

PHASE 1

BEGINS SEP 4 // 9 WEEK PROGRAM

MFT

Our MFT off-season program comprises three nine-week phases to prepare athletes to tackle Semifinals and the CrossFit Games. 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 cleans, bench press volume, positional snatch work, pressing speed, squatting speed, pistols, seated legless rope climbs, burpee box jump overs, handstand walking, anaerobic ski erg, and aerobic bike erg.**

PHASE 1 TESTS

For Time

30 Burpee Box Jump
Overs 24/20"
20 DB Snatches 60/40lbs, Arm 1
20 DB Snatches 60/40lbs, Arm 2
2 Handstand Walks

Rest 3:00

30 Burpee Box Jump
Overs 24/20"
20 DB Snatches 60/40lbs, Arm 1
20 DB Snatches 60/40lbs, Arm 2
4 Handstand Walks

Rest 3:00

30 Burpee Box Jump
Overs 24/20"
20 DB Snatches 60/40lbs, Arm 1
20 DB Snatches 60/40lbs, Arm 2
6 Handstand Walks

AMRAP 15 Minutes

12 Pistols, Leg 1
1 Seated Legless Rope Climb
3 Sandbag Over
Shoulder 150/100lbs
12 Pistols, Leg 2
1 Seated Legless Rope Climb
3 Sandbag Over
Shoulder 150/100lbs

"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

Misfit Cube Test

For Reps

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

Score is total Calories.



PHASE 1 BEGINS SEPTEMBER 4 AT MISFITATHLETICS.COM