

2019 FOUNDATION BARBELL PROGRAMS

OBJECTIVE

In 2019 our barbell class programming will feature five major cycles for the year with specific month-long development blocks with particular goals. The calendar is based on peaking for local and national competition schedules. We will have an updated version of this document sometime later as the calendars will change when competitions solidify their dates.

This program will allow you to develop barbell strength and technical ability. Each cycle is self-contained and does not require a continuation from any previous cycle. Additionally, each cycle allows for attendance at 1x/week or 2x/week. This program is also designed to supplement the training cycle for CrossFit athletes. Barbell classes meet two times a week:

- 6am sessions: Mondays and Fridays
- 11am sessions: Mondays and Wednesdays
- 5:30pm sessions: Mondays and Wednesdays
- 6:30pm sessions: Mondays and Wednesdays

FCF exists to provide fitness and health for life. We believe that cross-training with the different class-types will lead to better athleticism and performance in your everyday activities and keep you excited to work on more. Athletes should cycle in and out often (every month or two) to keep variation up with goals. If your goals are to develop familiarity and technical proficiency in barbell training as a supplement to CrossFit or other fitness avenues, attend **1x/week**, while maintaining your regular fitness regimen. If your goals are to improve strength while developing proper form, attend **2x/week**, while maintaining your regular fitness regimen.

CYCLE/BLOCK OVERVIEW

Cycle	Block	Olympic Weightlifting Focus	Powerlifting Focus
#1	January	Back to Basics: Powers, Hangs, Fulls	5/3/1
	February	Pulling Power	Juggernaut 10's Wave
#2	March	Volume: Legs and Shoulders	Juggernaut 8's Wave
	April	Complex Hell	Juggernaut 5's Wave
	May	Classic Lifts	Juggernaut 3's Wave
#3	June	Volume (Waves Pt 1)	Conjugate Phase 1
	July	Strength (Waves Pt 2)	Conjugate Phase 2
#4	August	Tempo	Conjugate Phase 3
	September	Pauses	Conjugate Phase 4
#5	October	Bulgarian Pt 1 (Squats)	Inverted Juggernaut 10's Wave
	November	Bulgarian Pt 2 (Competition Lifts)	Inverted Juggernaut 8's Wave
December	*Training will be available only for athletes registered for competition in December/January.		

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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. Coaches may be available to you for local competition to help guide you through the experience. [Get a leg up and read this](#).

This year we will be running Super Totals in the gym. These days at Foundation CrossFit would be longer than normal, but allows athletes to test out a 1RM snatch, a 1RM clean & jerk, a 1RM back squat, a 1RM bench press, a 1RM strict press, and a 1RM deadlift. Athletes may test all, individual lifts, or a combination of certain lifts.

Tentative Dates for the Super Totals are:

- Saturday, February 22nd
- Saturday, May 25th
- Saturday, September 28th
- Sunday, November 17th
- Sunday, December 22nd

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 near the platform area. It contains events for Weightlifting and Powerlifting, CrossFit (individual and team), and Adventure/Obstacle, and Endurance.

PROGRAM EXPECTATIONS

- Prior to joining the program you should have an idea of your 1-rep maxes (1RM) for each lift: back squat, bench press, press, deadlift, snatch, clean, jerk, clean & jerk. If you do not we can estimate.
- 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. Try Guided Training Sessions.
- While not written, you are ultimately responsible for your body. Make sure you are warm prior to anything strenuous, and that you take your time to cool down and mobilize. Ask the coaching staff questions on how to improve your particular issues, especially in the realm of mobility.
- If by chance you feel something is off with your body please notify a coach immediately.
- Only athletes of our USAW-recognized club FOUNDATION BARBELL will have access to our competition equipment such as competition bumpers and competition barbells. [Join USA Weightlifting here](#) or [check your membership status here](#).
- The work programmed in each class was designed to be completed within the hour. 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 available and athletes aren't being disruptive.
- Foundation CrossFit coaches are here for your benefit and education. Please follow their instructions for your safety and progress.
- The coaching staff also reserves the right to allow or restrict what goes on regardless of programming.

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GUIDED TRAINING & BARBELL CLUB MEMBERSHIP

We offer Guided Training sessions as an upgrade to your CrossFit membership or as part of our new [Barbell Club Membership](#).

What is it?

Guided Training is an opportunity for FCF athletes develop specific strength goals, those who want more consistent weightlifting work, athletes who need more fruitful rehabilitation routines, and for those who want extra barbell volume. These programs vary from 2x/week to 6x/week.

Our Barbell Club Membership is a new membership program that offers our instructed Barbell classes along with Guided Training Sessions. The Barbell Club membership does not include other instructed classes such as CrossFit, HIIT, Mobility, etc., but includes all Guided Training session times.

What is it not?

Guided Training is not “open gym”. There will be no metcons or timed workouts. Athletes don’t get to decide what they want to do on a whim - everyone must follow an approved program.

Who is Guided Training for?

Any athlete with specific strength goals, those that want to develop a better strength base for more capacity in CrossFit, work on more barbell volume, gain mass, or dedicate time and effort in barbell sports like Olympic Weightlifting and Powerlifting. It is also great for those athletes with special needs due to injury or chronic issues.

How does it work?

An athlete must have the proper membership to receive access to Guided Training Sessions in ZenPlanner. Once an athlete is approved they will receive their goal-oriented printed program. They can RSVP for their session options throughout the week.

Expectations of Athletes

- Athlete MUST RSVP and check in with FCF Coach when arriving for their session.
- Classes always have the right to equipment and space. Adjust as needed.
- Athlete will have a specific program printed on a neon blue sheet of paper provided by FCF.
- The athlete will follow the program as written and review as needed.
- We provide CrossFit, HIIT, and CompEx classes for metcons and work-capacity workouts. These type of workouts should not be done during Guided Training Sessions.
- Athletes can start whenever they please but must finish their training on time or be at the mercy of staff members’ availability.

Questions, comments, concerns?

Email barbell@foundationcrossfit.com