
THE CrossFit JOURNAL

Holiday WODs, Pre-Apocalypse

Few days are left before the world comes to an end. Andréa Maria Cecil advises gluttony followed by constantly varied functional movement performed at high intensity. Be prepared to meet your maker.

By Andréa Maria Cecil

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CrossFit Lake Mary

It's that time of year when I like to celebrate Jesus' birthday by getting fat.

Cookies, cake. Cookie cake. Gelato. A good German hefeweizen. As my mother said, "Honey, it's never too early for alcohol."

Oh, you eat Paleo all year round? Good for you.

1 of 5

I like fried oyster po-boys on French bread and beignets with copious amounts of powdered sugar, both of which I will enjoy when I go home to New Orleans for Christmas.

Ordinarily, I would continue my glorious gluttony right through New Year's. But since the world ends on Dec. 21, it's a moot point. Instead, it's best to focus on becoming physically presentable in preparation to meet my Mayan god. I advise you do the same. I hear they're, like, OG Paleo. It would be wise to look the part.

I suggest these delightful, creative and vomit-inducing workouts presented to you by CrossFit affiliates worldwide. Sure, they might kill you, but you're just getting a jump on the apocalypse.

"More People Kept Signing Up"

CrossFit Lake Mary in Florida has a head start.

On Dec. 8, it did the 12 WODs of Christmas for the second consecutive year.

No, not the 12 Days of Christmas, which is popular at a box near you, but the 12 WODs of Christmas: one WOD every hour, on the hour, for 12 hours.

They have merry names like Festive Fran—which, of course, is first—North Pole Nancy, Jolly Jackie, Reindeer Randy, 120 Blitzen Burpees and Santa Surprise.

"This year we had 59 people do all 12 WODs," said affiliate owner Greg Sheppard. "Blew my mind."

Blow my WOD is more like it. But I suppose that's the quickest way to melt it all off.

Last year, 18 people did all 12 workouts at CrossFit Lake Mary.

"This year, I figured maybe we would double," Sheppard continued. "All of a sudden, just more people kept signing up and more people kept signing up."

What's wrong with you weirdos? Seriously. I'm asking.

Sheppard did say the event raised \$3,600 for the Kenard Lang Foundation and Intervention Services Inc., two charities that aim to improve the lives of children. Jesus smiles upon you, CrossFit Lake Mary.

But the Mayan gods remain merciless.



CrossFit Lake Mary

Festive socks don't make 12 WODs in 12 hours any less painful.

“A Little Bit of Holiday Cheer”

Little CrossFit Acro in Vancouver, Wash., plans to deliver a big kick in the teeth that will be remembered for years to come.

The affiliate stuffed 10 stockings with benchmark, girl and hero workouts. Each weekday for two weeks, a member of a different class picks a stocking. On the first day—Dec. 10—the workout was Karen, 150 wall-ball shots for time.

Co-owner Steve Rodriguez described the entire thing as “Hey, here you go. It’s an ass-whippin’.” He also described it as “a little bit of holiday cheer.” Yet, I don’t recall him saying booze was involved. Strange.

Dec. 11 was Filthy Fifty.

“We really wanted to get people in here, working together ... really give them a taste of what CrossFit is,” he added.

Speaking of which, I knew a guy who threw up in his mouth during the push presses in Filthy Fifty. He waited until the break before depositing the vomit in the toilet. There’s “a taste” for ya.

The point, Rodriguez said, is to push his members physically and mentally.

“You probably feel like crap and you got beat up, but you got through it,” he tells them. “(It’s about) pushing your body to the limit and seeing what kind of outcome you get.”

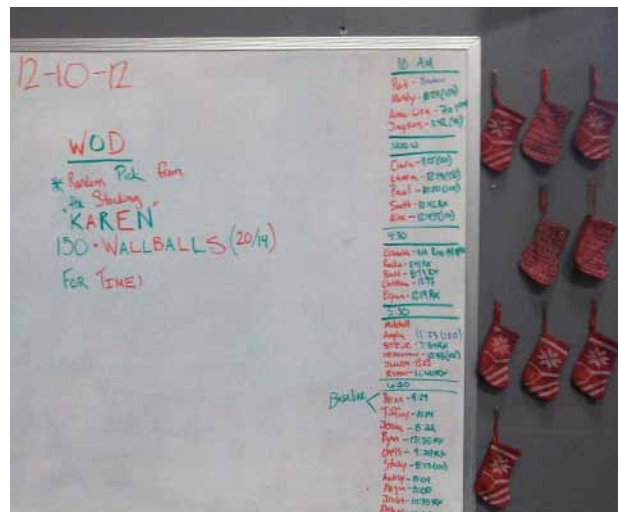
I’m sure he didn’t mean that literally, though a visit from Pukie is highly likely.

“We All Suffer Together”

CrossFit IronSpider in Salem, Mass., has planned perhaps one of the most involved festivities: T-shirt purchases for fellow members and Christmas cards containing workouts. This is all planned on Dec. 22, the day after the apocalypse. Touché, CrossFit IronSpider.

For the T-shirt “swap,” members interested in participating wrote their names on the whiteboard with their T-shirt size. Each person’s name and size was randomly dropped in an envelope, each of which was distributed.

“You are to buy that person a funny CrossFit shirt that reminds you of that person,” explained CrossFit IronSpider coach Mandy Capobianco. “Great if you don’t know that person; you have to investigate to get to know them.”



