



**MISFIT ATHLETICS**

**COMPETITION  
TAPER  
TEMPLATE**

**2022 MFT**

**MISFITATHLETICS.COM**

# MFT

## MISFIT ATHLETICS

# 2022 COMPETITION TAPER TEMPLATE

For many athletes the week of a competition can be stressful.

Do I train or should I just rest? How hard should I go? How many pieces should I do? What about the day before? Two days before? What if I'm traveling? These are great questions to be asking, and lucky for you we've got a straightforward way of making sure you're not beaten up going into a long weekend of competition.

This Taper Template is designed to be executed during the week before your competition, if your comp starts on Friday begin this template on Monday. To make sure that you know exactly when to do what, we've made sure to indicate at the top of each page how many days before your competition we think these training days should land on.

Coach Sherb also wrote a great article called 'The Anatomy of a Competition Primer Day' to give you a bit more of an understanding of how the day before you start competing should go, and that can be found here:

<https://misfitathletics.com/articles/the-anatomy-of-a-competition-primer-day/>

Best of luck in your competition - give it hell!



# 4 DAYS BEFORE COMP

## MORNING MOVEMENT

Every 4 Minutes for 8 Minutes  
400m Run  
15 Russian KB Swings  
Max Duration Wall sit in remaining time into  
Sun Salutations

## LIFT

Choose Between:  
Every 2 Minutes for 20 Minutes  
2 Squat Snatch @70-80%  
Drop and Reset  
Or,  
Every 2 Minutes for 20 Minutes  
1 Squat Clean to Split Jerk @70-80%

## CONDITIONING 2

Every 2 Minutes  
for 12 Minutes  
15/10 Calorie AAB

## MOBILITY

For Completion  
a) Voodoo Floss Shoulders, 2:00/side.  
While flossing, perform the following:  
- :30 Hang from pull up bar  
- 5-10 Tempo Push Ups  
- General ROM drills  
b) Saddle Pose, 3:00

## WARM UP

400m Run  
Then  
20 A-Frame Toe Touches  
Then  
3 Rounds  
10 Jump Squats  
10/8 Calorie AAB

## CONDITIONING 1

AMRAP 16 Minutes  
100m Run  
12 Wallballs 20/14lbs to 10' Target  
100m Run  
12 Toes to Bar

## SKILL

EMOM 10 Minutes  
30' Handstand Walk

You should feel like you're priming the movement rather than training it. Each set should feel easy and quick.

# 3 DAYS BEFORE COMP

## MORNING MOVEMENT

4 Rounds  
50 Single Unders  
10 A-Frame Toe Touches  
10 Shoulder Taps  
into  
Sun Salutations

## LIFT

Every 3 Minutes for 18 Minutes  
3 Back Squat @70-80%

## CONDITIONING 2

All on a Bike or Ski Erg:  
-  
MAFF Session  
Warm Up  
5:00, Heart Rate @ (160-age)  
5:00, Heart Rate @ (165-age)  
5:00, Slowly Build Heart Rate to (180-age)  
Rest/mobilize/hydrate for 5:00  
then,  
  
45:00 w/ Heart Rate @ 180-age  
then,  
  
Cool Down - Slow AF 12-15 Minutes

## WARM UP

Floss Hips  
Then  
2 Rounds  
12 Ring Rows  
12 KB Swings  
12 Goblet Squats  
Then  
24 Cossack Squats (12 each way)

## CONDITIONING 1

5 Rounds  
8 DB Snatches 70/50lbs  
6 Lateral Burpees over DB  
4 Bar Muscle Ups

## SKILL

EMOM 8 Minutes  
1-3 Rope Climbs

You should feel like you're priming the movement rather than training it. Each set should feel easy and quick.

## MOBILITY

For Completion  
a) Couch Stretch, 3:00/side  
b) Foam roll or barbell mash lats and rotator cuff area, 2:00/side

# 2 DAYS BEFORE COMP

## ACTIVE REST DAY

### MORNING MOVEMENT

3 Minute Machine or 3 Minute Run  
2:00 Lateral Plank (1:00 side)  
1:00 Squat Hold  
1:00 Burpees  
into  
Sun Salutations

### WARM UP

Floss Ankles/Calves  
Then  
Straight Through  
750/650m Row  
30 Hang DB Snatches (light DB)  
20 Banded Good Mornings  
10 Turkish Get Ups (5 per arm)

### CONDITIONING

Every 4 Minutes until 150/125  
Calorie Row is Completed:

400m Run @ Sustain Pace  
Max Calorie Row in remaining time

Sustain Pace = 5K Run Pace

### MOBILITY

For Completion

In any order:

- a) Pigeon or Dragon Pose, 3:00/side
- b) Accumulate 5:00 in a bottom of the squat hold
- c) 2:00 in a relaxed dead hang from the pull up bar
- d) Foam roll or Double LAX ball mash upper back/T-Spine

# DAY BEFORE COMP

## PRIMER DAY

### MORNING MOVEMENT

6 Rounds  
4 Burpees  
6 Reverse Lunge Steps  
8 Hollow Rocks  
Then  
1:00 Handstand Hold  
into  
Sun Salutations

### LIFT

Choose Between:  
EMOM 10 Minutes  
1 Power Snatch @75-85%  
Or,  
EMOM 10 Minutes  
1 Power Clean to Push Jerk @75-85%

### CONDITIONING 2

For Completion  
2000m C2 Bike  
1000/900m Row  
1000/900m Ski  
2000m C2 Bike  
1000/900m Ski  
1000/900m Row  
2000m C2 Bike

This entire piece is done at a Forever Pace

### WARM UP

Floss Shoulders  
Then  
Alternating EMOM 6:00  
1. 6 Tall Box Jumps (Step Down)  
2. 100/80m Ski (Aggressive Reach)

### CONDITIONING 1

AMRAP 6 Minutes  
400m Run  
Then  
AMRAP  
6 Power Snatches 95/65lbs  
6 Pull Ups  
6 Burpee Box Jump Overs 24/20"

### SKILL

By this point there's a good chance you will know the workouts, and we like to sneak a skill session in for anything that has you feeling apprehensive.

### MOBILITY

In any order  
a) Couch Stretch, 3:00/side  
b) Foam roll or barbell mash quads, 2:00/side  
c) Foam roll or barbell mash lats, 2:00/side