



MISFIT ATHLETICS

**COMPETITION
TAPER
TEMPLATE**

2022 TEENS

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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

16/17 Age Group
Every 2:00 For 12 Minutes
12/8 Calorie AAB

14/15 Age Group
Every 2:00 For 12 Minutes
10/6 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

16/17 Age Group
AMRAP 16 Minutes
100m Run
12 Wallballs 20/14lbs to 10' Target
100m Run
12 Toes to Bar

14/15 Age Group
AMRAP 16 Minutes
100m Run
12 Wallballs 14/10lbs to 10' Target
100m Run
8 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:

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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

MOBILITY

For Completion

a) Couch Stretch, 3:00/side

b) Foam roll or barbell mash lats and
rotator cuff area, 2:00/side

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

16/17 Age Group

5 Rounds

8 DB Snatches 60/40lbs

6 Lateral Burpees over DB

4 Bar Muscle Ups

14/15 Age Group

5 Rounds

8 DB Snatches 50/35lbs

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.

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

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

WARM UP

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

CONDITIONING 1

16/17 Age Group
AMRAP 6 Minutes
400m Run
Then
AMRAP
6 Power Snatches 95/65lbs
6 Pull Ups
6 Burpee Box Jump Overs 24/20"

14/15 Age Group
AMRAP 6 Minutes
400m Run
Then
AMRAP
6 Power Snatches 75/55lbs
6 Pull Ups
6 Burpee Box Jump Overs 20/16"

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.