

2018 FOUNDATION BARBELL PROGRAMS

CYCLE OVERVIEW

Cycle	Month	Olympic Weightlifting Focus	Powerlifting Focus	Registration Closes
#1	May	Hangs & Hypertrophy	Linear	Mon 5/7 at 11:59pm
	June	Pauses & Pulls	Linear	Mon 5/28 at 11:59pm
#2	July	Powers & Positions Pt 1	Conjugate Phase 1	Mon 6/25 at 11:59pm
	August	Powers & Positions Pt 2	Conjugate Phase 2	Mon 7/23 at 11:59pm
	September	Waves	Conjugate Phase 3	Mon 8/20 at 11:59pm
#3	October	Strength & Squats	Conjugate Phase 4	Mon 9/24 at 11:59pm
	November	Bulgarian	Conjugate Phase 5	Mon 10/29 at 11:59pm
December	*There is no December cycle, but training will be available for AO Finals-qualified athletes.			

OBJECTIVE

The objective of the upcoming weightlifting program is to narrow down the focus for development of the Olympic Lifts. We will run three major cycles for the remainder of 2018, consisting of seven smaller mesocycles with specific program goals, to develop those athletes interested in Olympic Weightlifting. This allows for entry points multiple times throughout the year.

This program will allow you to develop areas of strength and technical ability to enhance your overall fitness goals. Each cycle is self-contained and does not require a progression or continuation from any previous cycle. Additionally, each cycle allows for attendance at 1x/week, 2x/week, or 3x/week levels, depending on your goals. This program also supplements the year-long CrossFit training cycle for all of our athletes.

REGISTRATION

To better serve our member base, all athletes wanting to participate in the Olympic Weightlifting and/or Powerlifting program [are required to register via the Google Form](#). This allows for solid focus and attention on each of our athletes and their movements. Class access in ZenPlanner will be restricted to prevent over-crowding.

Registration closes the evening of the first day of each cycle. See the tables above for focus details and dates. There are **no exceptions** if you did not register on time. A confirmation sheet for registered athletes will live in the gym and updated weekly.

One registration closes for one cycle, registration for the next cycle will open and be available on the blog.

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FREQUENCY

Remember that FCF exists to provide fitness for life. We believe that cross-training with the different classes will lead to better athleticism and performance. Athletes should cycle in and out often.

- If your goals are to develop familiarity and technical movement proficiency in the Olympic Lifts as a supplement to CrossFit classes or other fitness avenues, attend OWL/PL classes **1x/week**, while maintaining your regular fitness regimen.
- If your goals are to improve strength while developing proper form in the Olympic Lifts, attend OWL/PL classes **2x/week**, while maintaining your regular fitness regimen.
- If your goals are to improve strength and fine-tune technique, or you are preparing for a competition, attend OWL/PL classes **3x/week** and supplement with CrossFit/Fitness classes.

Note that there are weeks when the programs do not run: there will be no Olympic Weightlifting classes scheduled in these “Buffer Weeks,” where the intent is to back off of intensity and loading. Read more about the importance of breaks here: [\(1\)](#), [\(2\)](#), [\(3\)](#)

Take this time to recover and/or take CrossFit, HIIT, Kettlebell, Gymnastics, Endurance, go outside and hike, ride a bike, etc. to maintain and test your general fitness (if not doing so already). This can also be a great time to fix lingering issues with bodywork, chiropractic, or physical therapy. Your body needs time to recover and reset every so often.

COMPETITIONS

[Competition shows you who you really are](#), what [you're truly capable of](#), and can be [the spark needed to push yourself](#) to higher levels. Foundation Barbell coaches may be available to you for local weightlifting meets to help guide you through the experience. [Get a leg up and read this.](#)

Discussion on future meets and game planning should happen in person with your coaches. A Competition Calendar is posted at the East end of the gym.

PROGRAM EXPECTATIONS

- Athletes can attend smaller 3-4-week mesocycle or stay for entirety of the 8-12-week macrocycles. Athletes supplementing with Olympic Weightlifting or Powerlifting can complete a smaller mesocycles or a full macrocycles then phase back out into regular CrossFit training as necessary.
- The program will remain class-based, and our facility does not offer any “Open Gym”. That said, we understand that a single class format will not satisfy every individual goal.
- Only athletes of our USAW-recognized club FOUNDATION BARBELL will have access to our competition equipment such as bumpers and barbells. [Join here](#) or [check your status here](#).
- If you qualify for a National-level competition, or [reach a full Level 3 with this sheet](#), you can receive a specialized training program.
- The work programmed in each class can and should be completed within the hour so we can make room for our other classes. Main lifts need to be completed on time within the class. Accessories and mobility can be completed outside of class time given that equipment/space is

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available and athletes aren't being disruptive. All Foundation CrossFit coaches allow or deny what goes on.

MAY

6	7 Registration Closes	8	9	10	11	12 Loft Spring Fling
13	14	15	16	17	18	19
20	21	22	23	24 Nationals	25 Nationals	26 Nationals AAU PNW WLC
27 Nationals	28 Registration Closes <i>Memorial Day</i>	29	30	31		

JUNE

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Armor Championships
17	18	19	20	21	22	23
24	25 Registration Closes	26	27	28	29	30

JULY

1	2	3	4 <i>Independence Day</i>	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 WA WLC

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22	23 Registration Closes	24	25	26 AO Series 2 Valley Forge, PA	27 AO Series 2 Valley Forge, PA	28 AO Series 2 Valley Forge, PA
29 AO Series 2 Valley Forge, PA	30	31				

AUGUST

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Registration Closes	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER

						1 Olympia Fall Open
2	3 <i>Labor Day</i>	4	5	6	7	8
9	10	11	12	13 AO Series 3 Las Vegas, NV	14 AO Series 3 Las Vegas, NV	15 AO Series 3 Las Vegas, NV
16 AO Series 3 Las Vegas, NV	17	18	19	20	21	22
23	24 Registration Closes	25	26	27	28	29
30						

OCTOBER

	1	2	3	4	5	6
7	8 <i>Columbus Day</i>	9	10	11	12	13
14	15	16	17	18	19	20

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21	22	23	24	25	26	27 Armor Open
28	29 Registration Closes	30	31 <i>Halloween</i>			

NOVEMBER

CrossFit Liftoff occurs this month				1	2	3
4	5	6	7	8	9	10
11	12 <i>Veterans Day</i>	13	14	15	16	17 Olympia Harvest Classic
18	19	20	21	22 <i>Thanksgiving</i>	23	24
25	26	27	28	29	30	

DECEMBER

						1
2	3	4	5	6 AO Finals Milwaukee, WI	7 AO Finals Milwaukee, WI	8 AO Finals Milwaukee, WI
9 AO Finals Milwaukee, WI	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 <i>Christmas</i>	26	27	28	29
30	31					

Questions, comments, concerns?

Email barbell@foundationcrossfit.com