

PROGRAMMING OVERVIEW

BLOCK 24.1

CROSSFIT BLOCK 24.1

MONDAY | GYMNASTICS + CF WOD

In the first 4 weeks we emphasise Toes to Bar development with new Skills and Drills for various abilities. Workouts maintain a classic CrossFit style, featuring Open repeats. Subsequently, the focus transitions to kipping pull-ups, offering options for all abilities. Continuing with classic CrossFit style, Open repeats are highlighted. The final 4 weeks concentrate on developing kipping Handstand Push-Ups.

TUESDAY | AEROBIC CONDITIONING

Focus on longer aerobic sessions at a 10km pace. In the first 4 weeks, movements are relatively simple, and it's important not to push too hard with any weighted movements. As the Block progresses, we layer in some higher-skilled and heavier movements with aim of continuous movement. Towards the end of the Block, we introduce higher-skilled gymnastics movements, bogged down on the higher-skilled movements. The workouts during this time are not scored.

WEDNESDAY | BB CYCLING

Wednesdays continue the Open prep, focusing on light to moderate barbell cycling. The goal is unbroken movements with the opportunity to go heavy later in the block. The session includes strength accessory work (Push/Pull, Hamstring, Quad exercises). In the middle 4 weeks, lower volume, higher load cycling in a YGIG interval setting is incorporated. The focus remains on unbroken movements. Finally, heavy-load singles take center stage, maintaining the barbell cycling concept. Movements in single reps allow for heavier weights, heavy overhead and front squats are added, with strength accessory work at the session's end.

THURSDAY | UNILATERAL STRENGTH

Developing unilateral strength, stability and strict pulling strength through split squats and strict pull-ups. The aim is to address imbalances caused by a focus on bilateral movements. Improved strict strength positively impacts kipping strength. The block progresses through lunge variations and into Back Squat work to shift the stimulus to bilateral strength development.

Our Strict Gymnastics focus shifts every 4 weeks. Pull-ups move to Wednesday and become Kipping Variations while we introduce Strict Handstand Push Up development and conclude the block with Strict Ring Dips.

The focus is on developing the Anaerobic Energy system, the initial 4 weeks centered on Interval work and Lactic Endurance. then we transition to shorter intervals with a 1:1 work-to-rest ration, pushing hard and recovering slightly before the next one. The final phase emphasizes all-out bursts with sufficient recovery for efficient lactic acid clearance, known as lactic power training.

CROSSFIT BLOCK 24.1

FRIDAY | OLYMPIC

Fridays focus on developing the full variations of the Clean and Snatch and building Lower Extremity Strength and Endurance. The complex rep range decreases to allow for heavier weights lifted. This is also a second Knee Flexion day. Accessory work includes Jerk Development and speed under the bar for the Snatch. As we progress through the Block, we look to drop the Complex and move into a focus on the main lift itself in its full variation. We keep the Back Squat focus, and the Accessory lifts to continue developing the Jerk and comfort in the Snatch receive position.

SATURDAY | CROSSFIT OPEN PREP

Saturdays in the first 4 weeks before the Open emphasise developing all areas of Gymnastics. This includes higher-skilled Gymnastic Work and Shaping Drills. Partner Workouts with Barbell and Gymnastic work are also incorporated. In the middle portion of this Block, we will run the Crossfit Open workouts on Saturday mornings. These sessions will be booked as normal, and you will be assigned a Heat Time and Judging slot ahead of the day. On the completion of the Open, Saturdays shift the focus back to longer partner and Team CrossFit workouts. These workouts include a variety of different movements, from Gymnastics to Barbell work.

Overall, this block is structured to gradually increase Intensity and skill Development while focusing on different aspects of conditioning, Strength, and Gymnastics.

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STRONGER BLOCK 24.1

MONDAY | SQUAT

Starting with some high volume hypertrophy work for our lower body strength. Building towards maximal strength development in both the front squat and the back squat.

TUESDAY | BW STRONGER

In this block, we focus on developing Strict Ring Muscle Ups (RMU) and Strict Handstand Push Ups (HSPU) / Walking. Weeks 1-2 emphasize establishing a proper false grip, building strength in key muscle-up positions, and incorporating isometric work for pulling and dipping phases. We will looking to build strict HSPU strength and introduce Handstand walking drills. In weeks 3-4, we progress from Ring Rows to False Grip Dead Hangs, introducing Hinge Rows to build upper back strength and the Transition on the Low Rings. Weeks 5-7 target increased range of motion and a higher transition for enhanced movement carryover. In weeks 8-10, we transition eccentrically through the Rings, challenge the receive position through Low Ring Dips, and further build pulling strength. The final two weeks involve moving to Higher Rings for confidence-building through Jumping Transitions and Eccentric reps, with some participants attempting Strict RMUs.

WEDNESDAY | PRESSING

Upper body focus, starting with hypertrophy and building towards maximal upper body strength. Expect to see improvements in your dip and pressing strength.

