

COMPETE



"THE COMPETE PROGRAMME IS DESIGNED FOR THE ATHLETE THAT, AS THE NAME SUGGESTS, WANTS TO BE COMPETITIVE IN THE SPORT OF CROSSFIT. THE GOAL OF THE COMPLETE PROGRAMME IS TO PREPARE OUR ATHLETES AS BEST AS POSSIBLE FOR THE ANNUAL CROSSFIT OPEN, WHILE SIMULTANEOUSLY EXPOSING THEM TO MOVEMENTS THAT ARE FREQUENTLY TESTED IN ARENA BASED COMPETITIONS (E.G. LOCAL / REGIONAL COMPETITIONS, CROSSFIT SANCTIONED EVENTS ETC). FOLLOWERS OF THIS PROGRAMME HAVE HAD MULTIPLE YEARS OF EXPOSURE TO THE SPORT, AND CAN COMPLETE ALL OF THE CORE MOVEMENTS WITH A HIGH DEGREE OF EFFICIENCY.

THE COMPETE PROGRAMME IS A PROGRESSIVE TRAINING PROGRAMME WHICH IS DESIGNED IN 4-8 WEEK TRAINING BLOCKS, WITH EACH BLOCK HAVING A SPECIFIC SET OF OBJECTIVES, WHICH ARE COMMUNICATED TO OUR FOLLOWERS WEEKLY. THIS PROGRAMME IS CLOSELY TIED TO THE CROSSFIT CALENDAR, AND ONE OF THE OBJECTIVES IS TO PREPARE OUR FOLLOWERS FOR THE CROSSFIT OPEN EVERY OCTOBER.

THERE ARE 5 SESSIONS A WEEK, WHICH ALSO INCLUDES DAILY ACCESSORY WORK TO HELP BETTER PREPARE ATHLETES FOR THE VARYING DEMANDS OF THE SPORT. SESSIONS CAN TYPICALLY BE COMPLETED IN 90 MINUTES.

EXERCISE	MALE	FEMALE	REASON	LINK
BACK SQUAT	1.5xBW. Minimum 125kg	1.25xBodyweight. Minimum of 85kg	To safely execute high rep box jumps and dynamic jumping.	VIEW THE EXERCISE VIDEO ▶
FRONT SQUAT	1 rep @ Minimum 102kg / 225lbs	1 rep @ Minimum 70kg / 155lbs	Strength pre-requisit for heavy and fatigue based barbell work	VIEW THE EXERCISE VIDEO ▶
THRUSTER	10 unbroken reps @ 115lbs / 52kg	10 unbroken reps @ 75lbs / 35kg	Likely to show up in CF Open	VIEW THE EXERCISE VIDEO ▶
BULGARIAN SPLIT SQUAT	Present with no imbalances between L&R legs. 8RM should be minimum of 25% BW in each hand	Present with no imbalances between L&R legs. 8RM should be minimum of 25% BW in each hand	Imbalances in SL strength will lead to dysfunction in double leg movements and potential injury	VIEW THE EXERCISE VIDEO ▶
DEADLIFT	1.25 x Max BS (mimumum 140kg)	1.25 x Max BS (minimum 93kg)	General rules for balance posteriorly and anteriorly at the hip for optimal function	VIEW THE EXERCISE VIDEO ▶
SNATCH	Minimum 61kg (ideal is Power snatch 51% of back squat)	Minimum 43kg (ideal is power snatch 51% of back squat)	A load which is frequently tested in the sport	VIEW THE EXERCISE VIDEO ▶
TOUCH AND GO POWER SNATCH	5 Unbroken reps @ 115lbs / 52kg	5 unbroken reps @ 75lbs / 35kg	Barbell cycling is an important skill in the sport of CrossFit	VIEW THE EXERCISE VIDEO ▶
CLEAN	Minimum 102kg / 225lbs	Minimum 65kg / 140lbs	A load which is frequently tested in the sport	VIEW THE EXERCISE VIDEO ▶
TOUCH AND GO POWER CLEAN AND JERK	5 Unbroken reps @ 135lbs / 61kg	5 unbroken reps @ 95lbs / 43kg	Barbell cycling is an important skill in the sport of CrossFit	VIEW THE EXERCISE VIDEO ▶
OVERHEAD SQUAT	Bodyweight @ 3111 tempo	Bodyweight @ 3111 tempo	Mimimum requirement to show carry over for dynamic stability in snatching	VIEW THE EXERCISE VIDEO ▶
STRICT PRONATED PULL UP	10 reps @3010	5reps @3010	The shoulder girdle must show adequate strength to handle kipping volume	VIEW THE EXERCISE VIDEO ▶
STRICT HANDSTAND PUSH UPS	6 unbroken reps	3 unbroken reps	HSPU's are part of the sport and therefore require this minimum amount of strength and inversion awareness to safely learn the process	VIEW THE EXERCISE VIDEO ▶

EXERCISE	MALE	FEMALE	REASON	LINK
KIPPING HANDSTAND PUSHUPS	15 unbroken reps	10 unbroken reps	Likely Capacity required in the CF Open	VIEW THE EXERCISE VIDEO ▶
KIPPING CTB PULL-UPS	15 reps unbroken	10 rep unbroken	Likely Capacity required in the CF Open	VIEW THE EXERCISE VIDEO ▶
KIPPING TOES TO BAR	15 reps unbroken	10 rep unbroken	Likely Capacity required in the CrossFit Open	VIEW THE EXERCISE VIDEO ▶
V-BAR DIPS	8 reps @3111	3 reps @3111	Importance to have balanced upper body pressing strength through all planes of movement	VIEW THE EXERCISE VIDEO ▶
STRICT MUSCLE-UP	1 rep	1 strict rep	Pre-requisit strength for Kipping muscle-ups	VIEW THE EXERCISE VIDEO ▶
KIPPING MUSCLE-UP	5 unbroken reps	3 unbroken reps	Likely Capacity required in the CrossFit Open, and are frequently programmed in the COMPETE programme	VIEW THE EXERCISE VIDEO ▶
KIPPING BAR MUSCLE-UP	5 unbroken reps	3 unbroken reps	Likely Capacity required in the CrossFit Open, and are frequently programmed in the COMPETE programme	VIEW THE EXERCISE VIDEO ▶
DOUBLE UNDERS	75 unbroken reps	75 unbroken reps	Likely Capacity required in the CrossFit Open, and are frequently programmed in the COMPETE programme	VIEW THE EXERCISE VIDEO ▶

MOBILITY + STRUCTURAL ENDURANCE

EXERCISE	MALE	FEMALE	LINK
BTN SOTTS PRESS	5 reps @ 20kg	5 reps @ 15kg	VIEW THE EXERCISE VIDEO ▶
BACK TO WALL HS HOLD WITH PERFECT ALIGNMENT	45secs	45secs	VIEW THE EXERCISE VIDEO ▶
SORENSEN HOLD	120secs	120secs	VIEW THE EXERCISE VIDEO ▶
SIDE PLANK	90secs per side	90secs per side	VIEW THE EXERCISE VIDEO ▶
SINGLE LEG PISTOL SQUATS	5 per leg @ 3111 tempo	5 per leg @ 3111 tempo	VIEW THE EXERCISE VIDEO ▶

ENDURANCE

EXERCISE	MALE	FEMALE
1000M ROW	Sub 3:30	Sub 4
50 / 35 CAL AB FOR TIME	Sub 3:00	Sub 3:00

TIME COMMITMENT AND TRAINING FREQUENCY

COMMIT 90 MINUTES FOR A SESSION, 5 DAYS PER WEEK