



PHASE 1 PROGRAM GUIDE



Welcome to Phase 1 of the 2023 Offseason! The first seven weeks of a twenty-seven-week plan to create the most well-rounded, powerful, skillful, and confident version of yourself. Below you will find an in-depth look at what is in store for you during this Phase. This framework builds the structure in which our guiding principle of variance is best put to work. Our tagline for this season is all about approaching what used to look like an obstacle and realizing that the resistance it creates is what turns you into the person you know you can be. What matters most, is how well you **#WALKTHROUGHFIRE**.

WEIGHTLIFTING

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| <p>Phase Peaking Deadlift</p> <p>The Holy Grail of strength exercises - prioritized early in the year to build a strength base and sacrifice High CNS demand as far away from the season as possible.</p> | <p>Skill Squat Clean</p> <p>Combining weekly positional work while prioritizing pulling strength creates a base for the 1RM clean focus in Phase II.</p> | <p>Speed Work Back Squat</p> <p>The early season prioritization of deadlift leaves only a handful of CNS points we're willing to donate to strength work - luckily our muscles can be tricked into growth through higher speeds at lighter weights without the same CNS demand. Done properly, your weekly back squat speed sessions will work wonders as an accessory to the deadlift.</p> | <p>GPP Focus Power Clean/ Snatch</p> <p>The Misfit Athletics GPP lifting rotation ensures you train heavy weights, higher reps, faster reps, and skill-based sessions. This year we are putting the choice in your hands of working on the power clean or snatch weekly, or if a mix of the two will move the needle for athletes that prefer the power variations of olympic movements.</p> | <p>In WOD Lift Front Squat</p> <p>Every athlete should know how to tackle met-con tests with heavy barbells, but because that requires high levels of personalization many do not. That's where "In-WOD lifting" comes into play. We test your ability to through heavy front squats in the workout, give you five weeks of percentage based workouts, then re-test.</p> | <p>Non Mandatory Back Rack Lunges</p> <p>Many of you are deep into your careers, whether from a years perspective or just total reps. The heavy lunge can be one of the final strength exercises that holds the ability to elicit "beginner gains". That is, IF you go heavy.</p> | <p>Non Mandatory Squat Snatch</p> <p>So much of what we do this season in the weightlifting realm is the path to peaking your snatch in Phase IV. There will be plenty of in workout snatching, but those of you still trying to dial in the way you move should be ready to hit a higher rep snatch session weekly.</p> |
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CONDITIONING

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| <p>Aerobic Bias Focus C2 Bike Erg</p> <p>We like to think of the C2 bike as the "Back Squat of Machines". It holds a very small place in our sport, but has the ability to completely transform your capacity. Weekly MAFF sessions, coupled with sustain and reach work will have you more than ready to crush the Tour De Misfit time you set in Week 1.</p> | <p>Anaerobic Bias Focus Running</p> <p>After a summer of dialing in your aerobic capacity out on the pavement, it's time to push them into threshold territory to find out what that new ability to flush waste can bring.</p> | <p>Non-Mandatory Power Output</p> <p>The official re-beginning of Maffetone Method work on the site is here. Choose your least favorite machine (or running) and log the hours at the appropriate heart rate to change the way your body processes fatigue and recovery.</p> |
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SKILL FOCUS & TESTING

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| <p>Phase 1 Metcon Test GHD Sit Ups</p> <p>Your Metcon test for Phase I will audit your ability to move through GHD sit ups under fatigue. Then we alternate weeks of dedicated skill sessions and in workout progressions to spit you back out into re-test week ready for action.</p> | <p>Phase 1 Interval Test Thrusters</p> <p>Efficiency on the pull-up bar is a true separator, especially in online qualifiers. A healthy dose of pull-ups and bar muscle ups for seven weeks is our way of asking you to really hone in on this craft and separate yourself.</p> | <p>Non-Mandatory Personalized Skill Progressions</p> <p>Another new feature in our 2023 programming is 27 Week skill progression programming for movements we have deemed "highly personal weaknesses". Once a week on the program you will see a non-mandatory session that allows you to tackle either rope climbs, handstand</p> |
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PHASE 1 CHECK-IN



Welcome to the **Misfit Athletics Phase 1 Weekly Check-in** for the 2023 Season. We hope you use this Weekly Check-In not only to track scores for testing and retesting, but to make thoughtful notes to help you identify weaknesses, celebrate victories and grow as an athlete throughout the 2023 season.

