
THE CrossFit JOURNAL

Planning for a Win

Josh Everett reveals the six-week training program that earned him a victory in the 85-kg class at the CrossFit-USAW Open in Colorado Springs.

By Josh Everett

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When I first heard of the possibility of a CrossFit weightlifting championship from Dave Castro, I was excited. Weightlifting is one of the four sports I have seriously and specifically trained for and competed in (the others being track and field, football and CrossFit).

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Scoring 259 in the triplet, Everett edged out Games competitor Pat Burke by six points overall to win the 85-kg class.

My first question to Dave was, "How can we be sure that the event is competed in by CrossFitters and weightlifters don't come in and dominate?" Dave wasn't sure at the time but eventually came up with an AMRAP triplet where reps completed would be added to your snatch and clean-and-jerk total to produce a final score.

This seemed like a great idea to me until I found out an old foe of mine (double-unders) would be part of the triplet. The double-under addition made me seriously think about not competing, but I decided I had plenty of time to become competent at them and go and give it the old college try. I knew I'd regret not competing in this inaugural event, so it was time to develop a plan!

Known and Knowable

Those who know me well know I'm a very routine-oriented person. I like having a schedule, and I like sticking to it. The constantly varied part of CrossFit is the part of the program I like the least. Well, I'll go ahead and admit it: I hate it. I'd really like to be able to tell you what workout I'll be doing three weeks from now on Tuesday, and at what time.

"Blasphemy!" you say. Not really. I don't disagree with constant variety philosophically, and it's necessary for fitness, but it doesn't make it any more comfortable for me. I think that's the point, though.

Anyway, knowing the exact movements, time domain and day/time of the competition was right up my alley. It wasn't all gonna be peaches and cream, though. I was also asked to perform an Isabel competition/exhibition with my friend Dave Lipson. Isabel would go off Friday night, then I'd need to come back on Saturday and compete in the CrossFit-USAW Open against a tough field of competitors who would be well rested. That was another group of circumstances to consider in my preparation, but I was confident I'd be ready for the task.

As I mentioned earlier, weightlifting was a sport of mine. I had previously qualified for and competed in three USAW national-championship meets, placing as high as ninth. My coach during this time was none other than Mike Burgener. It had been years since Coach B had done my programming, but he is the best and I knew I needed his guidance to prepare for this meet. I had always felt well-prepared training under Coach B. He hooked me up with a training plan, and away I went. Here's what my five-week training program looked like:

Mondays

Week 1

1. 3-position snatch (high hang, below knees, floor): warm-up sets as needed, then 3 sets of 3-position snatches with 75 percent 1RM
2. Snatch pull: 1 set of 3 with 90 percent, 2 sets of 3 with 95 percent of snatch max
3. Snatch push press: work up to a heavy single (today that was 115 kg)
4. Super-set strict pull-ups (5x10) with hip extensions (5x10)

Week 2

1. 2-position snatch (high hang, floor): warm-up sets as needed, then 3 sets of 2-position snatches with 85 percent
2. Snatch pull: 2 sets of 3 with 100 percent
3. Snatch push press: heavy single (made 110 kg, failed at 120)
4. Super-set strict pull-ups (3x12) with hip extensions (3x15)

Week 3: Unloading Week

1. Snatch: warm-up sets as needed, then 3 sets of 3 reps from high hang (70 percent)
2. Snatch pull: 3 sets of 3 reps with 100 percent
3. Obstacle-course workout

Week 4

1. Snatch: warm-up sets as needed, then 3 sets of 1 with 90 percent
2. Snatch pull: 3 sets of 3 reps with 105 percent
3. Snatch push press: work up to a heavy single (117.5 kg)
4. Strict pull-ups 2x15, hip extensions 2x15

Week 5

1. Snatch: warm-up sets as needed, then 3 sets of 1 with 90 percent
2. Snatch pull: 2 sets of 3 reps with 100 percent
3. Snatch push press: work up to a heavy single (120 kg)
4. Strict pull-ups 2x15, hip extensions 2x15



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CrossFitters have always been impressed with Everett's Oly skills, and the Open gave him a chance to showcase his power on the platform.



Everett snatched 117 kg on his way to a 267-kg total that was second only to Olympian Chad Vaughn's 313.

