

Open 22

PREP

10 Week Prep for the
Crossfit Open 22



The Open 22 is coming.. are you ready?!

At CCF we love the fact that the CrossFit Open is meant for all levels of our CrossFit community. Many of our members still have their doubts that they are ready for the grueling workouts that we have come to have a deep love/ hate relationship with.

Over three weeks the workouts focus on the foundations of CrossFit – core and conditioning. Each workout has its own twist on those foundations. We know that our strength, power, endurance and conditioning will be tested.

It takes months of hard work and dedication to get the strength, power, endurance and conditioning to the level needed to perform this gauntlet. However, our hour long class may not be enough to work on solid endurance development. It takes roughly 10 weeks of cardio focused workouts to see a difference in a VO2 Max test (the test most commonly done on endurance athletes). That is where this E-book will come into play.

We use proven methods that runners, swimmers and cyclist use before a major race to help us get ready for the Open. In this program, the first 4 weeks will focus on the “base”. Next is 4 weeks of interval and threshold training and then finishing with a 2 week “taper” to have us feeling fresh and ready.

Equipment + Movements

We will be using the standard list of equipment and movements from the past opens. If you do not know how to do a movement please look at the video. The movements we will highlight are not high gymnastic or Olympic lifting skill sets. These workouts will be focused more on body weight or what has become staples of every Open.

Equipment

Dumbbells

Barbell (45/35)

Rings

Jump rope

Plyobox (24/20)

Pull Up bar

Bumper Plates

Rower

Wall Ball (20/14)

Movements

Thrusters

Double Unders

Burpee

Wall Walks

Push ups

Air Squats

Wall ball

Plyobox Step ups



Warm up Guide

Rower

2:00 minutes
30 seconds just arms
30 seconds just legs
30 Seconds full row -
slow pace

2:00 Minute
45 seconds Easy pace
45 seconds Mod pace
30 seconds Hard

3 Rounds
5 Spiderman reach each
side
10 Seconds Hollow Rock
10 Seconds Hollow Hold
10 Air squats

Squat

Run/ Machine 2:00/
400m (run)

3 Rounds
10 Spiderman reach
10 Bootstrap squats
(SLOWW)
5 tempo air squats
5 squat jumps

Jump Rope

Machine 1 Minute
Forward / Back Hops 10
Lateral hops 10
1 Leg jump 5/5/
20 Seconds High Jump
Rope
20 Seconds Practice
Double/ Single

Shoulder

Crossover Symmetry:
2 Rounds:
10 Snow Angels
10 90/90 Rotation
10 A-T-Y

PVC Pipe:
3 Rounds
10 Pass through
10/10 Around the world

3 Rounds:
10 Inchworm Shoulder
Taps
10 Kip Swings
20 Banded Pull a parts

WEEK 1

Day 1	Day 2	Day 3
<p>Rower or Run warm up depending on choice</p> <p>12 minutes Row/ Run at 60% of 5k pace</p> <p>3 minutes Row / Run at 70% 5k pace</p> <p>5 minute's Walk/ easy or row</p>	<p>Jump Rope Warm Up</p> <p>3 minutes of jump rope - no counting focus on breathing during the jump - moderate intensity (intensity that you could hold for 6- 10 minutes if asked)</p> <p>2 minutes of jump rope focusing on keeping arms close and shoulders down</p> <p>3 minutes of focusing on picking up the pace - should not be all out but quicker than first round</p>	<p>Squat warm up</p> <p>5 Rounds</p> <p>25 air squats to medball- focusing on tension in the core and breathing</p> <p>10 burpees - chest all the way down step up for control</p> <p>10 jumping air squats - focus on exploding out of the squat.</p>

- The first 4 weeks of the ebook is Base work outs. Base work outs are meant to build endurance. These workouts are not meant to go into redline but to build stamina. The best way to build this is to keep heart rate between 140-175.