CONDITIONING TESTS

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| <p>For Time 36/28 Calorie Air Bike 28 Thrusters 75/60lbs Rest 4:00 36/28 Calorie Air Bike 22 Thrusters 95/70lbs Rest 4:00 36/28 Calorie Air Bike 16 Thrusters 115/80lbs Rest 4:00 36/28 Calorie Air Bike 10 Thrusters 135/100lbs</p> | <p>For Time 12 GHD Sit Ups 10 Sandbag to Shoulder 150/100lbs 6 Sandbag Shuttle Run 150/100lbs 16 GHD Sit Ups 8 Sandbag to Shoulder 150/100lbs 5 Sandbag Shuttle Run 150/100lbs 20 GHD Sit Ups 6 Sandbag to Shoulder 150/100lbs 4 Sandbag Shuttle Run 150/100lbs 24 GHD Sit Ups 4 Sandbag to Shoulder 150/100lbs 3 Sandbag Shuttle Run 150/100lbs 20 GHD Sit Ups 6 Sandbag to Shoulder 150/100lbs 4 Sandbag Shuttle Run 150/100lbs 16 GHD Sit Ups 8 Sandbag to Shoulder 150/100lbs 5 Sandbag Shuttle Run 150/100lbs 12 GHD Sit Ups 10 Sandbag to Shoulder 150/100lbs 6 Sandbag Shuttle Run 150/100lbs</p> <p>20 minute cap</p> <p><small>Sandbag does not get thrown over the shoulder. For the shuttle runs, the sandbag may be carried anyhow. 1 Shuttle Run = 25' out and back (50' total).</small></p> | <p>Misfit Cube Test For Reps AMRAP 4 Minutes x 4 Max Distance Run Rest 4:00</p> <p>Score is total "points". Add the total meters from all four intervals, then multiply by .085 to get your point score.</p> | <p>In WOD Lifting Test For Time 3 Rope Climbs 21 Front Squats 135/100lbs Rest 1:00 3 Rope Climbs 18 Front Squats 165/110lbs Rest 1:00 3 Rope Climbs 15 Front Squats 185/130lbs Rest 1:00 3 Rope Climbs 12 Front Squats 215/150lbs Rest 1:00 3 Rope Climbs 9 Front Squats 245/160lbs</p> <p>14 minute cap</p> <p>Front squats are taken from the floor. If you get capped, score is 15:00 + :01 for each incomplete rep.</p> | <p>"Tour De Misfit - Riverside Time Trial" Test - For Time 14km on a C2 Bike, switching the damper at the following marks counting down: Begin at 14k on a 3 damper At 12k, switch to 7 At 11k, switch to 4 At 9k, switch to 9 At 8k, switch to 1 At 7k, switch to 10 At 6k, switch to 2 At 4.5k, switch to 8 At 2.5k, switch to 5 At 0.5k, switch to 6</p> | <p>Non-Mandatory Misfit Power Output Test - For Reps</p> <p>Choose your weakest sprinting machine between Row, Ski, Bike Erg, Air Bike:</p> <p>3 Rounds Sprint :20* for Average Wattage Rest 3:00-7:00</p> <p>*Air Bike Rounds are :15. All C2 machines are :20.</p> <p>Score is your highest round. Program each machine to measure only the :15 window.</p> |
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Test _____
Goal _____ PR
Retest _____

LIFTING TESTS

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| <p>High CNS Lifting Test</p> <p>Find a 1RM Deadlift</p> <p>This lift is to base your percentages on - this is not a competition lift, so make sure you keep it safe.</p> | <p>For Weight</p> <p>Every :90 Until Failure 3 Back Squat @70%*</p> <p>*Men add 10lbs per round. Women add 10lbs until you're over 80%, then start adding 5lbs per round.</p> | <p>For Reps</p> <p>AMRAP 5 Minutes 15 Power Snatch 75/60lbs 15 Power Snatch 115/75lbs 15 Power Snatch 135/95lbs AMRAP Power Snatch 165/110lbs</p> <p>OR</p> <p>AMRAP 5 Minutes 15 Power Cleans 95/70lbs 15 Power Cleans 135/95lbs 15 Power Cleans 165/110lbs AMRAP Power Cleans 185/125lbs</p> <p>Choose your weaker movement</p> | <p>For Weight</p> <p>Build up to a heavy 3 position clean Mid Thigh* + Below Knee + From Floor</p> <p>Drop and reset between reps *Above knee/below hip.</p> | <p>For Weight</p> <p>Every :90 Until Failure 5 Bench Press @50%*</p> <p>*Add 5% per round</p> | <p>Non-Mandatory For Weight</p> <p>Find Your 3RM Snatch*</p> <p>*Must be drop and reset, and must be completed within a :30 window.</p> |
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Test _____
Goal _____ PR
Retest _____



