

# Crossfit Competition Training Program

Tier Three Crossfit Competitors Program: Cycle 1					
Week 1					
Dumbbell Pyramid Press: 10min to Press 5 reps with 5lbs Dumbbells, increase by 5 lbs until failure	5 Sets of 20 Steps Walking Lunge with Dumbbells AHAP	5 Sets of Max Rep Strict Pull Ups	3x10 Back Squat AHAP	Bench Press: 4x10 AHAP	
5 Rds for Time: Row 15 Cal 10 Cleans at 95/65 lbs	AMRAP: 12 min Run 200m 12 Burpees 12 Push Press 135/95 lbs	Death By Deadlift: 225/155lbs Min 1 = 1 Rep, Min 2 = 2 Reps, etc until failure	Karen: 150 Wall Balls for Time 20/14lbs	For Time: 30 Shoulder to Overhead 155/105 *every break = Run 200m	Partner WOD: AMRAP 30 min Row 1k 40 Box Jumps 24/20 in 30 Snatches 135/95 lbs
Bonus Work: 30 Bar Dips, Sets and Reps Your Choice	Bonus Work: 30 GHD's, Sets and Reps Your Choice	Bonus Work: 30 Bicep Curls AHAP, Sets and Reps Your Choice	Bonus Work: 30 Toe to Bar, Sets and Reps Your Choice	Bonus Work: 30 Ring Rows, Sets and Reps Your Choice	
Week 2					
Dumbbell Pyramid Press: 10min to Press 5 reps with 5lbs Dumbbells, increase by 5 lbs until failure, then back down, same way	5 Sets of 24 Steps Walking Lunge with Dumbbells AHAP	6 Sets of Max Rep Strict Pull Ups	4x10 Back Squat AHAP	Bench Press: 5x10 AHAP	
50 Power Snatch 115/75lbs *everytime you break = 5 Burpees	Every 3 Min on the Min for 15min Run 400m AMREP Deadlift at 275/185 lbs *score is reps of deadlift	3 Rounds for Time 20 KB Swing 72/53 20 Box Jump 24/20in	2 Rounds for Time: 100 Double Unders 20 HSPU 15 Sit Ups	Death By Power Clean and Jerk 135/95 lbs Min 1 = 1 Rep, Min 2 = 2 Reps etc, until failure	Partner WOD: 5 Rds for Time Row 30 Cal 30 Wall Ball Throw 30/20lbs Run 400m
Bonus Work: 40 Bar Dips, Sets and Reps Your Choice	Bonus Work: 40 GHD's, Sets and Reps Your Choice	Bonus Work: 40 Bicep Curls AHAP, Sets and Reps Your Choice	Bonus Work: 40 Toe to Bar, Sets and Reps Your Choice	Bonus Work: 40 Ring Rows, Sets and Reps Your Choice	
Week 3					
Dumbbell Pyramid Press: 10min to Press 5 reps with 5lbs Dumbbells, increase by 5 lbs until failure, then back down, same way * try new heaviest top set	5 Sets of 28 Steps Walking Lunge with Dumbbells AHAP	7 Sets of Max Rep Strict Pull Ups	5x10 Back Squat AHAP	Bench Press: 6x10 AHAP	
30 Power Snatch for Time 135/95lbs * any break over 3 sec = 5 Front Squat at same weight	EMOM for 12 min 9 Wall Ball 20/14 9 Sit Ups	4 Rounds for Time Row 600m 15 Hang Power Clean 115/75lbs	Run 800m 50 Sumo Deadlifts 225/155 lbs Run 800m	Jackie: Row, 1000 m 50 Thrusters, 45/35 lbs 30 Pull-ups	Partner WOD: 25 Min Cap Run 200m 3,6,9 Clean and Jerk 135/95 3,6,9 Box Jump 24/20 in *after every round increase reps by 3
Bonus Work: 50 Bar Dips, Sets and Reps Your Choice	Bonus Work: 50 GHD's, Sets and Reps Your Choice	Bonus Work: 50 Bicep Curls AHAP, Sets and Reps Your Choice	Bonus Work: 50 Toe to Bar, Sets and Reps Your Choice	Bonus Work: 50 Ring Rows, Sets and Reps Your Choice	
Week 4					
Dumbbell Press: Work to a heavy set of 5	5 x 12 Walking Lunge Moderately heavy	3 Sets Max Reps Pull Ups	3x10 Back Squat @ 60%	3x10 Bench Press @ 60%	
20 min AMRAP 15 Ring Rows 15 Burpees Run 400m	2 Rounds for Time: Row 1k 30 Push Ups	AMRAP 12 min 30 Double Unders 20 Shoulder to Q/H 95/65 lbs 15 Box Jumps 24/20 in	Increasing EMOM: Deadlift 225/155 lbs Hand Stand Push Up *start 1 rep and increase on the min, both moves each min	Tabata Each Movement: Push Press 95/65 lbs Sit Ups Box Step Ups 24/20 in	Partner WOD: 2 Rds for Time 100 Double Unders 100 Cal Row 100 Sumo Deadlifts 185/125 lbs
Bonus Work: 30 Bar Dips, Sets and Reps Your Choice	Bonus Work: 30 GHD's, Sets and Reps Your Choice	Bonus Work: 30 Bicep Curls AHAP, Sets and Reps Your Choice	Bonus Work: 30 Toe to Bar, Sets and Reps Your Choice	Bonus Work: 30 Ring Rows, Sets and Reps Your Choice	

