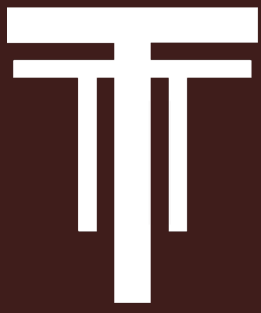


NO LIMITS CYCLE

TRAINING THINK TANK

2024 SEASON



COMPETE

4/29/2024 - 7/14/2024

EFFORT IS A CHOICE



WHICH PATH IS RIGHT FOR YOU?

> ELITE PATH

The Elite | Peak for Semifinals division is designed for Games & Semifinal level athletes who can train multiple times per day for competition and plan to peak for either the semifinals or games.

> RX PATH

The RX | Peak for Quarterfinals division is built for athletes who are very competent in all the skills of the sport of CrossFit, who want to fit their training into a 90-120 minute single session with the occasional two-a-day. This athlete has goals of crushing quarterfinals with the hope of making a semifinal. Also included in the RX is an Option 2. Which is the same template but reduced volume and intensity for those who are short on time or energy for the day.

> MASTERS PATH

The Masters | Peak for The AGOQ division is pretty clearly built for the wisest athletes among us. Those who simultaneously refuse and embrace the aging process. Our year revolves around maximizing your ability to compete during the age group qualifier.

> INTERMEDIATE PATH

The Intermediate | Peak for The Open division is for athletes who need help developing the skills and strength required to move into the top 10% in order to qualify for the CrossFit quarterfinals.

> BEGINNER PATH

The Beginner program is for those who are just getting into the sport of CrossFit but have a desire to compete at any level. This is a 12-week program that will focus on building foundational strength, gymnastics skills, and endurance so the athlete can then graduate into one of our other competitive divisions.

FULL CYCLE BREAKDOWN

> STRENGTH (ELITE, RX, MASTERS, INTERMEDIATE)

The competitive season has ended for most athletes so we'll now start our transition into preparing for the next season. But first, we'll do a short 3 week phase of chasing the pump to ensure all of our joints and internal systems are recovered and restored. Once this phase has ended we'll move into our more concentrated off season strength progressions. This is a great opportunity to stay fit and healthy with no concern of racing. Allow yourself to heal up any nagging tweaks or injuries that you've had along with ensuring you spend time to reflect on the previous year's performance and what you want to accomplish over the next few months as we begin this next phase!

MONDAY will include some squat clean technical drills working from the blocks that will slowly progress each week. This is a chance to work on improving your positions working from the top down. In addition, we'll include a challenging single leg strength progression to balance out any asymmetries in the lower body. The day will finish with some hypertrophy work in the quads for knee/joint resilience but to also build some mass in the legs.

TUESDAY will have two options. The first is a choice of split jerk positional drills along with overhead pressing strength with a barbell. The second option is a gymnastics/bodyweight focus on developing handstand push-up and ring dip strength. Then the entire group will finish with some core strength exercises. It's not suggested to do both options if you are also performing the CF workout for the day. Choose one that is your biggest priority or alternate weeks

WEDNESDAY will alternate weeks of developing power clean & power snatch 1RM strength. This year we'll include a blend of plyometrics and overcoming isometrics. These are very powerful tools to use in challenging the nervous system to create a massive amount of power. We'll also alternate between weeks of hamstring hypertrophy work and heavy barbell hip thrusts to ensure we're laying on more mass to dat a\$\$\$. Finally, this day will include alternating weeks of linear bench press progressions as an option for those who need more pressing volume & strength development.

FRIDAY will include snatch tech work with some linear back squat progressions and will finish with some single arm pressing to maintain balance in the shoulders as well as high rep range accessory work to build mass in the delts and triceps. Then we'll perform some isometric core strength exercises to round out the day.

SATURDAY will include upper body pulling hypertrophy with a bodyweight focus such as strict pull-ups, biceps curls, and grip strength exercises. We'll also perform an 8 week deadlift cycle with banded variations that progress in setup every 2 weeks.