Tuesdays

Week 1

1. Muscle snatch: work up to max for the day (85 kg)
2. Back squat: warm-up sets as needed, then 6 sets of 3 with 75 percent
3. Front squat: warm-up sets as needed, then 3 sets of 3 with 70 percent
4. 3 rounds for time: 10 power snatches (60 kg), 30 double-unders—5:40

Week 2

1. Muscle snatch: work up to max for the day (90 kg)
2. Back squat: warm-up sets as needed, then 6 sets of 2 with 85 percent
3. Front squat: warm-up sets as needed, then 3 sets of 3 reps with 70 percent
4. 15, 12, 9 power snatches (60 kg), ring dips (clock malfunction)

Week 3

1. Muscle snatch: work up to max for the day (80 kg)
2. 3 rounds for time: 10 power snatches (60 kg), 30 double-unders—3:38

Week 4

1. Muscle snatch: work up to max for the day (92.5 kg)
2. Back squat: warm-up sets as needed, then 6 sets of 1 with 85 percent
3. Front squat: warm-up sets as needed, then 3 sets of 3 with 70 percent
4. 15, 12, 9 power snatches (60 kg), ring dips—3:53

Week 5

1. Muscle snatch: work up to max for the day (90 kg)
2. Back squat: warm-up sets as needed, then 1 set of 1 with 90 percent
3. 3 rounds for time: 10 power snatches (60 kg), 30 double-unders—3:16

Wednesdays

Week 1

1. 3-position clean: warm-up sets as needed, then 3 sets of 3-position cleans with 75 percent
2. Behind-the-neck jerk: work up to a medium single (130 kg)
3. 1 clean deadlift plus 3 shrugs from mid-thighs: 2 sets of 4 with 85 percent

Week 2

1. 2-position clean: warm-up sets as needed, then 3 sets of 2-position cleans with 85 percent
2. Behind-the-neck jerk: work up to a medium single—135 kg
3. 1 clean deadlift plus 3 shrugs from the mid-thighs: 2 sets with 90 percent

Week 3

1. Cleans from the high hang: 3 sets of 3 with 70 percent
2. Behind-the-neck jerk: 3 sets of 3 with 70 percent

Week 4

1. Clean: 3 sets of 1 with 90 percent
2. Behind-the-neck jerk: work up to a medium single (140 kg)
3. Clean pull: 2 sets of 3 with 100 percent

Week 5

1. Clean: work up to 1 set of 1 with 90 percent
2. Behind-the-neck jerk: work up to 1 set of 1 (140 kg)
3. Clean pull: 2 sets of 3 with 100 percent

Thursdays

Week 1

1. Muscle snatch: work up to a medium single (80 kg)
2. Front squat: work up to 6 sets of 3 with 75 percent
3. Back squat: work up to 3 sets of 3 with 70 percent
4. 3 rounds for time: 10 handstand push-ups, 20 sit-ups, 30 double-unders—5:20

Week 2

1. Muscle snatch: work up to a medium single (80 kg)
2. Front squat: work up to 6 sets of 2 with 85 percent
3. Back squat: work up to 3 sets of 3 with 70 percent
4. 3 rounds for time: 50 double-unders, 21 kettlebell swings (24 kg), 12 pull-ups—6:36

Week 3

With a 15-minute time cap: 200 double-unders, then rounds of 10 power cleans (60 kg), 15 pull-ups—6 rounds plus 10 power cleans

Week 4

1. Muscle snatch: work up to a medium single (80 kg)
2. Front squat: work up to 6 sets of 1 w/ 90 percent
3. Back squat: work up to 3 sets of 3 with 70 percent
4. 3 rounds for time: 50 double-unders, 21 kettlebell swings (24 kg), 12 pull-ups—6:04

Week 5

1. Front squat: work up to 1 set of 1 w/ 90 percent
2. 3 rounds: 100 double-unders, 50 hip extensions, 50 sit-ups—12:36



Everett uses the split style for snatching and cleaning. It's a less-common technique, but it works well for Josh.

