

A black and white photograph of a woman climbing a thick rope. She is wearing a tank top with 'PRATI' on it, white shorts, and sneakers. She is looking up and pulling on the rope. The background shows a wooden ceiling and a window with an American flag pattern. The text 'MAYHEM ATHLETE' is overlaid in large, bold, italicized letters.

# ***MAYHEM ATHLETE***

PROGRAMMING CYCLES OVERVIEW

*PRATI*

# MAYHEM ATHLETE OVERVIEW

---

These 5 cycles will allow you to know where we are at in our training throughout the year, and what is coming next. Keep in mind we always do some form of pure CrossFit, regardless of what month it is or where we are in the season of fitness. But we will dial in specific aspects of fitness at certain times of the year to make sure you can be as fit as possible when you need to be the most!

\*Specific details during each training period (i.e. length of strength cycle, aerobic workouts, gymnastic progressions, etc.) will always have details provided within SugarWOD each week! This basic overview will give you a better idea of what to expect from a big picture perspective though!

## **HULK OUT** - *Powerlifting, BodyBuilding & Accessory*

*May-June / 10 weeks*

## **INTO THE STORM** - *Aerobic Capacity & Barbell Stamina*

*July-September / 12 weeks*

## **NERVES OF STEEL** - *Mayhem Burgener Strength*

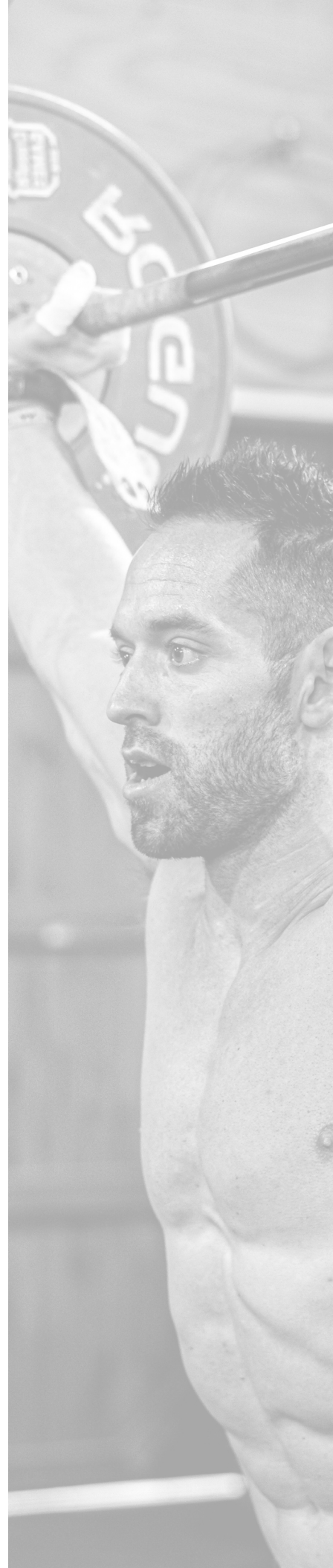
*October-December / 12 weeks*

## **NIMBLE & QUICK** - *Gymnastics & Conditioning*

*January-February / 8 weeks*

## **COMPETE** - *Open Prep*

*March-April / 8 weeks*



# MAYHEM ATHLETE OVERVIEW

---

## **HULK OUT** - *Powerlifting, BodyBuilding & Accessory*

*May-June / 10 weeks*

The bulk of our Competition season has ended for many of us with the Open (and Quarterfinals) completed. That means it's time to get bullet proof and prepare for next season.

We will always keep a baseline of fitness so you can be competitive in your gym and at weekend competitions as you choose. But for now, we will move into a cycle focused on building functional strength in the powerlifts with Mayhem Burgener Strength (MBS), getting the pump on with some Mayhem BodyBuilding, and caring for our tendons/ligaments by adding in more Accessory work.

This should help us taper back with the volume of metcons and overall level of intensity. Don't worry we will always do CrossFit, but the number of metcons will be less in this time period...For those of you who made it to the next stage of competition, we will extend your "Compete" cycle until your season is finished!

## **INTO THE STORM** - *Aerobic Capacity & Barbell Stamina*

*July-September / 12 weeks*

Get ready to ramp up the work!

We will be adding in more Mayhem Aerobic Capacity (MAC) specific workouts, as well as making sure we are comfortable with our lifts from MBS, so get used to having a barbell in our hands! Look for more cardio type workouts and Olympic lifting than our last cycle ("Hulk Out").

## **NERVES OF STEEL** - *Mayhem Burgener Strength*

*October-December / 12 weeks*

We are looking to really get strong these next 12 weeks! We will always do some variation or part of the current MBS cycle, but this cycle is one we hop on more fully and will not forget quickly! We will continue to build an aerobic base with MAC, and work through skill/base building work from Mayhem Gymnastics (MG).





# MAYHEM ATHLETE OVERVIEW

---

## **NIMBLE & QUICK** - *Gymnastics & Conditioning*

*January-February / 8 weeks*

It is time to get fitter and ramp up the volume!

We will add in more metcons to be getting ready for the Open while also dialing up the intensity of these workouts. Look out for a specific MG progression to help with overall capacity in our gymnastic movements.

## **COMPETE** - *Open Prep*

*March-April / 8 weeks*

\*This is what we work for!

This cycle will put together all the work we've done in the off season. The Open kicks off our competition season. We will ramp up the intensity for each competition throughout the year, while dialing up or dialing back volume as needed. Depending on your goals and fitness level, your specific track and program will peak for various times of the year. Your specific track will take care of your specific needs! (Open Prep: The Open, QuarterFinals: QuarterFinals, M60: Open, Scaled: Open, Qualifiers: Qualifiers, SemiFinals: SemiFinals, Games: Games).