For a breakdown of the daily split, see the template below.

FULL CYCLE BREAKDOWN

> NEW STRENGTH BIAS PATH

We're excited to bring back this offering for those who need a stand-alone strength development program. This path is for athletes who are limited by their strength in the Sport through weightlifting and gymnastics exercises. It will consist of three 8-week training blocks that includes 5 days/week of strength work with minimal conditioning. Each block will include a handful of test/retests to measure short-term progress in a variety of lifts & gymnastics movements.

	PRIMARY	SECONDARY	SUPPORT
Monday	Clean Technical Work + Single Leg Strength - 5RM Lunge	Gymnastics Pulling Strength - Ropes & Rings	Quad Hypertrophy
Tuesday	Option 1 - Jerk Tech/Strength Option 2 - HSPU/Dip Strength	Handstand Hold Isometric Strength	Core Finishers
Wednesday	Plyometrics & Pin Pulls	A Week - Power Clean & Hinge Strength B Week - Power Snatch & Hip Thrusts Strength	Hamstring Hypertrophy
Thursday	Movement and Mobility Path	Movement and Mobility Path	Movement and Mobility Path
Friday	Snatch Technical Work + Single Arm Strength - 5RM Press	Back Squat Strength + SA Handstand Strength	Core/Tricep Strength
Saturday	Deadlift Strength - Bands, Racks, Conventional	Strict Upper Body Pulling Strength + Light/mixed conditioning	Grip/Forearms & Bicep Hyper- trophy
Sunday	OFF	Movement and Mobility Path	OFF

FULL CYCLE BREAKDOWN

> **CROSSFIT (ELITE, RX, MASTERS, INT)**

As we shift into the off-season (for most athletes), this is a great time to continue to work on building a big strength base, improve your basic skills and fundamentals, and work on your "limiters" (what held you back this season). While many of you will do off-season competitions, which we encourage(!) we want to take the time to create REAL improvement in STRENGTH, SKILL, and ENDURANCE. For those who have qualified for the CrossFit Semifinals, we will have additional training paths just for YOU! The CrossFit portion of our training this cycle will have 5 DISTINCT progressions:

MURPH PREP

That's right, we will continue on annual tradition of Murph progressions as we lead up to memorial day where we will do Murph as an entire community with a full competition leaderboard and lots of fun along the way.

UPPER BODY PRESSING ENDURANCE

Over the past decade, upper body pressing endurance has become a significant factor in setting athletes apart in competition. Strong endurance can elevate your performance and push you up the leaderboard, while lacking it can leave you stranded during handstand push-ups, bench press, and burpees, watching your ranking drop. Over the next 10 weeks, we'll focus on enhancing both horizontal and vertical pressing strength and endurance, ensuring you're well-prepared for whatever challenges CrossFit brings our way.

SQUATTING ENDURANCE

Squatting is a fundamental aspect of CrossFit, consistently appearing as one of the most frequently tested movement patterns year after year. As we transition into a base-building phase, our focus is on enhancing squat positions, strength, and endurance. This foundation will support you throughout the year of training, leading to noticeable improvements in your ability to squat faster and for longer durations

HINGING ENDURANCE

Over the next 8 weeks we will re-work your hinging patterns and build a solid foundation for pulling off the ground. This will include deadlifts, power cleans, power snatches, KBS, good mornings, single leg RDLs, and many more variations.

CHAOS TRAINING

This is the fun stuff. You will still get a dose of your normal crossfit style metcons on Saturdays with our "throwdowns". Each week this cycle we will have a random, fun, Throwdown workout where you can practice the skill of competing, including a few fun "partner optional" workouts.

FULL CYCLE BREAKDOWN

> ELITE PATH

For those who have qualified for the CrossFit Semifinals, our Elite path will offer a fully immersive, all-encompassing, Semifinal prep training plan. We will provide these athletes with all of the training and tools needed to maximize their potential leading into Semifinals and the Games. If you have qualified, please email us at brannen@trainingthinktank.com so we can help you on your journey.