CrossFit Acro

The CrossFit version of an Advent calendar involves punishing workouts instead of chocolate or treats.

Sounds like a lot of work with not much payback. Maybe the Mayan gods will appreciate your CrossFit T-shirt humor in the afterlife.

“Also on that day, (members) will be picking a card off the table as (they) walk through the door,” she said. “Inside your card will have a benchmark workout on it. You cannot say what it is, but you can swap it one time with someone who also wants to trade, not knowing what the other person’s (card) is. Once everyone’s traded or kept their card, they all open it together and we all suffer together and do our WODs together.”

Find your heart warmed by a touching Christmas card? Surprise, bitch, it’s thrusters and pull-ups. Merry Christmas.

A Chance to “Be Reflective”

The poison of choice at Inner West CrossFit/CrossFit Marrickville outside of Sydney, Australia, is Murph on Christmas Eve.

If they’re still alive then—maybe the ancient Mayans liked Vegemite and large insects—they’ll be honoring Christianity’s central figure with 2 miles of running, 100 pull-ups, 200 push-ups and 300 squats while wearing a 20-lb. vest. Rejoice, Emmanuel.

The idea came from affiliate coach Daniel Cook, who spent more than a year at CrossFit East Village in downtown San Diego. The California affiliate is owned by two Navy SEALs who were personal friends of Lt. Michael Murphy, for whom the workout is named.



CrossFit Lake Mary

If the Mayans are right, the world could end during your holiday Murph ... but you still have to finish.

During each of the three years of Inner West CrossFit's Christmas Eve Murph, more than 50 members have arrived for suffering, said affiliate owner David Buckley.

"We wanted to do a workout that the members could really bond together (over) and be reflective on," he explained. "We found this workout to be perfect for that. We find that this workout really creates the atmosphere that CrossFit is famous for."

Know what else CrossFit is famous for? A puking clown as a mascot.

"Poor Kids"

In South Africa, which Albert van Zyl described as secular "despite what Wikipedia may have you believe," CrossFit Bryanston chooses only to celebrate the end of the year.

Someone should really tell them about the Mayan calendar.

To herald the holiday, the affiliate will do a workout called Tommy Mac:

- 12 burpees
- 12 thrusters (115/75 lb.)
- 12 burpees
- 12 power snatches (115/75 lb.)
- 12 burpees
- 12 push jerks (115/75 lb.)
- 12 burpees
- 12 hang squat cleans (115/75 lb.)
- 12 burpees
- 12 overhead squats (115/75 lb.)
- 12 burpees
- 12 thrusters (115/75 lb.)
- 12 burpees
- 12 power snatches (115/75 lb.)
- 12 burpees
- 12 push jerks (115/75 lb.)
- 12 burpees
- 12 hang squat cleans (115/75 lb.)
- 12 burpees
- 12 overhead squats (115/75 lb.)

Are you barfing yet?

Why, you ask, would such a WOD be inflicted upon "poor kids" who "have no idea what's coming?"

Affiliate owner and head coach van Zyl explained:

"CrossFit Bryanston is a new affiliate but we have already solidified our reputation in the local community as, I quote, 'complete (fucking) lunatics'. Our coaching style is very unorthodox as we use crude humor, inappropriate innuendo, foreign accents, movie quotes, arbitrary burpee penalties—"Oh, you went to the Lady Gaga concert and enjoyed it? Well drop for 80 burpees and hand over your man card, good sir."—strange outfits and random fits of Tourette's style swearing to get our point across.

"When we discovered Tommy Mac last month, the coaching staff tried it out and we placed it in 5th place for worst WOD we've ever done. When we presented it to our members, the general response was, 'Are you out of your minds?! Who would want to do that to themselves?!' Naturally we have a reputation to uphold and decided that any WOD that evokes that response must be crammed down their throats with gleeful delight. We have spent the last two months (emphasizing) the Olympic lifts and building up their strength and they are finally ready to take on this WOD."



CrossFit Bryanston

CrossFit Bryanston members help solidify their reputation as complete fucking lunatics.

Van Zyl added that the affiliate still might figure out a way to acknowledge Jesus' birthday.

"I thought we could still take part in a celebration of the spirit of individual sacrifice for the greater good," he said.

You're a day late and a dollar short, van Zyl. Well, more specifically, four days late and four dollars short.

Feliz Navidad y Prospero Año, y'all.

Sorry, I don't know any ancient Mayan dialects, and there's no time to learn them.



Courtesy of Andreea Maria Cecil

About the Author

*Andreea Maria Cecil is the Regional Community Media Director for the Australia, Europe and North East regions. She was also the North East Regional Media Director for the 2012 Reebok CrossFit Games. Cecil has been a freelance writer and editor for the **CrossFit Journal** since 2010 and also writes for the CrossFit Games site. She spent nearly 13 years as a professional journalist, most recently as managing editor of the **Central Penn Business Journal** in Harrisburg, Pa. The 34-year-old is a native of New Orleans who lives in York County, Pa. There, she's been doing CrossFit since 2008 at **CrossFit York**, where she coaches Olympic weightlifting as a USA Weightlifting Level 1 Sports Performance Coach. Additionally, Cecil dedicates four days a week to training the Olympic lifts herself at **McKenna's Gym**.*