

# the **CrossFit** JOURNAL ARTICLES

## The Best of CrossFit.com—Camacho Edition

Want to really understand CrossFit? Rewind to the pivotal year of 2003.

Freddy Camacho



I have always been fascinated with history. My “little secret spot” on the CrossFit website is the archives. As the programmer for the workouts posted on the One World site, I am constantly looking for new workout ideas. I was first advised to explore the archives by Tony Budding and Hollis Molloy. I quickly learned that sometimes, old can be new again! I am amazed at some of the workouts that were posted “back in the day.” There are some straight-up insane workouts in the archives. What really intrigues me is how much faster and stronger CrossFit athletes are now compared to then. Are the athletes really better or are we sacrificing too much proper technique for the sake of increased power output? I wonder how the monsters of the early years would finish in the 2009 CrossFit Games. As the system has evolved and become more efficient, the athletes have also evolved and are producing more power output.

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The archives start with the "Old Site," first post 2/10/2001. From what I can tell, Lauren hasn't missed a post since then. The site changed to the familiar interface we all know and love on 4/25/2003. 2003 in particular is one of my favorite years. Want to know who some of those people are in those pictures that pop up on the sidebar? A bunch of them are from 2003 posts. You can go to 2003 and see pictures throughout the year of the old Santa Cruz HQ box being outfitted then go to the Operation Phoenix video in 2008 and see it [dismantled](#) (tear jerker). I am also fascinated with 2003 because it was the year Coach started naming benchmark workouts. The girl workouts, the storm workouts, the bitches...whatever you want to call them, Coach made the girl workout concept official in September of 2003 on the blog and in the Journal.

## The Highlights of 2003



**April 28**

First Post! Congrats, Robb Wolf. All you other people who post "First Post!" on any other day should just give it a rest! By the end of 2003, the comments section was booming with up to 25 comments on a good day!



**July 11**

Greg Amundson's amazing performance at the 2003 California Police and Fire Games profiled. Wow!



**June 22**

First "Helen" (wasn't named just then). The time to beat was Greg Amundson's 9:03. Interestingly enough, Coach posted to do the workout for time, rest, and then do it again without the clock. Yes, the times they have a changed.



**August 06**

Coach posts a 21/15/9 thrusters (85-lb.) and pull-up workout. Greg Amundson comments that he did the workout with a 95-lb. thruster in 3:59.



### August 18

Seth Pringle does "Angie" (unnamed) in 14:19. Greg Amundson does it in 16:09. No one else was even close. How far have the athletes evolved? At One World we have three athletes with a sub-16 minute and one athlete with a sub-15 minute "Angie." (Unfortunately, none of them are me.)



### September 12

"Elizabeth" is posted, and yes, people commented with the same questions back they do now... "Is that a clean from the floor... a squat clean... a power clean?"



### August 25

Coach officially posts "Fran" with a 95-lb. thruster and offers a free t-shirt to anyone who can beat Greg's time of 3:59. I think there are a lot of us still waiting for our t-shirts to come in the mail. By November, Dave Leys did "Fran" in 3:03. In 2003 the words "What's your Fran time?" became part of CrossFit culture.



### September 17

CrossFit North hosts the first CrossFit Challenge. One workout in one day: Helen (still unnamed). Greg Amundson wins with an 8:36 time. Every second counted back then too! I really believe that the CrossFit Games would have killed people back then.



### September 07

"Chelsea" is posted and the September 2003 CrossFit Journal article entitled "**Benchmark Workouts**" regarding the first six official girl workouts is referenced. Also, there was a great picture depicting the standard for the overhead barbell position with a great explanation. All you people who want to argue what overhead is during Fran, check it out!



### September 19

"Diane" posted! The fastest time? 10:49. Just the other day I watched a video on YouTube of a guy performing a legitimate "Diane" in 3:59.



**September 27**

"Barbara" makes her first official appearance. I wonder how many people puked that day?



**October 06**

The first Certification group photo posted! WTF? No "pseudo gang signs" being flashed and everyone had their shirt on. From what I've heard, it was a three-day workout fest with a little bit of lecture. The Level I Certification Seminar has come a long way!



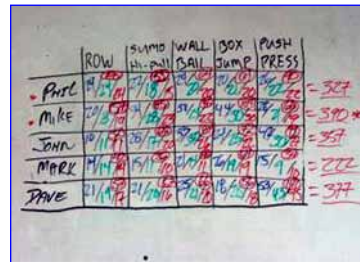
**October 13**

First complaint in the comments section from some sick bastard complaining that we don't run enough long distances (10k run posted that day). I presume the comment came from a marathon runner.



**November 05**

After making several anonymous appearances throughout the year, "Helen" finally got posted with her name. Hundreds of thousands of future CrossFitters around the world probably got a momentary unexplained upset stomachache at exactly the same time the workout was posted.



	ROW	SLAM	WALL	BOX	PUSH	
	10/10	10/10	10/10	10/10	10/10	
Paul	1:15	1:18	1:20	1:22	1:25	= 397
MIKE	1:15	1:18	1:20	1:22	1:25	= 390*
JOHN	1:15	1:18	1:20	1:22	1:25	= 397
MARK	1:15	1:18	1:20	1:22	1:25	= 397
PAVE	1:15	1:18	1:20	1:22	1:25	= 397

**December 06**

Mike Weaver is recognized for a 390 Fight Gone Bad in the same seminar that Greg Amundson hits a 7:56 "Helen." Patrick Barber recently hit 450 in FGB and I already mentioned that OPT crushed "Helen" at 6:59. A lot can happen in six years!



**December 11**

An unnamed "Grace" appears. No questions about power clean or squat clean, so I am guessing everyone did full squat cleans and legitimate jerks.

Spend a little time in the archives. Besides the entertainment factor, there is a ton of useful and interesting information within the posts. In six years since 2003, CrossFit has exploded. We have seen jaw-dropping performances that six years ago would have been thought to not be humanly impossible. As we look forward to what the future brings, we should occasionally take a look at the road that got us where we are at now.



### About The Author

*Freddy Camacho is the head trainer of [Crossfit One World](#) and one of the owners of One World Self Defense and Fitness. He is a Level II certified Crossfit trainer, a Crossfit HQ head trainer, a Krav Maga Level II trainer, a SWAT operator, and a POST certified defensive tactics instructor.*

