

# MISFIT ATHLETICS // PHASE ONE '23 // DELOAD WEEK // HATCHET

Monday	Tuesday	Wednesday	Active Rest Day	Friday	Saturday	Rest Day
<p>Each set for quality: Back Squat 1x1 @ 70% Then 5x3 @ 65% Then 1x3 @ 60%</p> <p>Bike 1000m @ Flush Pace Between Sets</p> <p>Percentages are a cap on how heavy you should go - lighter and more technical is also great,</p>	<p>Warm Up</p> <p>Machine or Machines of Choice 15:00-25:00 Build from resting heart rate to 130bpm</p>	<p>Each set for quality: Squat Clean 1x1 @ 70% Then 5x3 @ 65% Then 1x3 @ 60%</p> <p>Row 500m @ Flush Pace Between Sets</p> <p>Drop and reset sets of 3</p> <p>Percentages are a cap on how heavy you should go - lighter and more technical is also great,</p>	<p>Find an active rest day activity that puts you in a really positive head space. Try to accumulate 60-90 minutes of slow movement, preferably outdoors.</p> <p>Ideas: - Biking - Ruck or Vest Walk - Hike - Low intensity "sports" - Low intensity swimming / time in water</p>	<p>Tempo Pull Squat Snatch w/ Pause in catch 2x4 @ 50%</p> <p>Tempo Pull to Pause at Knee into Squat Snatch w/ Pause in catch 3x3 @ 60%</p> <p>Tempo Pull to Pause at Mid Shin into Squat Snatch w/Pause in catch 4x2 @ 70%</p> <p>Echo Bike 2:00 @ Flush Pace Between Sets</p> <p>Percentages are a cap on how heavy you should go - lighter and more technical is also great,</p>	<p>Warm Up</p> <p>Machine or Machines of Choice 15:00-25:00 Build from resting heart rate to 130bpm</p>	<p>NEM</p> <p>Accumulate 15,000 steps throughout the day.</p>
<p>Warm Up</p> <p>Machine or Machines of Choice 15:00 Build from resting heart rate to 130bpm</p>	<p>Choose ONE of the following:</p> <p>60:00 MF2 Session on Machine or Machines of choice Keep running volume below 20:00 if you choose to mix that in</p> <p>OR</p> <p>Every 7:00 for 35:00 Swim 200 Yards Freestyle Practice during rest periods</p> <p>200s should be very comfortable, even if you have to rest periodically at the wall.</p>	<p>Warm Up</p> <p>Machine or Machines of Choice 15:00 Build from resting heart rate to 130bpm</p>	<p>Mobility</p> <p>Give yourself a solid hour to slowly work into static stretching, isometric holds, flossing, rolling, etc.</p> <p>Some people will be able to relax more in silence, some with music, or a podcast/book, but the setting is very important. Take the time to create a space where you can do a meaningful head to toe mobility routine.</p>	<p>Warm Up</p> <p>Machine or Machines of Choice 15:00 Build from resting heart rate to 130bpm</p>	<p>Choose ONE of the following:</p> <p>60:00 MF2 Session on Machine or Machines of choice Keep running volume below 20:00 if you choose to mix that in</p> <p>OR</p> <p>Every 9:00 for 27:00 Swim 300 Yards Freestyle Practice during rest periods</p> <p>300s should be very comfortable, even if you have to rest periodically at the wall.</p>	<p>Mobility</p> <p>Give yourself a solid hour to slowly work into static stretching, isometric holds, flossing, rolling, etc.</p> <p>Some people will be able to relax more in silence, some with music, or a podcast/book, but the setting is very important. Take the time to create a space where you can do a meaningful head to toe mobility routine.</p>