FULL CYCLE BREAKDOWN

> **CROSSFIT (INTERMEDIATE ONLY)**

Every cycle, we have two pathways for gymnastics progressions. The first is the "Got None" pathway. These are pure skill progressions written to help you get your first *insert gymnastics movement here.* The second pathway is "Got Some." Here, we develop the skills that you have to help you become more enduring and efficient in them.

This block, we are going back to the basics! We are combining skill progressions with strength and positional progressions to support your upcoming year of gymnastics gains. We are going to run 4 strength / positional progressions - Strict pulling, Strict Pressing, Hollow body development, and L-sit strength.

All athletes will go through a few weeks of the "Got None" progressions at the beginning of the cycle. No athlete is 'too good' for the basics, so we are going to take some time to revisit and sharpen the basic mechanics of your gymnastics skills. In the 2nd half of the cycle, the "Got Some" athletes will challenge their technical prowess with positional complexes of Bar and RMU. "Got None" athletes will continue to hammer the progressions in towards their first reps of each movement!

Our strength and conditioning will mirror the Rx progressions with some modifications to allow us to prioritize the gymnastics strength and skill training.

FULL CYCLE BREAKDOWN

> ALL NEW BEGINNER PATH

We have an exciting announcement for 2024: **A brand new beginner program for those who are just getting into the sport of CrossFit but have a desire to compete at any level.**

This program is a 12 week program that will focus on building foundational strength, gymnastics skills, and endurance so the athlete can then graduate into one of our other competitive divisions.

MONDAY We will focus on Snatch technique and upper body pulling strength on each Monday of this program. We will teach you the fundamentals of the snatch (set-up, pull positions, and turnover) while also building strength in the movement. Our upper body pulling progressions are focused on building the requisite strength to perform a pull-up by the end of the training cycle. Our conditioning will focus on light barbell cycling and burpee variations.

TUESDAY On Tuesdays we will focus on building both your back squat and deadlift absolute strength. Having the ability to lift external load well, with good technique, is imperative in the sport. The goal by the end of the cycle is to be able to perform a 1.25x bodyweight deadlift and a 1x bodyweight back squat. Our conditioning work will focus around squat endurance and bodyweight gymnastic patterns.

WEDNESDAY On Wednesdays we will teach you how to properly split jerk the barbell. Similar to Mondays, our goal is to help you become a better mover so you can express your strength with the barbell in your hands. We will also work on handstand strength variations so you can learn how to do things like Wall Walks, HSPUs, and HSW in the future. Our conditioning work will include rowing progressions to build a big aerobic base for the sport.

FRIDAY We will dedicate our Friday sessions to improving your clean technique and strict pulling gymnastics. We want you to be proficient at ALL of the olympic lifts, which means getting consistent touches on the clean, snatch, and jerk. Along with our strict pulling progressions, we will layer in basic gymnastics kipping progressions so you can learn the fundamentals of the kip swing, which is necessary to build skills like TTB, CTB, Muscle ups, and much more.

SATURDAY Saturdays will be dedicated to learning how to properly overhead squat. In CrossFit, the necessity to be able to squat with a barbell overhead is absolutely necessary. Therefore, we will spend time each week drilling the correct positions and building the requisite strength to overhead squat. We will also include handstand push-up, ring dip, and push-up progressions to build your foundational strength in order to graduate into the intermediate path where you will be asked to do things like handstand push-ups and handstand walking.

FULL CYCLE BREAKDOWN

> EXTRA CREDIT

This training cycle will have FOUR different Extra Credit progressions so you have options based on your current limitations and needs.

STRICT PULL-UP + MUSCLE-UP

At the start of our off-season program, we want to focus on building your absolute and gymnastics strength. This extra credit program will build your strict pull-up and strict muscle-up strength over the 8 week cycle.

CORE ENDURANCE

An important part of developing real strength is building the necessary core strength and endurance needed to support heavy squatting, deadlifts, and olympic lifts. This extra credit program is an ideal accessory program to support our off-season strength progressions.

