



PHASE 3 PROGRAM GUIDE



Welcome to Phase III of the 2023 Offseason! Weeks fifteen through twenty one of a twenty-eight-week plan to create the most well-rounded, powerful, skillful, and confident version of you. Below you will find an in-depth look at what is in store for you during this Phase. This framework builds the structure in which our guiding principle of variance is best put to work. Our tagline for this season is all about approaching what used to look like an obstacle and realizing that the resistance it creates is what turns you into the person you know you can be. What matters most, is how well you **#WALKTHROUGHFIRE**.

WEIGHTLIFTING

Phase Peaking	Skill	Speed Work	GPP Focus	In WOD Lift	Non Mandatory	Non Mandatory	Non Mandatory
Back Squat The Misfit Volume Squat Cycle is definitely a "IYKYK" moment for longtime followers. Three days a week for an entire Phase, we slowly build and peak your Back Squat. Words to the wise: take care of yourself, warm up, base your percentages on test week, and move like you would in the olympic lifts.	Squat Snatch You're entering the final checkpoints of a season long plan to improve and peak your snatch. Seven weeks of positional work and the volume squat cycle will have you ready to go heavy in Phase IV.	Push Press Four pressing sessions a week in Phase II brings us armed (pun intended), and ready to move big weight overhead with a lot of help from the rest of your body. If your ego pushes you towards hips heaving forward and torso leaning back in the name of more weight moved, dial it back and remember this is a step along the journey to transfer skills into olympic lifting.	Squat Clean Our GPP rotation removes the guesswork of possibilities in your upcoming competitive endeavors. Heavy, touch and go, skill work, complexes, and more get you stronger, educate you on your capacity, and bring a sport specific Phase to the work you've been putting in all year.	Push Jerk Heavy shoulder to overhead, the lost son of competitive crossfit movements. We believe it will be back, and that you need to be ready. With a new capacity for overhead pressing and an ever evolving engine, we're digging deep into cycling the bar overhead once a week for the whole Phase.	Deadlift / Farmers Holds Alternating weeks of barbell cycling and overloading the musculature most likely to breakdown during it. Most athletes that need one, need the other.	Sleds / RDLs Two incredible posterior chain development tools, alternating back and forth. Whether it's a weakness or you're injury prone in that area, most athletes will find the benefits.	Heavy Days Once a week you'll be given the option to go heavy on a lift in a very personalized session depending on how warming up feels. This session serves 2 purposes: a reminder that lifting is fun as hell in the right setting or with the right crew. It is also practice to rise to the occasion and hit a lift you weren't preparing to be

CONDITIONING

Aerobic Bias Focus	Anaerobic Bias Focus	Non-Mandatory
Row Rowing season is only two phases away. That means we're going to log the longer slower hours now, kick up the intensity next, and be ready to row at your competitions pace at a much easier effort.	Ski You've done the work to build the supporting musculature and ability to flush waste in this movement pattern. Now it's time to dig in and find out what that got you in test week. After that it's five weeks dedicated to moving the needle even further before the final showdown with your cube test in week 7.	Power Output New to Misfit Athletics in 2023 is the Phase by Phase testing of power output on machines. For athletes that struggle to really rev the engine in short sprints, we are offering a non-mandatory test to see how hard you can go before dialing it in for five weeks and re-testing.

SKILL FOCUS & TESTING

Phase 3 Metcon Test	Phase 3 Interval Test	Non-Mandatory
Bar Pull Gymnastics Your Metcon test for Phase III will audit your ability to move through Chest to Bar Pull Ups and Bar Muscle Ups under fatigue. Then we alternate weeks of dedicated skill sessions and in workout progressions to spit you back out into re-test week ready for	Wallballs Equal parts capacity building and de-sensitizing is what we're after in this Phase in regards to wall balls. Remove the idea of a perceived weakness and operate on data alone. Am I getting better than I was? Great. Rinse and repeat.	Personalized Skill Progressions Another new feature in our 2023 programming is 27 Week skill progression programming for movements we have deemed "highly personal weaknesses". Once a week on the program you will see a non-mandatory session that allows you to tackle either rope climbs, handstand walking, double unders, wall walks, or Double DB OHWL.





PHASE 3 CHECK-IN



Welcome to the **Misfit Athletics Phase 3 Weekly Check-in** for the 2023 Season. We hope you use this Weekly Check-In not only to track scores for testing and retesting, but to make thoughtful notes to help you identify weaknesses, celebrate victories and grow as an athlete throughout the 2023 season.

CONDITIONING TESTS

<p>For Time</p> <p>4 Rounds 800m Run 4 Rope Climbs 40 Wallballs 20/14lbs to 10' Target Rest 5:00</p> <p>Score is total working time.</p>	<p>In WOD Lifting Test For Time</p> <p>Until 40 Shoulder to Overhead are complete AMRAP 2 Minutes 50 Double Unders 15 Toes to Bar Max Shoulder to OH in remaining time 185/130lbs Rest 1:00</p> <p>The 4th interval is "for time", meaning if you require a 4th interval, complete all remaining Shoulder to OH after the 4th Double Under/TTB buy-in. Score is the time on the clock after your 40th STO.</p>	<p>Misfit Cube Test For Reps</p> <p>AMRAP 4 Minutes x 4 Max Calorie Ski Rest 4:00</p> <p>Score is total calories.</p>	<p>Aerobic Row Test</p> <p>"Keanu Heaves"</p> <p>Until Failure: Row for Distance at a 1:55/2:10 per 500m pace or faster</p> <p>15,000m Cap</p> <p>Just like the bus in the 1994 thriller, your "50mph" is a 1:55/2:10 per 500m pace or faster. This is not based on your average split. If your speed drops to 1:56/2:11 or slower for more than 2 strokes, the workout ends.</p> <p>If these paces looks "slow" - you're rowing a 15K for time. If you don't think you'll eclipse 10K - follow the Hatchet pacing instructions.</p>	<p>For Time</p> <p>8 BBJO 24/20" 27 Chest to Bars 8 BBJO 24/20" 21 Bar Muscle Ups 8 BBJO 24/20" 15 Chest to Bars 8 BBJO 24/20" 9 Bar Muscle Ups</p> <p>7 minute cap</p> <p>If you are capped, your score is 7:00 + :01 for every incomplete rep.</p>	<p>Non-Mandatory Misfit Power Output Test - For Reps</p> <p>Choose your weakest sprinting machine between Row, Ski, Bike Erg, Air Bike:</p> <p>3 Rounds Sprint :20* for Average Wattage Rest 3:00-7:00</p> <p>*Air Bike Rounds are :15. All C2 machines are :20.</p> <p>Score is your highest round. Program each machine to measure only the :15 window.</p>
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Test _____
Goal _____ PR
Retest _____

LIFTING TESTS

<p>High CNS Lifting Test</p> <p>Find a 1RM Back Squat</p> <p>This lift is to base your percentages on - this is not a competition lift, so make sure you keep it safe.</p>	<p>For Weight</p> <p>Build up to a heavy 3 position Squat Snatch</p> <p>Mid Thigh* + Below Knee + From Floor</p> <p>Drop and reset between reps *Above knee/below hip.</p>
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Test _____
Goal _____ PR
Retest _____

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