

# **COMP BLOCK 2 GUIDE**

Welcome to the Comp Block 2 Program Guide for the 2022 Season. For the long time Misfits, this guide is a deeper peak behind the curtain than usual without all of the test/retest explanations. This allows for maximal personalization, which is incredibly important to get a head start on following The Open & Quarterfinals. If you're new to the family, use this guide to start educating yourself on how we communicate, program, and bring the community together. Semifinals athletes will be on a fairly strict schedule based on their competition weekend, with the rest of the community picking out each and every piece to either ensure they're attacking weaknesses or having fun in the gym with a full year of prep ahead.

## **WEIGHTLIFTING**

### **OLYMPIC LIFTS**

#### **PHASE PEAKING**

Every week for the next 7-10 weeks you will attack one of the olympic lifts in heavy waves, and the other olympic lift in two separate sessions focusing on skill and power generation. Going back and forth week to week in this fashion creates a mixture of deliberate practice, overloading, and CNS priming. We urge you to take your time in all three to get the most out of each session.

### **PUSH/PULL/SQUAT**

#### **GPP ROTATION**

The Misfit Athletics GPP lifting rotation encompasses heavy waves, speed work, skill work, and high rep sets. By doing this thoughtfully within pulling, pressing, and squatting variations you become prepared for all scenarios, while bulletproofing the muscle groups that create a true tipping point in your olympic lifts.

### **UPPER/LOWER/ TOTAL BODY**

#### **SECONDARY LIFTS**

As you work into the depths of your peaking schedule there will be a host of sleds, lunging, grip work, pressing, and posterior chain building exercises that be viewed in 3 separate ways. 1: I want to strength bias this phase and I'm going heavy on all secondary lifts. 2: You're a semifinals athlete and we tell you which ones to do, but you're a power athlete and used them as extra accessory work to aid recovery. 3: I want to bias energy systems and skip them altogether.

## **CONDITIONING**

### **SEND/REACH/ SUSTAIN**

The beauty of semifinals prep whether you're following along or prepping for battle is in the variety. The Venn Diagram of machines and energy systems overlap in all places. Learn to push the envelope on power output work, fight hard to hold on reach pacing, and stay smooth in sustain pieces.

### **MAFF WORK**

Every week has a running session on Tuesdays, and a C2 Bike/Ski Erg choice for active rest days. Choosing the latter is all about whether your legs or arms lack more endurance than the other. At the peak of volume, we add a third session that becomes whichever machine you did not choose for active rest days. Take the warm-ups as serious as the scored portion and things will go much smoother.

### **METCON/INTERVAL**

For the first four weeks of your peaking schedule, all met-cons are "met-con resets", where we take a traditional met-con and sneak strategic rest in to show you what you'll be capable of come the end of the phase. From there it's all about variance. As many movement combinations, stimulus, and time domains we can cook up to thoughtfully improve your fitness and Athlete IQ.



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# COMP BLOCK 2 PERSONALIZATION

Welcome to your personalization check-in system for Comp Block 2. With an abundance of options to choose from daily, you are given a huge opportunity to improve as an athlete in the next ten weeks. As with most things in life, there is no free lunch, so the ability to choose from such a wide array week to week could also set you down an aimless path. That's where this check-in system comes into play. Each week before you set out to choose your pieces, write down what you would like to improve on that week at the top of your weekly check-in box. As the days go on, pay very close attention to when movements, time domains, stimulus show up and mark down your wins and your learns. By resetting each week and paying close attention to progress and learning experiences, you can truly personalize your journey through Comp Block 2.

<b>W1</b>	<b>W2</b>	<b>W3</b>	<b>W4</b>	<b>W5</b>
<b>W6</b>	<b>W7</b>	<b>W8</b>	<b>W9</b>	<b>W10</b>