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Fridays

Off

Saturdays

Week 1

1. Snatch: max for the day (112 kg)
2. Clean and jerk: max for the day (143 kg)
3. Rounds in 10 min: 6 squat cleans (135 lb.), 12 pull-ups, 24 double-unders—5 rounds plus 18 reps

Week 2

1. Snatch: max for the day (110 kg)
2. Clean and jerk: max for the day (140 kg)
3. Rounds in 10 min: 6 squat cleans (125 lb.), 12 pull-ups, 24 double-unders—6 rounds plus 15 reps

Week 3

1. Snatch: max for the day (112 kg)
2. Clean and jerk: max for the day (140 kg)
3. Rounds in 10 min: 6 squat cleans (125 lb.), 12 pull-ups, 24 double-unders—6 rounds plus 10 reps

Week 4

1. Snatch: max for the day (115 kg)
2. Clean and jerk: max for the day (142 kg)
3. 4 rounds for time: 6 squat cleans (125 lb.), 12 pull-ups, 24 double-unders—4:54

Week 5

1. Snatch: max for the day (112 kg)
2. Clean and jerk: max for the day (142 kg)
3. 4 rounds for time: 6 squat cleans (125 lb.), 12 pull-ups, 24 double-unders—4:28

Sundays

Off

Week 6: Competition Week

I only worked out on Monday: rounds in 10 minutes of 6 power snatches (60 kg), 12 pull-ups and 24 double-unders—6 rounds plus 18 reps

The Method Behind the Madness

As you can see, I began my taper two weeks out. At two weeks out, I still hit it pretty hard, keeping the intensity up but dropping my volume quite a bit. The week of the event was basically spent resting and allowing my body to recover from the training. Remember: you don't get better while working out; you make your physiological adaptations during recovery.

Met-con: During this six-week preparation period, I was very specific to the events I was training for. I needed to be prepared for Isabel, not so much for my actual performance on Friday night but to have my body conditioned to high-rep power snatches with 60 kg so I wouldn't have a "fitness hangover" come Saturday morning. Therefore, Tuesday's met-con workouts always had snatches in them.



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Josh Everett loves a routine, so he was very happy to know the events going into the CrossFit-USAW Open.

In addition to the snatches, I also included ample low-back work. I've done Isabel twice before and know the low back is where I feel tight the next day. I wanted to be conditioned for this to mitigate any soreness that might come.

As for the double-unders ... I had gotten decent at double-unders in preparation for the CrossFit Games regional competition in the spring but had not done any since, and they had gone away. I got them back, though, with a fairly simple plan: each day I warmed up with 50



Everett's met-con training paid off in Colorado, where he was forced to deal with thinner air. Josh finished seventh in the triplet.

singles followed by 50 doubles. Some days took longer than others! In addition to my warm-up, I included double-unders in most of my met-cons.

As for time domains, I kept Tuesday's WODs pretty short to prepare me for Isabel, Thursday was intermediate for the most part, and Saturday's met-cons were very specific to the competition.

Speaking of Saturdays, Coach B's orders were to do the event triplet every Saturday. The workout is pretty brutal, and boy did it get old fast. I was never a fan of the workout, but by the time the event rolled around, I loathed it. Practicing it multiple times had its advantages, though. I got very familiar with when the pain would begin to set in (properly managing pain is a very important aspect of CrossFit success).

I was also mentally prepared for when the double-unders went away for a moment or two. I learned that a missed double-under wasn't as dire a situation as I had originally thought. While surely negative, broken sets were an opportunity to take a few deep breaths, recover, refocus and get back in the WOD. I learned not to panic, get frustrated or tense up, and this paid off at the meet.

The Results

Friday was the Isabel competition with Dave. We ended up tying at 1:06, but I had a huge 5-second PR! Now the true test of my training plan: how would my body respond and perform on Saturday?

I felt pretty good when I woke up on Saturday, then felt amazing during the snatch. I went 3 for 3, making 117 kg. It was my best snatch in several years, and I was good for more. During the clean and jerk, I missed my opening attempt due to lack of concentration but came back to make my next two lifts, finishing with 150 kg—again, my best lift in recent memory.

As for the triplet, I kept my head about me when I struggled with doubles, left everything I had on the court and finished with 6 rounds plus 7 reps—right about what I was hitting in training. That's pretty good considering I literally train at sea level and the air was very thin in Colorado Springs!

My efforts were enough to edge out a victory in the 85-kg weight class. In the immortal words of Hannibal from the A-Team, "I love it when a plan comes together."



About the Author:

One of the original CrossFit stars, Josh Everett has competed in three CrossFit Games, reaching the podium in both 2007 and 2008. Everett is a coach at Level 1 Certifications and CrossFit Olympic Lifting Certifications. He is the head strength and conditioning coach of the Tactical Athlete Program, Naval Special Warfare Group One.