

HATCHET OFFSEASON 2

MISFIT ATHLETICS



PROGRAMMING GUIDE

Welcome to your next Hatchet programming block. An eight week program designed with the intent of creating momentum and velocity in your progress leading into the 2024 season. We've built a lot of programs in the last twelve years based on the idea that one size cannot fit all, and there isn't a time of year when that rings more true than right now. Below you will see how it can be possible to entirely personalize your program without being stranded on an island without your training partners.

HATCHET OFFSEASON RUNS 06.5.23 - 07.30.23

CHOOSE YOUR TRACK

For the next eight weeks, you will have the opportunity to really zero in on what you need to do to progress. Using your competition history as the data for this decision, you will decide what track is right for you. If you're unsure, there's a really good chance the balanced track is right for you. We recommend taking the time you need to mull this over, as it will be most effective when you do not switch until the next block.

STRENGTH TRACK

If your strength has been holding you back, we've got the solution. Multiple lifts and dedicated accessory work will make up the bulk of your training. Even if you move well with a barbell, there is a baseline strength capacity that changes just about everything you do once you achieve it.

CONDITIONING TRACK

As much as we'd love for conquering the muscle up, or adding 10lbs to a lift to take us into uncharted territory, the truth of the matter is we're all in love with a sport based on work capacity. It takes a special level of maturity to acknowledge that and dive head first into a conditioning biased programming block. Deep down, you'll know if this is for you.

BALANCED TRACK

For those of you who have achieved the goal of being a well rounded athlete who just needs to see more of their journey through, we've also got you covered. The balanced track gives you the freedom to tackle the types of lifts and workouts that will suit your progress best.

STRENGTH

Below you will find the nine strength movements that will make up your journey through the strength track, or the bits and pieces that will fill out your training on the other two tracks.

SKILL

Below you will find the full list of potential skill work sessions you will encounter along the way. Just like with a strength progression, the best way to build capacity on a problematic movement is to see the whole thing through. A new wrinkle many of you will get the chance to benefit from is skill progressions in the muscle up and strict hspu. These are tried and true sessions that take athletes from zero reps to multiple under fatigue, just as long as you stay patient and trust the process.

STRENGTH MOVEMENTS

- Tempo Pull Squat Clean
- Clean Grip RDLs
- Back Squat
- DB Bench Press
- Snatch Complex
- Power Snatch
- Deadlift
- Overhead Walking Lunges
- Power Clean
- Push Press

SKILL MOVEMENTS

- Muscle Up Capacity
- Muscle Up Skill Progressions
- Handstand Walking
- Toes to Bar
- Bar Muscle Ups
- Chest to Bar Pull Ups
- HSPU
- Kettlebell Skill
- Dumbbell Skill
- Strict HSPU
- Strict HSPU Skill Progressions

HATCHET MOCK GAMES

A yearly tradition on all programs at Misfit Athletics is stopping the day to day grind for a week and diving head first into Mock Games. While it's meant to be executed as 14 events across 4 consecutive days, the real importance for the hatchet community is to get together and have a blast testing yourself. Each event will have scaling and equipment modifications to ensure you can play along no matter how serious to take the competition side of things or not. You will see the events in full detail heading into week 5.

JOIN MISFIT AND START CRUSHING YOUR WEAKNESSES

Hopefully all of the information above gets you excited to build some momentum, and sheds light on how we can keep you together as a community while personalizing your training. One size fits all just won't cut it, especially when you've got all of this runway before the big test rolls back around. See you on Discord and the leaderboards, Misfits

START THE HATCHET OFFSEASON PHASE AT [MISFITATHLETICS.COM](https://www.misfitathletics.com)