<p>Conditioning</p> <p>For quality - not reps: 3 x 7:00 Windows 15 Calorie Machine 2x2 Wall Walks 5x1 Power Snatch @ 70% Rest 2:00-4:00</p> <p>Slow and steady. Move very well, transition slowly, and keep heart rate in your comfort zone.</p>	<p>Cool Down</p> <p>Immediately following MAFF or Swim:</p> <p>Machine or Machines of Choice 10:00 Slowly lower heart rate to below 120bpm 5:00-15:00 Walk</p>	<p>Conditioning</p> <p>For quality - not time: 5 Rounds 50 Double Unders 10 Traditional Kipping Chest to Bar Pull Ups 5x1 Power Cleans @ 70% Rest 2:00-4:00</p> <p>Slow and steady. Move very well, transition slowly, and keep heart rate in your comfort zone.</p>	<p>Recovery</p> <p>De-loading isn't just about rest, but also about paying attention to the things that can help you hit the ground running the following weeks.</p> <p>Know the recovery protocols that move the needle for you and double down today. Hot, cold, sleep, flushing on machines, etc.</p>	<p>Conditioning</p> <p>For quality - not reps: 15:00 Rotation Window: 10 Thrusters 75/55lbs 2 Rope Climbs 500m Row</p> <p>Slow and steady. Move very well, transition slowly, and keep heart rate in your comfort zone.</p>	<p>Cool Down</p> <p>Immediately following MAFF or Swim:</p> <p>Machine or Machines of Choice 10:00 Slowly lower heart rate to below 120bpm 5:00-15:00 Walk</p>	<p>Recovery</p> <p>De-loading isn't just about rest, but also about paying attention to the things that can help you hit the ground running the following weeks.</p> <p>Know the recovery protocols that move the needle for you and double down today. Hot, cold, sleep, flushing on machines, etc.</p>
<p>Skill or Accessory</p> <p>Choose ONE of the following:</p> <p>7-10 Rounds for Quality 3 Bar Muscle Ups 1K C2 Bike @ Flush Pace</p> <p>OR</p> <p>4-6 Rounds 1:00 Moderate Weight KB Farmers Carry 3:00 Walk</p>	<p>Skill or Accessory</p> <p>Choose ONE of the following:</p> <p>7-10 Rounds for Quality Smooth Set of Strict HSPU 1K Echo Bike @ Flush Pace</p> <p>OR</p> <p>4-6 Rounds 1:00 Moderate Weight Double KB OH Carry 3:00 Walk</p>	<p>Skill or Accessory</p> <p>Choose ONE of the following:</p> <p>7-10 Rounds for Quality 5 Light to Moderate Double KB Clean and Jerk 1K C2 Bike @ Flush Pace</p> <p>OR</p> <p>4-6 Rounds 1:00 Moderate Weight Backwards Facing Sled Pull 3:00 Walk</p>		<p>Skill or Accessory</p> <p>Choose ONE of the following:</p> <p>7-10 Rounds for Quality 6 Moderate to Heavy Alternating DB Snatch 1K C2 Bike @ Flush Pace</p> <p>OR</p> <p>4-6 Rounds 1:00 Moderate Weight Sled Push March 3:00 Walk</p>	<p>Skill or Accessory</p> <p>Choose ONE of the following:</p> <p>7-10 Rounds for Quality 1 Direction HS Walk Ramp OR 30' HS Walk 1K Echo Bike @ Flush Pace</p> <p>OR</p> <p>4-6 Rounds 1:00 Empty Yoke OR Barbell Carry 3:00 Walk</p>	
<p>Cool Down</p> <p>Immediately following Conditioning:</p> <p>Machine or Machines of Choice 10:00 Slowly lower heart rate to below 120bpm 5:00-15:00 Walk</p>		<p>Cool Down</p> <p>Immediately following Conditioning:</p> <p>Machine or Machines of Choice 10:00 Slowly lower heart rate to below 120bpm 5:00-15:00 Walk</p>		<p>Cool Down</p> <p>Immediately following Conditioning:</p> <p>Machine or Machines of Choice 10:00 Slowly lower heart rate to below 120bpm 5:00-15:00 Walk</p>		