

COMP BLOCK 3 GUIDE

Welcome to the Misfit Athletics Comp Block 3 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 heading into the 2023 season. If you're new to the family, use this guide to start educating yourself on how we communicate, program, and bring the community together. Games athletes will be on a fairly strict schedule based on their final showdown, 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

If you love the clean and snatch, or really want to dig into both, this could be your favorite time of year. Not only will we be going heavy in both weekly, but their power variations will show up in addition to ensure speed is developed alongside.

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.

OUTSIDE OF THE "BOX" SEASON

SECONDARY LIFTS

Join the Misfit Games Athletes in their pursuit of attacking some of the "fun stuff" like heavy overhead squats, strongman implements, bench press, and lunge variations. If you're looking to attack a strength biased block of programming, make sure to hit these along with the complimentary accessory.

CONDITIONING

SEND/REACH/ SUSTAIN

The beauty of competition 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, and a mixed machine session for active rest days. At the peak of volume, we add a third session on the C2 bike at some longer durations. Take the warm-ups as serious as the scored portion and things will go much smoother.

METCON/INTERVAL

For the first three 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.



MFT - HATCHET - MASTERS - TEENS - ANYWHERE
FIND ALL OF OUR PROGRAMS AT MISFITATHLETICS.COM



COMP BLOCK 2 PERSONALIZATION

Welcome to your personalization check-in system for Comp Block 3. 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 3.

W1	W2	W3	W4	W5
W6	W7	W8	Notes	