HANDSTAND WALK + BALANCE

Our Handstand walk and balance extra credit program is the starting point to building a better bodyline, spatial awareness, and shoulder endurance that is needed to be at an elite level with skills like handstand walk, hspu, and pirouettes. This program will help you master all three.

FULL CYCLE BREAKDOWN

> NEW 12-WEEK PROGRAMS

We are excited to introduce THREE NEW fixed length skill programs to help you improve on a variety of skills that are often tested in the sport of CrossFit. This is IN ADDITION to the 22 skill programs you already have access to in the app. You can easily add these onto your current training path and, best of all, they are **FREE TO YOU!** The following skill programs will be available on **April 29, 2024.**

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| <ul style="list-style-type: none"> • Got None: Butterfly Pull-ups • Got None: Toes to Bar • Got None: Butterfly Pull-ups • Got None: Ring Muscle-up • Got None: Bar Muscle-up • Got None: Hand Stand Walk • Got None: Hand Stand Push-up • Got None: Rope Climb • Strength: Strict Pull-up • Strength: Snatch • Strength: Clean and Jerk • Double-unders • TTT Competitors Course | <ul style="list-style-type: none"> • Capacity: Strict HSPU • Capacity: Handstand Walk • Capacity: CTB Pull-up • Capacity: Toes to Bar • Capacity: Ring Muscle-up • Capacity: Bar Muscle-up NEW! • Capacity: Pistol • Endurance: 5k Run • Endurance: 2k Row • Endurance: 20min FTP Bike • Endurance: Mile Run Repeat • Endurance: 30min C2 Time Trial NEW! • Endurance: 500m Swim NEW! |
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FULL CYCLE BREAKDOWN

> MOVEMENT & MOBILITY PATH

During this next cycle, the Movement and Mobility Path will continue to use the 4 week blocks that will vary the exposure to movement development so you can work on getting into better positions for training.

MONDAY will start with a 4 week block of overhead mobility, then move into several 4 week blocks focusing on developing better hip rotation for squatting.

TUESDAY will start with a 4 week blocks focusing on squatting, then shift into several 4 week blocks focusing on shoulder rotation to help improve overhead position for jerks and handstand push-ups.

WEDNESDAY will alternate blocks focusing on hamstring and adductor mobility for front and middle splits. While not necessary for the sport of CrossFit, it is complimentary for all of the squatting and hinging we do in the sport.

THURSDAY is going to be focused on general movement, touching both upper and lower body joints to give you a break from the dedicated/specific positional work that is the other days.

FRIDAY is going to rotate through different 4 week blocks, starting with hinging specific work to overhead mobility to squatting and ankle mobility.

SATURDAY is going to be focused on hip mobility for general improvements in rotation for squatting and hinging patterns.

FULL CYCLE BREAKDOWN

> 04/29/2024 THROUGH 07/14/2024

	Strength / Skill (Non Specific Order)	CrossFit (progressions will vary days each week)	Other notes (progressions will vary days each week)
MON	Clean Technical Work Single Leg Strength - 5RM Lunge Quad Hypertrophy Gymnastics Pulling Support	Murph Progressions + Squat Endurance	Handstand Walk + Hold Endurance
TUES	Option 1 - Jerk Tech/Strength Option 2 - HSPU/Dip Strength Core Finishers	Run/Echo Bike Aerobic Progressions	Movement and Mobility Path
WEDS	Plyometrics, Power Clean & Power Snatch Strength Development Hamstring Hypertrophy	Upper Body Pressing Endurance	Strict Pull-up + Muscle Ups
THUR	Movement and Mobility Path	Movement and Mobility Path	Movement and Mobility Path
FRI	Snatch Technical Work Back Squat Strength Single Arm Strength - 5RM Press Core Strength	Hinging Endurance	Core Endurance
SAT	Deadlift Strength - Bands, Racks, Conventional Grip & Bicep Hypertrophy	Weekly Throwdown!	Movement and Mobility Path