



PHASE 4 PROGRAM GUIDE



Welcome to **Phase IV of the 2023 Offseason!** The final stretch of an off-season 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. This season, our mantra encourages you to face what may look like an obstacle knowing the resistance it creates will help you become who you want to be. What matters most, is how well you **#WALKTHROUGHFIRE**.

WEIGHTLIFTING

Phase Peaking	Skill	Speed Work	GPP Focus	In WOD Lift
Snatch The major change you will see year over year on your squat snatch peaking program is a doubling in volume. A true Olympic Weightlifting program built in to solidify repetition and growth. Phase III participants literally worked their asses off solidifying their leg drive in the volume squat cycle, with a keen focus on position work in the snatch. Put those two concepts to work this Phase and you'll be very happy with the results.	Front Squat & Split Jerk Two movements that are make or break based on your positioning need to be fine tuned heading into competition. Split Jerk work is doubled up with front squat in complex form, with alternating pause front squat work to trend all athletes toward sport specific strength.	Deadlift This far into the season, you can keep your deadlift muscles just as strong without crushing your nervous system but applying the force on the lift yourself vs. asking heavier weights to do so. If all 30 reps each week are pulled aggressively off the floor, you will get stronger AND feel better. No lazy reps.	Back Squat What do we do with the lift that potentially moves the needle most, yet is furthest away from being sport specific? Everything! We'll go heavy, we'll work on rep speed, and we'll solidify positioning in a rotation.	Touch and Go Every athlete should know how to tackle met-con tests with heavy barbells, but because that requires high levels of personalization many do not. That's where "In-WOD lifting" comes into play. We test your ability to through heavy front squats in the workout, give you five weeks of percentage based workouts, then re-test.
Non-Mandatory #1 Bench Press / Strict Press Isolated pressing through a variety of planes is just what the doctor ordered for shoulder health and wealth. If this sounds like it's for you, take the time to warm up correctly and choose weights that scream 'healthy'.	Non-Mandatory #2 Front Rack Lunges Misfit Sets have arrived in a new spot. You'll choose a smart weight to work through 4 sets of 10 weekly, with a 5th set at the same weight for max reps. Get 10 or less? Go lighter next week. Get 12-20, add 5lbs. Get 20 or more, add 10lbs.	Non-Mandatory #3 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 tested on.	Non-Mandatory #4 Sled Work The Athlete IQ must never have blind spots. If you struggle with sled work, there's a good chance you need the information that comes alongside the adaptation. You should know how to make adjustments based on feel.	Non-Mandatory #5 Clean & Jerk Skill If you're dreading the idea of your beloved heavy clean turning into a clean and jerk in competition, we've got a plan to progress you through the positions so you can nail them down before we move onto peaking your clean and jerk.





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CONDITIONING

Aerobic Bias Focus CrossFit

Tis' the season to turn five months of monostructural work into capacity in our sport. Think burpees, wallballs, double-unders, and rowing. All mashed together.

Anaerobic Bias Focus Row

There's one machine that we know they're going to ask you to perform on, potentially multiple times. That means we're digging in hard to make sure you're ready for that 5-20 minute window of fun that's lurking around the corner.

Non-Mandatory 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 IV Metcon Test Kipping HSPU

Because your re-test window falls inside of competition, we're going to be testing workouts with a reference point. For the kipping hspu test, you'll tackle open workout 15.4, then get to work on a Phase long progression to crush whatever variation they come up with.

Phase IV Interval Test Toes to Bar

Similar to the open re-test for Kipping HSPU is an interval-ized take on open workout 13.4. Those pesky clean and jerks and toes to bar will create a much more formidable opponent with rest built in. Once again you can expect plenty of pre-fatigued toes to bar and clean and jerk work after test week to make real change.

Non-Mandatory 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 4 CHECK-IN



Welcome to the **Misfit Athletics Phase 4 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

For Reps Open Workout 15.4

AMRAP 8 Minutes
3 HSPU
3 Power Cleans
185/125lbs
6 HSPU
3 Power Cleans
185/125lbs
9 HSPU
3 Power Cleans
185/125lbs
12 HSPU
6 Power Cleans
185/125lbs
15 HSPU
6 Power Cleans
185/125lbs
18 HSPU
6 Power Cleans
185/125lbs
21 HSPU
9 Power Cleans
185/125lbs
Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.

For Reps 12.2ish

AMRAP 20 Minutes*
30 Snatches 75/55lbs
30 Snatches 135/95lbs
30 Snatches 165/115lbs
210/135lbs Snatch, as many reps as possible

*Rest 1:00 Every time you put the barbell down, not including when you finish a set and change weights.

Note: women's weights have been increased from the original version to weights we believe are more appropriate

Misfit Cube Test For Reps

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

Score is total calories.

For Reps "13.4ish"

4 Rounds, performed as 1:45 of work, 1:15 of rest:
3 Clean and Jerk 135/95lbs
3 Toes to Bar
6 Clean and Jerk 135/95lbs
6 Toes to Bar
9 Clean and Jerk 135/95lbs
9 Toes to Bar
12/12, 15/15, etc.

Continue where you left off climbing the ladder.

This is 1:45 on, 1:15 off, 4 times (a 12:00 clock, including the last 1:15 rest). Continue where you left off after each 1:15 rest period.

For Time LCQ 22.4

2 Rounds
50 Burpee Box Jump Overs 24/20"
75 Double Unders
100 Wallballs 20/14lbs to 10'

20 minute cap

If you are capped, your score is 20:00 + :01 for every incomplete rep.

Non-Mandatory Misfit Power Output Test - For Reps

Choose your weakest sprinting machine between Row, Ski, Bike Erg, Air Bike:

3 Rounds
Sprint :20* for Average Wattage
Rest 3:00-7:00

*Air Bike Rounds are :15. All C2 machines are :20.

Score is your highest round. Program each machine to measure only the :15 window.

Test _____
Goal _____ PR ☐
Retest _____ ☐

Test _____
Goal _____ PR ☐
Retest _____ ☐

Test _____
Goal _____ PR ☐
Retest _____ ☐

Test _____
Goal _____ PR ☐
Retest _____ ☐

Test _____
Goal _____ PR ☐
Retest _____ ☐

Test _____
Goal _____ PR ☐
Retest _____ ☐

LIFTING TESTS

For Weight

Find a 1RM Squat Snatch

This lift is to base your percentages on - this is not a competition lift, so make sure you keep it safe.

Test _____
Goal _____ PR ☐
Retest _____ ☐





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WEEKLY CHECK-IN

WEEK 1

🏆 WINS

💡 LEARN

WEEK 2

🏆 WINS

💡 LEARN

WEEK 3

🏆 WINS

💡 LEARN

WEEK 4

🏆 WINS

💡 LEARN

WEEK 5

🏆 WINS

💡 LEARN

WEEK 6

🏆 WINS

💡 LEARN

WEEK 7

🏆 WINS

💡 LEARN

WEEK 8

🏆 WINS

💡 LEARN





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WEEKLY CHECK-IN			
<div>WEEK 9</div> <div>🏆 WINS</div> <div>💡 LEARN</div>	<div>WEEK 10</div> <div>🏆 WINS</div> <div>💡 LEARN</div>	<div>WEEK 11</div> <div>🏆 WINS</div> <div>💡 LEARN</div>	<div>PRs & NOTES</div>

