



TEENS & MASTERS SEMIFINALS PREP GUIDE



Welcome to **Teens and Masters Semifinals Prep**! We are officially in-season with the 2023 CrossFit Open behind us and the peak of Semifinals ahead of us. In the guide below, you will see the outline for our main objectives in this phase. You have worked extremely hard all season long at attacking the obstacles ahead of you, but there's still work ahead. Keep blazing the trail and **#WALKTHROUGHFIRE**.

WEIGHTLIFTING

Snatch and Clean & Jerk

Each year we are presented with the challenge of trying to guess which olympic lifts are most likely to be tested during this part of the season. Rather than guess, this year we aim to peak both lifts so you're ready regardless of what's thrown your way. You have spent a significant portion of this year dialing in how you move in these two lifts.

GPP LIFTS

Front Squat & Back Squat

Each week you will be provided with the opportunity to ensure the axe remains sharp with a weekly squat session. Squats will rotate between back squats and front squats each week. During this part of the year we must remain ready for anything, which is why you'll see a GPP rotation that will allow you to squat heavy, high rep, and fast from week-to-week.

Deadlift

A strong athlete is a confident athlete. If you're looking for the one lift that can augment your confidence in the snatch and the clean and jerk- it's the deadlift. When you have a stronger pull, weights feel lighter. This phase we will rotate through a variety of reps and percentages that will keep your pulling muscle strong, your core rock-solid, and your CNS firing on all cylinders.

Bench Press

Last season taught us if you're not confident under the iron then your season could be in jeopardy. For this reason, you likely noticed the significant up-tick in opportunities to bench. Within this phase we will continue to help you build your confidence under the iron so you're ready for anything thrown your way.

Overhead Squat

Contained within these lifting sessions will be the opportunity to build to a heavy single so that you begin to understand what your capabilities are. You will progress into skill-based percentage work that allows you to take the strength you've built all season and merge it with your improved acumen in the overhead squat.

Shoulder to Overhead

Overhead barbell cycling, when done efficiently, is a thing of beauty and those who do it will run laps around their competitors. Use each of these sessions to understand how your quality movement leads to a leg up on your competitors.

Back Rack Lunges

Unilateral strength is often overlooked in our sport, yet it provides an advantage that bilateral movements cannot match. Proper application is key: move well and lift heavy to maximize results. This is not accessory work, but strength training.

CONDITIONING

MAFF

Being in-season means MAFF work becomes an even more important facet of your fitness. You will notice that your MAFF sessions will increase in duration and we will ask that you use all of the machines you have available as we progress through the phase.

Rowing Bias

CrossFit is still using an online qualification process for Teens and Masters which means there will only be one machine you'll be tested on- the rower. While some of you might think of this as a curse, it's actually a blessing because we can double-down on proficiency and capacity on one single machine versus trying to do it on all machines. If you attack each of these sessions with laser focus on the task at hand, you can make tremendous progress in a short amount of time, don't waste this opportunity.

CrossFit Conditioning

We know just how hard you work each day, and how frustrating the simpler movements can be when they become the limiting factor in your fitness. However, we have yet to see anyone who puts in the necessary effort not see an immense improvement. We're talking burpees, wallballs, double unders, and rowing. This phase you'll get a hefty dose of these movements in various combinations, durations, and workout styles so regardless of what's thrown your way, you're ready.

SKILL

The list of skill-based movements that can potentially derail your season at this point are Muscle Ups, HSPU and Bar Pull Gymnastics (Chest to Bar, Bar Muscle Ups, etc.). You will see a phase-long progression on these movements to ensure that on test weeks they're feeling **#sharp**. Additionally, throughout the phase you'll have a few sessions dedicated to rope climbs, pistols, and dumbbell lunges. Remember to keep these sessions focused on skill. Taking the extra time to make sure you're loose, activated, and focused will allow you to garner more adaptation.

