



# PHASE 2 PROGRAM GUIDE



Welcome to Phase II of the 2023 Offseason! Weeks eight through fourteen of a twenty-seven-week plan to create the most well-rounded, powerful, skillful, and confident version of you. 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

<p><b>Phase Peaking Clean</b></p> <p>The major change you will see year over year on your squat clean peaking program is a doubling in volume. A true Olympic Weightlifting program built in to solidify repetition and growth. Phase I participants biased heavy pulling from the floor, clean technique, squat speed, power cleans, lunging, and front squat: think we were preparing you for something? :)</p>	<p><b>Skill Back Squat</b></p> <p>Virtuosity is doing the common, uncommonly well. When it comes to pause squats in the name of skill acquisition, your ego will not be helpful. Intense mental focus across 24+ reps is no small task. Get a little better or a lot. Your choice.</p>	<p><b>Speed Work Strict Press / Bench Press</b></p> <p>A half truth. Some of the program is speed work (the most important part). The rest is all about shoulder strength and stability. There is a lot of pressing every week. Take care of those shoulders.</p>	<p><b>GPP Focus Deadlift</b></p> <p>The Misfit Athletics GPP lifting rotation ensures you train heavy weights, higher reps, faster reps, and skill based sessions. Coming off the deadlift peaking schedule makes this even more powerful to dive into.</p>	<p><b>In WOD Lift Overhead Squat</b></p> <p>Some lifts quickly enter the territory of massive advantage OR massive weakness, and the overhead squat has a legitimate claim to top that list. That's where the beauty of in wod lifting comes into play. We test your capacity - then you get to work on it in a personalized setting for 5 weeks before re-testing. Pro-tip: warm it up really well, every time.</p>	<p><b>Non Mandatory Romanian Deadlifts</b></p> <p>We often say Crossfitters have strong muscles just waiting to be activated intentionally. Sick of deadlifting with your back or underrecovering once a month because you finally used your hamstrings and they're cooked? Enter the RDL. Refer to our youtube channel for points of performance.</p>	<p><b>Non Mandatory Squat Snatch</b></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>
---	--	---	---	--	--	---

## CONDITIONING

<p><b>Aerobic Bias Focus Ski Erg</b></p> <p>A hearty test, coupled with seven MAFF sessions, and weekly dedicated monostructural intervals is our recipe to bias a particular movement in the pursuit of aerobic function. The massively forgotten side benefit is developing slow twitch fibers in your upper body. You'll know what we mean in Phase III when you conquer some upper body weaknesses without working on them specifically.</p>	<p><b>Anaerobic Bias Focus C2 Bike Erg</b></p> <p>Any time we can log hours upon hours on a machine leading up to biasing it in an anaerobic setting is a win win. Phase I followers rejoice, you can really make that cube test hurt now :)</p>	<p><b>Non-Mandatory Power Output</b></p> <p>New to Misfit Athletics in 2023 is the Phase by Phase testing of power output on machines. For athletes that struggle to really rev the engine in short sprints, we are offering a non-mandatory test to see how hard you can go before dialing it in for five weeks and re-testing.</p>
--	--	--

## SKILL FOCUS & TESTING

<p><b>Phase 1 Metcon Test Wall Walks</b></p> <p>Your Metcon test for Phase II will audit your ability to move through wall walks 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><b>Phase 1 Interval Test Muscle Ups</b></p> <p>The prescription mirrors the wall walks very closely, but the adaptation we're chasing is a big change from years past. We're not that concerned with your max set, or even big sets, but your ability to go back to well over and over and over and over. We test it, improve it, and provide proof of concept in</p>	<p><b>Non-Mandatory Personalized Skill Progressions</b></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 walking, double unders, wall walks, or Double DB OHWL.</p>
--	--	---





# PHASE 2 CHECK-IN



Welcome to the **Misfit Athletics Phase 2 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

<p><b>For Time</b>  30/24 Calorie Row  10 Wall Walks  30 Farmer Lunge Steps  50/35lbs  10 Wall Walks  30/24 Calorie Row  10 Wall Walks  30 Farmer Lunge Steps  50/35lbs  10 Wall Walks  30/24 Calorie Row</p> <p>15 Minute Cap</p>	<p><b>For Reps</b>  Misfit Cube Test  AMRAP 4 Minutes x 4  Max Calorie C2 Bike  Rest 4:00</p> <p>Score is total Calories.</p>	<p><b>For Time</b>  12/9 Calorie Air Bike  8 Muscle Ups  Rest 1:00  12/9 Calorie Air Bike  7 Muscle Ups  Rest 1:00  12/9 Calorie Air Bike  6 Muscle Ups  Rest :30  12/9 Calorie Air Bike  5 Muscle Ups  Rest :30  12/9 Calorie Air Bike  4 Muscle Ups  Rest :30  12/9 Calorie Air Bike  3 Muscle Ups</p>	<p><b>For Reps</b>  Every 2:00 Until Failure  Ski 20/13 Calories*</p> <p>*Add 1 Calorie Every Round</p>	<p><b>In WOD Lifting Test - For Time</b></p> <p>Every 3 Minutes for 18 Minutes (6 rounds)  21/18 Calorie C2 Bike  9 OH Squats  185/130lbs</p> <p>Score is total working time. Bar is taken from the floor.</p>	<p><b>Non-Mandatory Misfit Power Output Test - For Reps</b></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>
--	---	--	---	--	--

Test \_\_\_\_\_  
Goal \_\_\_\_\_ PR   
Retest \_\_\_\_\_

## LIFTING TESTS

<p><b>For Weight</b></p> <p>Find a 1RM Squat Clean</p>	<p><b>For Weight</b></p> <p>Find a 3RM "No Bounce" Back Squat</p>	<p><b>For Time</b></p> <p>21 Deadlifts @80%*  Rest :90 every time you break</p>	<p><b>Non-Mandatory For Weight</b></p> <p>Find Your 2RM Snatch*</p> <p>*Must be drop and reset, and must be completed within a :30 window.</p>	
--	---	---	--	--

Test \_\_\_\_\_  
Goal \_\_\_\_\_ PR   
Retest \_\_\_\_\_