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**CrossFit competition training program** is designed to prepare athletes for the rigorous demands of competitive CrossFit events. This high-intensity fitness regimen combines elements of weightlifting, gymnastics, and metabolic conditioning, making it essential for competitors to develop a well-rounded skill set. In this article, we will explore the components of an effective CrossFit competition training program, the importance of periodization, nutrition strategies, mental preparation, and tips for sustaining motivation throughout the training cycle.

# Understanding CrossFit Competitions

CrossFit competitions typically involve a series of workouts that test various physical skills, including strength, endurance, agility, coordination, and flexibility. These competitions can range from local events to world championships, with varying formats and challenges. As such, athletes must be prepared to tackle diverse workouts, often referred to as "WODs" (Workout of the Day), which may include:

- Weightlifting movements (e.g., snatch, clean and jerk)
- Gymnastics skills (e.g., pull-ups, muscle-ups, handstand push-ups)
- Conditioning exercises (e.g., rowing, running, cycling)
- Functional movements (e.g., burpees, box jumps)

## Components of a CrossFit Competition Training Program

A well-structured CrossFit competition training program should include several key components to ensure that athletes are adequately prepared for the demands of competition.

### 1. Strength Training

Strength training is fundamental for CrossFit athletes, as it enhances performance across multiple domains. A competition training program should prioritize the following:

- Olympic Lifts: Focus on improving the snatch and clean and jerk. Incorporate specific drills and techniques to refine these lifts.
- Powerlifting Movements: Include squats, deadlifts, and bench presses to build overall strength.
- Accessory Work: Implement exercises that target specific muscle groups and weaknesses, such as lunges, pull-ups, and overhead presses.

### 2. Metabolic Conditioning

Metabolic conditioning (metcon) workouts are essential for building endurance and stamina. Athletes should regularly incorporate high-intensity interval training (HIIT) and longer-duration workouts. Consider the following:

- Interval Workouts: Short bursts of intense exercise followed by brief rest periods. For example, 30 seconds of rowing followed by 30 seconds of rest.
- Chipper Workouts: A series of exercises performed sequentially for time, promoting muscular endurance. For example, complete 50 wall balls, 40 kettlebell swings, 30 burpees, etc.
- Longer WODs: Implement workouts lasting 20-30 minutes to improve aerobic capacity and overall stamina.

### **3. Skill Development**

Competitors must hone specific skills essential for success in CrossFit. Include skill-focused sessions in the training program, such as:

- **Gymnastics Skills:** Work on movements like handstand walks, ring dips, and muscle-ups. Use progressions to build strength and confidence.
- **Mobility Work:** Incorporate stretching and mobility drills to improve flexibility and prevent injuries.

### **4. Recovery and Rest**

Recovery is a critical aspect of any training program. Athletes should prioritize the following:

- **Rest Days:** Schedule regular rest days to allow the body to recover and adapt.
- **Active Recovery:** Engage in low-intensity activities, such as yoga or light swimming, to promote blood flow and muscle recovery.
- **Sleep:** Aim for 7-9 hours of quality sleep per night to support performance and recovery.

## **Periodization in CrossFit Training**

Periodization refers to the systematic planning of athletic training. A well-structured periodization plan can enhance performance and prevent burnout. Here's how to implement periodization in a CrossFit competition training program:

### **1. Macrocycle**

The macrocycle represents the overall training plan, typically spanning one year. Define specific goals for this period, such as competing in the CrossFit Open or regionals.

### **2. Mesocycles**

Within the macrocycle, break the training into mesocycles, which are usually 3-4 weeks long. Each mesocycle should focus on a specific training goal, such as:

- Strength Building
- Endurance Development
- Skill Acquisition

### **3. Microcycles**

Microcycles are the shortest training cycles, generally lasting one week.