SUNDAY | HIGH VOL ACCESSORY

High volume accessory work to build a solid foundation. A great class if this is your only strength focused work for the week.

DELTA BLOCK 24.1

MONDAY | AEROBIC CAPACITY

We will focus on mastering the rowing machine over the course of 12 weeks. This includes technique, efficiency, and fitness. We will progress through 4 weeks of technique-focused workouts, learning about stroke rate and RPM. Then, we will increase volume in the next 4 weeks to improve our aerobic capacity. Finally, in the last 4 weeks, we will test our 2km row and 4km C2. This training will improve our time trials and help with pacing in mixed-modal workouts.

TUESDAY | STRENGTH

Our focus on these days will be on strength development. We will start with lower body strength work and progress to heavy squat work. For the upper body, we will begin with hypertrophy work and work towards increasing pull-up reps.

WEDNESDAY | ANAEROBIC ESD

Team Hunt will introduce new workout formats, including races to the finish in for-time workouts and our classic max effort calorie sessions.

THURSDAY | STRENGTH

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FRIDAY | ANAEROBIC ESD

Our TFI Fridays will feature many signature workouts, complimenting our Monday aerobic capacity work. Some competition-style workouts like our Hyrox prep class, and team workouts similar to Turf Games will also feature.

SAT & SUN | HYBRID

Saturdays will feature hybrid days, combining compound strength movements with conditioning. This is a great opportunity to work on both strength and conditioning.

Sundays, our big Hybrid class will include accessory work followed by a mix of team workouts and interval sessions.

ATHLETICA BLOCK 24.1

MONDAY | HIGH CALORIE BURN

We have our ever-growing Shred Mondays, this is our longer style 36-40 minute workout days! We've added different sections into some of them, so within 1 session, you'll be solo, in a pair and/or a team of 4. The goal will be to burn as many calories as possible while balancing intensity and technique with lighter weights for higher reps! The stations will be fixed timings so you can scale your pace up or down to ensure you get the most out of the session.

TUESDAY | MULTI-STATION

The Peoples Tuesday is everyone's favourite workout designed to build the body and the mind. What do I mean by "mind" at Gymnasium? Many of them require you to set your own standards based on reps or speeds to achieve and scaling those under the guidance of your coach. This allows you to push where you want to and where to hold paces consistently and learn about your output! These workouts will usually be partnered and based around 4 stations of around 8 minutes each in a typical "You go, I go" style.

WEDNESDAY | HYBRID

Push Pull Wednesdays are exactly what they sound like; we start the session with 5 rounds of strength and rotate each week between "upper body push with lower pull" and "upper body pull with lower body push". This is followed by a workout that is always short and sharp, high intensity for anywhere from 10-15 minutes.

THURSDAY | TEAM HUNT

Team hunt Thursdays, this is the day where you get given a target distance or rep number to achieve as a team! We have teams of 3 or 4 only, depending on the week, as those seem to be the best with the most popular feedback! These workouts vary between 36 and 40 minutes, and even though the goal is shared, the work in between is scalable up or down and accessible to all.

FRIDAY | ANAEROBIC ESD

TFI Friday is our toughest session of the week and doesn't follow a set pattern like the rest of the week; this block has been revved up a little bit, but also some old school ones tweaked that you will recognise if you've been before! Remember, this is designed to be the hardest session of the week, but it's always scalable so don't be shy to dabble with weights and speeds you haven't tried before!

ATHLETICA BLOCK 24.1

SATURDAY | AEROBIC ESD

Squad Saturdays are all about the team, similar concept to Team Hunt, but this time there's just a list of things to get through. These vary between big 40-minute pieces or sometimes broken into 2 sections, a solo burst and an achievable team target! This is about calories and VIBE! Bring your hype, bring your bright T-shirts.. let's start a TREND

SUNDAY | SUNDAY SWEAT

The whole vibe around Sundays is that it's becoming a very different day to the rest.. we want that.. we want you to get moving with long chipper style workouts with low impact to the body (big lists.. longer pieces)... some middle distance running options in there so we can get outside! These vary between 36 and 48 minutes and will have larger scaling options than the other days in case you are new, hungover or you want to absolutely smash it!

RUN CLUB BLOCK 24.1

Our focus for the first 12 weeks of 2024 is to build our aerobic base

MONDAY | TRACK SESSIONS

Slightly longer tempo sessions in the first half of the block. Tempo sessions focus on our pace. Both for short and long runs. We will use various paces across different distances to determine our targets. To start the block it will be longer run pacing. As we round out the 2nd half of the block we will move onto some shorter distances for pacing. So expect to increase our tempo during that phase.

WEDNESDAY | CLAPHAM

Tuesday we will have varied sessions. Sprints and hill pieces to help build our leg strength and speed. As well as Fartlek sessions, Fartlek sessions involve using various speeds throughout the session. Moving between short fast pieces, to longer slower pieces.

We have Run Club socials planned so keep an eye out on WodBoard and also a few weekend group runs for those that are training for marathons. Watch out on Social media for dates and more details closer to the time