

# PHASE 1

**BEGINS SEP 4 // 9 WEEK PROGRAM**

## HATCHET

**Our Hatchet off-season program comprises three nine-week phases to prepare athletes to tackle the Open and Quarterfinals.** Each day has instructions for volume dependings on if you're an **open athlete, quarterfinals athlete, or a Masters/Teens semifinals athlete.** If you're new to our program, you will notice that each day has mandatory work followed by multiple options to personalize your program. Within the mandatory work is where our Phase long biases live. These biases allow us to sink into specific domains without compromising the variance needed to succeed in the sport. **Over the next nine weeks, we will be leaning into the following: Heavy back squat, snatch volume, positional clean work, pressing speed, bench press volume, legless rope climbs, burpee box jump overs, handstand walking, anaerobic ski erg, and aerobic bike erg.**

## PHASE 1 TESTS

### For Time

25 Burpee Box Jump  
Overs 24/20"  
20 DB Snatches 50/35lbs, Arm 1  
20 DB Snatches 50/35lbs, Arm 2  
2 Handstand Walks

Rest 3:00

25 Burpee Box Jump  
Overs 24/20"  
20 DB Snatches 50/35lbs, Arm 1  
20 DB Snatches 50/35lbs, Arm 2  
3 Handstand Walks

Rest 3:00

25 Burpee Box Jump  
Overs 24/20"  
20 DB Snatches 50/35lbs, Arm 1  
20 DB Snatches 50/35lbs, Arm 2  
4 Handstand Walks

Scaling  
- Handstand Walk: 1 HSW = 30"  
Handstand walk with no pirouette  
or unbroken requirement, or  
2 wall walks per 1 HS Walk.

### AMRAP 15 Minutes

1 Legless Rope Climb  
3 Sandbag Over  
Shoulder 150/100lbs  
Run 100m

Scaling  
- Legless Rope Climb: perform 1  
regular rope climb with no jump.  
- Sandbag weight: 100/70lbs

Equipment Modifications  
- Rope Climbs: 4 Bar Muscle Ups  
- Sandbag: 3 Clean and  
Jerks, 165/115lbs

### "Tour De Misfit - Riverside Time Trial"

**For Time**  
14km on a C2 Bike, **switching  
the damper** at the following  
marks counting down:

Begin at 14k on a 3 damper  
At 12k, switch to 7  
At 11k, switch to 4  
At 9k, switch to 9  
At 8k, switch to 1  
At 7k, switch to 10  
At 6k, switch to 2  
At 4.5k, switch to 8  
At 2.5k, switch to 5  
At 0.5k, switch to 6

Scaling  
- 32:00 Time Cap

Equipment Modifications  
- Row / Ski 7k switching  
dampers at 6,000/ 5,500/  
4,500/ 4,000/ 3,500/ 3,000/  
2,250/ 1,250/ 250m  
- Run a Hilly or vested/Ruck 5k

### Misfit Cube Test

#### For Reps

AMRAP 4 Minutes x 4  
Max Calorie Ski  
Rest 4:00

Score is total Calories.

Equipment Modifications  
- Run, Row, C2 Bike, Air Bike 1:1



**PHASE 1 BEGINS SEPTEMBER 4 AT MISFITATHLETICS.COM**