

2014 CrossFit Open Training Overview

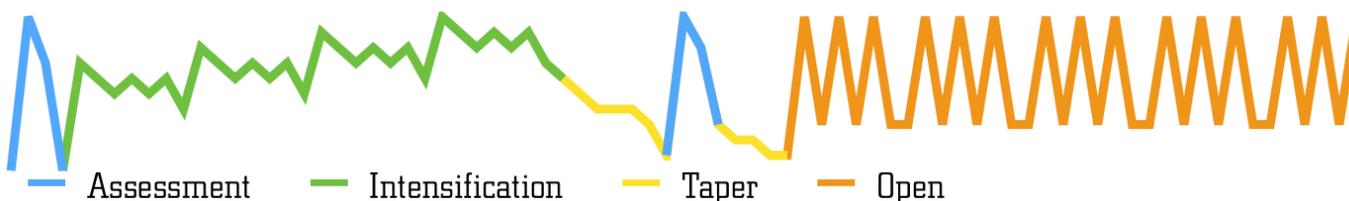
At The Arsenal, Home of *Muncie CrossFit*

The year's training has led us to the beginning of 2014 and this year's CrossFit Open is just around the corner. We've talked with experts, explored their proven methods, and put ourselves through test-batteries and brutal workouts to bring you insights about your fitness, your training, your strengths and your needs. The Arsenal wants you to be able to perform at your best for this year's Open, and to help you do just that we've put together a 8-week training plan to lead you into the Open ready to post your very best scores!

The Big Picture

The plan goes like this... First, a 2-day assessment battery provides you insights into your current fitness level and how to best utilize your training time between now and the Open. Then, the Arsenal Training Staff will develop your individual training plan based on a research-based, athlete-tested 6-week preparation protocol. Follow this up with a 12-day, 2-phase tapering period to allow your machine to recover to optimum performance ability just in time for Open Workout 14.1 on February 27th!

Training Workload



The Dirty Details

Assessment; 2 days, 4 energy systems, 6 tests, 21 insights.

The first day of testing establishes a maximum single-effort workload, and then measures less-than-maximum load repeat-effort efficiency as well as the endurance of your most powerful energy systems. These energy systems are used to provide oftentimes-incredible explosive power, but they tire quickly and knowing how quickly your high-power machine tires out, and how quickly it can recover can mean the difference between a smart, optimum performance and earning a DNC on the leaderboard! The second day of testing centers on longer-duration exercise and tests the less-powerful, more resilient energy systems. It will also provide you with an understanding of longer-duration performance strategies based on your ability to perform at a steady, moderately high intensity for repeated efforts. Together, these tests and their detailed breakdown and explanation will set you on an individual path through the through the rest of the training program!

Intensification; Tapering and Retesting; Honing Your Weapons for Battle!

The remaining 6 weeks of the training program are all about learning to minimize your weaknesses and use your strengths to achieve the best performance in a variety of workouts, as well as your fitness in preparation for the Open. Each week of this phase is designed to approximate what a week of Open competition might throw at you. Increasing in intensity each week, this phase will fine-tune your machine and teach you a thing or two about your approach to competitive fitness. Finally, before the Open you will retest your fitness markers and taper off the intensity of training to allow you to fully recover for Open Workout 14.1!

Assessment Cost: **\$20**

Programming & Coaching: **\$100**

Ask a member of The Arsenal Staff how to get more information!