WEEK 2

Day 1	Day 2	Day 3
<p>Rower or Run Warm Up 3 Rounds 6 Minutes of Row (65% of 5k Pace) or 1 Mile Run Moderate 2 Minutes recovery air squats - slow and take as many breaks as needed</p>	<p>Jump Rope Warm up 4 Rounds 50 Doubles or 75 Singles Focusing on breathing through the jumps 25 QUICK burpees 50 Doubles or 75 Singles Focusing on breathing and bringing the heart rate down as you breath 2 MINUTE REST</p>	<p>Running Warm Up 10 Minutes - AMRAP 20 Plyo Box Step ups (24/20in)- weighted 35pds/ 20pds 3 WALL WALKS- if scaled is needed only walk half way to vertical 5 alt db snatches- lower weights if needed Full recover then Mobility Work- Shoulder Bands + PVC Pipes</p>

The jump rope should not be used as practice for double unders. Do singles if needed. On Day 3 use the Mobility work video to see options for shoulder and hip mobility.

Week 3

Day 1	Day 2	Day 3
<p>Squat warm up Shoulder warm up 5 Rounds 30 Seconds SLOW Air Squats 30 Seconds Handstand push ups on a box 30 seconds Lounges 30 Seconds Alt 35lbs /20Ins Dumbbells 15 Minutes of Rowing 5/5/5/ 5 minutes focus on breathing 5 minutes focus on Pull and Form 5 minutes focus on pacing</p>	<p>Jump Rope Warm Up 3 Minutes - Moderate- Working on Breathing 3 Minutes- Moderate- Working on form 3 Minutes - Fast- Working on rope turn over Warm up Core + Shoulders 15-12-9 Thruster- 55lbs/35lbs Toes 2 Bars Both of these should be working on breathing on the weight should not be difficult- scale as needed Scale toes 2 bar to knees to elbow or hanging knee raises</p>	<p>Rower or Run Rower or Run warm up depending on choice After warm up 15 minutes Row/ Run at 60% of 5k pace 5 minutes Row / Run at 70% 5k pace 5 minute's Walk/ easy or row Recover Mobility Work</p>

For Day 2 Both of the movements should be working on breathing. The weight should not be difficult- scale as needed.

For Day 3 if you do not know 5k Pace shoot for 2:15 M / 2:2:45 W

Week 4

Day 1	Day 2	Day 3
<p>Rower Warm up</p> <p>18 Minutes of Rowing 5/8/5</p> <p>5 minutes focus on breathing</p> <p>8 minutes focus on Pull and Form</p> <p>5 minutes focus on pacing</p> <p>Recover 2 minutes slow walk or jog sum</p>	<p>Jump Rope Warm up 4 Rounds</p> <p>50 Doubles or 75 Singles Focusing on breathing through the jumps</p> <p>25 QUICK burpees</p> <p>50 Doubles or 75 Singles Focusing on breathing and bringing the heart rate down as you breath</p> <p>2 MINUTE REST</p> <p>Mobility Work</p>	<p>Running Warm Up + warm up shoulders with handstand holds- 30 seconds</p> <p>10 Minutes - AMRAP</p> <p>20 Plyo Box Step ups (24/20in)- weighted 35pds/ 20pds</p> <p>3 WALL WALKS- if scaled is needed only walk half way to horizontal</p> <p>5 alt db snatches- lower weights if needed</p> <p>Full recover then</p> <p>Mobility Work- Shoulder Bands + PVC Pipes</p>

Wall walks are becoming a standered it seems with the open now. main goal is not to break any toes. Come down the wall controlled.

Week 5

Day 1	Day 2	Day 3
<p>Squat Warm Up Shoulder Warm Up</p> <p>15 Min AMRAP</p> <p>25 Wall Balls 14/8 20 Squats with Medball 10 DB Clean and Jerks 35/25 lbs 2 WALL WALKS</p> <p>Mobility Work</p>	<p>Jump Rope Warm up 4 Rounds</p> <p>50 Doubles or 75 Singles Focusing on breathing through the jumps</p> <p>25 QUICK burpees</p> <p>50 Doubles or 75 Singles Focusing on breathing and bringing the heart rate down as you breath</p> <p>2 MINUTE REST</p>	<p>Rower Warm Up</p> <p>LIGHT DEADLIFT- 30-40% of one rep max</p> <p>18 Minuts amrap 30 cal minute row at 5k pace</p> <p>10 Deadlift - touch and go- dont offset grips Rest for 45 seconds</p>

This week we start the transition from the base training to the interval section. The work outs will become more intense and shorter.

