261117 | HEAVY DAY

RX

For load:
Front squat
3-3-3-3-3

INTERMEDIATE

Same as Rx'd

BEGINNER

Same as Rx'd

SKILL

Rest, stretch, recover.

WHITE BOARD **:04**

GENERAL WARM-UP **:14**

SPECIFIC WARM-UP **:29**

BREAK **:32**

WORKOUT **:50**

COOL DOWN **:60**

INTENDED STIMULUS

- ✓ Heavy day relative to each athlete's capacity.
- ✓ Challenging loads relative to the athlete's strength and experience.
- ✓ Experienced athletes should aim for 80-85%+ of 1-rep max.
- ✓ Rest 3:00-4:00 between sets.
- ✓ Retest from 260408.

COACHING GOALS

- ✓ Help athletes establish a sound front rack position and maintain those mechanics as load increases.
- ✓ Have athletes less comfortable with the front rack position prioritize improving rack position before adding significant load.
- ✓ If technique begins to break down, have athletes reduce the load and fight for better positions.
- ✓ Ensure athletes keep their elbows well away from their knees.

SCALING

Overview

- Reduce and limit load so athletes can maintain a sound front rack position. Increase load only if technique is maintained for all 3 reps.
- Encourage the use of tempos, holds, and/or squatting to target athletes who struggle to maintain a good front rack and must use loads that would otherwise be light. Consider increasing volume to 5 reps/set for these athletes.

LOGISTICS

- Group athletes into teams of 2-3 to share racks.

GENERAL WARM-UP

Banded warm-up | 3:00

2 sets:
10 monster walk steps, forward
10 monster walk steps, backward
10 banded sumo stance good mornings

Squat warm-up | 7:00

3 sets:
6 push-ups
8 alternating Cossack squats
10 dumbbell goblet squats
- Increase dumbbell load for the goblet squats each set.

SPECIFIC WARM-UP

Front squat | 5:00

Progression:
5 three-position pause squats // Pause at a quarter squat, above parallel, and below parallel to lift the elbows.
5 front squats // Hips back and elbows up to initiate the squat.
5 front squats // Pause at the bottom for :02 to lift the elbows.

Build-up | 10:00

4-5 sets:
3 front squats
- Build to 70-80% of 1-rep-max front squat.
- Rest 1:00 between sets.

COOLDOWN

Stretching | 5:00

Accumulate:
2:00 couch stretch/leg
2:00 hamstring stretch/leg

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