Each microcycle should include a variety of workouts that align with the mesocycle's focus. For example:

- Week 1: Emphasize heavy lifts and strength
- Week 2: Focus on skill work and lighter metcons
- Week 3: Increased intensity with competition-style WODs
- Week 4: Deload week to facilitate recovery

## **Nutrition Strategies for Competition Training**

Proper nutrition is crucial for optimizing performance and recovery in a CrossFit competition training program. Here are some essential nutrition strategies:

### **1. Macronutrient Balance**

- Carbohydrates: Fuel high-intensity workouts with complex carbohydrates, such as whole grains, fruits, and vegetables.
- Proteins: Support muscle recovery and growth with lean protein sources, including chicken, fish, eggs, and plant-based options.
- Fats: Include healthy fats, such as avocados, nuts, and olive oil, to support overall health and energy levels.

### **2. Hydration**

Stay well-hydrated throughout the training cycle. Dehydration can negatively impact performance and recovery. Aim for:

- Water Intake: Drink at least half of your body weight in ounces of water daily.
- Electrolytes: Consider electrolyte supplements during intense training sessions, especially in hot conditions.

### **3. Pre- and Post-Workout Nutrition**

- Pre-Workout: Consume a balanced meal or snack containing carbohydrates and proteins 30-60 minutes before training.
- Post-Workout: Refuel with a protein-rich meal or shake within 30 minutes of completing a workout to support recovery.

## **Mental Preparation for Competition**

Mental toughness is a crucial component of success in CrossFit competitions. Here are some strategies to enhance mental preparation:

## **1. Visualization Techniques**

Visualize yourself successfully completing workouts and overcoming challenges. This practice can boost confidence and reduce anxiety on competition day.

## **2. Goal Setting**

Establish short-term and long-term goals to maintain focus and motivation. Use the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to set your goals.

## **3. Mindfulness and Stress Management**

Incorporate mindfulness practices, such as meditation or deep breathing exercises, to manage stress and enhance focus during training and competitions.

## **Staying Motivated Throughout the Training Cycle**

Maintaining motivation throughout a rigorous training program can be challenging. Consider these tips:

- Find a Training Partner: Work out with a friend or fellow competitor to stay accountable and motivated.
- Track Progress: Keep a training journal to log workouts, track improvements, and celebrate achievements.
- Change Up the Routine: Incorporate variety in workouts to keep training fresh and exciting.

## **Conclusion**

A well-rounded CrossFit competition training program encompasses strength training, metabolic conditioning, skill development, recovery, nutrition, mental preparation, and motivation strategies. By understanding the demands of competition and systematically training for them, athletes can enhance their performance and achieve their goals. Whether you are preparing for your first competition or looking to improve your ranking, committing to a comprehensive training program will set you on the path to success. Embrace the challenge, stay consistent, and remember that every drop of sweat brings you closer to your ultimate goal in the world of CrossFit competition.

## **Frequently Asked Questions**

## **What is the primary focus of a CrossFit competition training program?**

The primary focus is to improve overall fitness, including strength, endurance, and skill, while specifically preparing for the demands of competition.

## **How often should I train for a CrossFit competition?**

Typically, athletes train 5-6 days a week, incorporating varied workouts that simulate competition scenarios and allow for adequate recovery.

## **What are some common components of a CrossFit competition workout?**

Common components include Olympic weightlifting, gymnastics movements, metabolic conditioning (metcons), and skills specific to the competition format.

## **How can I track my progress during CrossFit competition training?**

You can track progress by maintaining a workout journal, logging weights, times, and skills, using CrossFit apps, or participating in mock competitions.

## **What should my nutrition plan look like during CrossFit competition training?**

A balanced nutrition plan rich in protein, healthy fats, and carbohydrates is essential to fuel workouts, support recovery, and optimize performance.

## **How important is rest and recovery in a CrossFit competition training program?**

Rest and recovery are crucial for preventing injury, allowing muscles to repair, and ensuring optimal performance during training and competition.

## **What role does mental preparation play in CrossFit competition training?**

Mental preparation is vital for building confidence, managing stress, and developing strategies to handle competition scenarios effectively.

## **Should I focus more on strength or conditioning leading up to a competition?**

A balanced approach is best; however, the emphasis may shift based on the specific demands of the competition and your individual strengths and weaknesses.

## **What are the benefits of participating in mock competitions during training?**

Mock competitions provide valuable experience, help identify areas for

improvement, and simulate the psychological and physical conditions of an actual event.

## How can I prevent injuries while training for a CrossFit competition?

Injury prevention can be achieved through proper warm-ups, cool-downs, focusing on form, gradually increasing intensity, and listening to your body.

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# CrossFit WOD

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