Week 6

Day 1	Day 2	Day 3
<p>Rower Warm up Shoulder Warm Up</p> <p>3x 30 Cal Row 30 Knees to Chest 30 Wall ball shots 20/14 30 Sit ups</p>	<p>Squat warm up</p> <p>5 Rounds 25 air squats to medball- focusing on tension in the core and breathing 25 Goblet squats - medball for weight 10 jumping air squats - focus on exploding out of the squat.</p> <p>Mobility Work</p>	<p>Jump Rope Warm Up</p> <p>3 Minutes - Moderate- Working on Breathing 3 Minutes- Moderate- Working on form 3 Minutes - Fast- Working on rope turn over</p> <p>Warm up Core + Shoulders</p> <p>15-12-9 Thruster- 55lbs/35lbs Burpees over Bar</p>

For day 3 the thrusters and burpees should be working on breathing on the weight should not be difficult- scale as needed.

Week 7

Day 1	Day 2	Day 3
Rower Warm Up Shoulder Warm up AMRAP in 20 minutes 10 Wall Ball Shots (20/14 lb, 10/9 ft) 10 calorie Row 3 Wall Walks	Rower Warm Up Squat Warm Up 12EMOM- each movement 10 front squats 8Thrusters 6 Pull ups Mobility Work	Jump Rope Warm Up 3/3/3 3 Minutes easy jump 3 Minutes medium jump 3 Minutes hard jump 21-15-9 Deadlift + Push Press Weight Deadlift 40% of 1RM Push Press 35/20 LBS

These workouts have been made to stimulate Open like workouts. We took a few and modified them but the feeling should be similar to those of open workouts.

Week 8

Day 1	Day 2	Day 3
Shoulder Warm Up Squat Warm Up 10 Minute AMRAP 2 Wall Walks 10 Jumping Squats 1 Minute rest Mobility Work	Jump Rope Warm up 4 Rounds 50 Doubles or 75 Singles Focusing on breathing through the jumps 25 QUICK burpees 50 Doubles or 75 Singles Focusing on breathing and bringing the heart rate down as you breath 2 MINUTE REST	Shoulder Warm Up Squat Warm Up 9 Minute AMRAP 7 Pull Ups 25 Wall Ball 15 Push ups Mobility Work

Last week of hard work outs-
these should be hard. Mobility
work should be as needed-and
what your body needs!

Week 9

Day 1	Day 2	Day 3
Rower Warm Up 12 Minute EMOM 1 Row 2 Jump Rope	Squat warm Up 5 Sets 5 Pull ups 10 Push Ups 15 Squats Row or Run 20 Minutes	Rower or Run warm up depending on choice 12 minutes Row/ Run at 60% of 5k pace 3 minutes Row / Run at 70% 5k pace 5 minute's Walk/ easy or row

The last two weeks are meant to prime and sharpen before the open. These last few

workouts should feel light and fast .

Week 10

Day1	Day 2	Day 3
Shoulder warm up Squat warm up 3 Rounds 10 <u>T2B</u> 10 Squats 10 Burpees Mobility Work	Rower Warm Up 2:00 minutes 30 seconds just arms 30 seconds just legs 30 Seconds full row - slow pace 2:00 Minute 45 seconds Easy pace 45 seconds Mod pace 30 seconds Hard 3 Rounds 5 Spiderman reach each side 10 Seconds Hollow Rock 10 Seconds Hollow Hold 10 Air squats	Mobility Work

Hopefully you enjoyed this 10 weeks and feel
ready to go for the Open 2022!