep ranges will be relatively higher (~5+ reps)
- This slower tempo and high rep range will allow us to add volume in a safe and controlled environment. Remember our goal is health and longevity.

Front Squat

- We will provide a dose of intensity by building to heavy front squats with a tempo restriction.
- The rep ranges will be lower (1-3 reps), but the tempo will slow us down and allow us to safely build to heavy squats more regularly.

Overhead Squats with supplemental mobility programming (every other week)

- We will be implementing tempo overhead squats with the intention of developing comfort and strength in the bottom of an overhead squat.
- There will also be a track for those athletes without the prerequisite mobility to perform an overhead squat. This track will include mobility and strengthening exercises to be done in conjunction with the prescribed work for the day.

Gymnastics Volume Accumulation

- We will be performing max effort sets of gymnastics pressing and pulling exercises with the intention of preparing ourselves for higher rep workouts that may come out in the Open.
- There will be a fitness track provided for those still working on developing their bodyweight pulling and pressing exercises. This track will include exercises similar to those seen in the [Pulling and Pressing Supplemental Program](#).

Conditioning

We will have a conditioning tester that will be done in week 2 and retested in week 8.

The conditioning tester is the following:

Complete as many rounds as possible in 10:00:

- 6 Hang Power Snatch (95/65)
- 6 Thrusters
- 6 Lateral Burpees over the Bar