

CFM SWOD FAQ

WHAT IS THE SWOD PROGRAM?

The Strength Workout of the Day (SWOD) is the pure strength training aspect of the new CrossFit Fort Meade programming.

IS THE SWOD PROGRAM FOR ME?

Yes, the SWOD is for anyone. By utilizing different strength programs, you can make large strength gains in a relatively short period time. Through these strength gains you will also see huge improvements in your conditioning.

The SWOD is tailored into individual athletic categories for each individual. In Apprentice/Craftsman or (LVL1) strength training, you will see a lot of squatting (back squat, front squat and overhead squat), shoulder pressing (and variations), more exposure to bench pressing (a deficiency in almost all the folks who CrossFit) and deadlifts. These lifts are the foundation for improving brute strength, and for building a sound foundation for the Olympic lifts.

Expert (LVL II) and Elite (LVL III) strength training will simply be more diverse with a broader range of movements and more Olympic weightlifting movements in order to break plateaus.

WHAT ARE THE EXPECTED RESULTS?

Get strong...keep your workouts short and hard... a recipe for success. By incorporating strength training regularly into our programming athletes will also build a strong foundation in good mechanics.

What is the schedule/how is it integrated into the daily programming?

The SWOD are separate from the daily WODs and follow a 2on/1off, 2 on/2 off schedule. Every attempt will be made to ensure there is little overlap between the two WODs.

WHEN SHOULD I DO THE SWOD?

The SWOD should either be performed before or on an a.m./p.m schedule from the daily WOD. If performing both the SWOD and daily WOD in the same session do the SWOD first then take a 5-15 minute break before performing the daily WOD.

WHAT IS THE DIFFERENCE BETWEEN A PULL-UP V. CHIN-UP?

A chin up is done with a supine grip (palms facing up or toward you), while the pull up is done with a prone grip (palms facing down or away from you). The two movements use the arm and upper-body muscles differently so both will be incorporated in the SWODs.

WHAT DOES "3X5 OR 8X2 OR 5X5" MEAN?

The first # means you perform that specified number of sets. The second # means you perform that specified number of repetitions at the same weight for all specified sets. This is after a proper warm up building up to this weight.

WHAT IS A "5, 5, 5, 5, 5" REPETITION SCHEME?

Perform 5 repetitions of each movement, adding weight to every set till you get to a maximal set of 5 repetitions. Yes, you add weight to every set in the hopes of reaching maximal effort.

WHAT DOES A 5 RM MEAN?

Repetition Max (RM) is the heaviest you can lift for 5 repetitions, without exhausting yourself before hand. Use a proper warm up then perform the heaviest set of 5 reps you can.

HOW LONG SHOULD I REST BETWEEN SETS ON THE SWOD?

Unless the rest time is specifically listed follow a 3 and 5 minute rest period between sets.

WHAT DO THE ATHLETE STRENGTH CATEGORIES MEAN?

Apprentice/Craftsman – Refers to an athlete that just started serious weight training, regardless of age. An athlete is normally considered at Apprentice/Craftsman level from Day 1 through 1 year of consistent strength training.

Expert – Refers to an athlete that has been strength training from 2 to 3 years. This is usually a athlete that is been training consistently for a few years and can lift either at or above their body weight (BW) on the majority of the basic lifts.

Elite – Refers to an athlete that has been strength training for many years and are so advanced in their % of weight they are lifting that linear improvement of strength no longer work. These athletes have been strength training for a number of years and gains have slowed. As a result a more complex program is needed to make strength and performance gains.

HOW WILL I KNOW WHEN I SHOULD MOVE FROM APPRENTICE/CRAFTSMAN TO EXPERT AND FROM EXPERT TO ELITE?

You will know as an athlete or will be instructed by a coach to move up. Progress will slow in your current strength training category and a new progression will be needed to continue improvement. Your strength and conditioning will have advanced, your experience will have progressed, and you will be more skilled and stronger at Olympic Weightlifting and the basic barbell lifts.