

# (Re)INTRODUCING FITNESS LEVELS

## GOALS OF KRIGER BOXPROGRAMMING

Before diving into how we will use the Level system the upcoming year it is important to first highlight our priorities when writing the box programming. The Box programming is one of the hardest programs to write because it should fit as many different individuals as possible. From the ones that train once a week and only care about getting a good sweat, to the members that train 5 times a week and also want to compete in CrossFit Competitions. In order for us to be able to prioritize we have three big focus points for the program:

### **1: Promote Health:**

Because of this it should always be possible to get the heart rate up no matter what session you attend during the week and this is also the reason that we have a ratio of 3:1 Basic Strength Movements to more technical ones. This is also why we have a variation in workout types and movements during the week to avoid strain injuries. For example after we started with the easier thursdays and sundays we saw a decrease in especially shoulder pain for the members following the program

### **2: Mastery:**

Our second goal with the program is to help members that follow it to feel Mastery and see progression over time. This includes getting better Conditioning/Endurance, Strength and learning new skills. This is the main reason that we do not shy away from programming Handstand Walk Progressions etc in the program as long as we feel that we have good enough progressions that gives everyone an outline for how they are going to progress. The Mastery aspect is why we now introducing the Level System from Beyond the Whiteboard a little more

### **3: Promote Community:**

Since the programming is done for Classes it is very important for us that the program we write helps in creating a better community at the box. For us this includes writing workouts the members want to attend, writing workouts that are within the equipment list of the box, and also have a good mix of team and individual workouts.

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Every member at a box that follows our program has access to Beyond The Whiteboard. This is the best app that we do know to log workouts on and in addition you have probably already noticed that it also has a Level System where for each workout you get a score from 0-99.

What we want to use this for more than we have done previously is to help you compare yourself to yourself to over time get better results. The Levels are also split into different categories which will make it easier for you to see what you maybe need to work more/less on in order to become a better overall athlete.

## **There are 8 different Fitness Level Categories:**

### **The first 4: Power Lifting, Olympic Lifting, Speed, Endurance**

These categories is test as Single Lift or modalities. Power lifting for example is tested by doing 1 RM Deadlift, 5 RM Press, 3 RM Back Squat and So on while some of the Endurance Tests includes: 5000 m Row, 10 000 m Run etc

### **The last 4: Bodyweight, Light, Heavy, Long**

These categories consist of CrossFit workouts that are classified in the different categories. In the Body Weight Category there are Benchmarks that only consist of Bodyweight Movements. Example of this is Cindy.

Note that most workouts are not included and what is deciding your Fitness Level and on the upcoming slides you can see which workouts we are choosing to include

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What we are changing this year is that we are putting into the system to use more of these Benchmark Workouts on a regular basis to hopefully motivate all our members of the program to compete more with themselves and to get an even better sense of mastery. This is in no way intended to invite competition but rather a way to track progress better and more often.

As a member following the program it is important to not care too much about every single test but more look at the broader picture. Our day to day readiness varies and do not let one of these tests dictate anything at all. Rather see training block to training block if you are getting the progress you are working for.

# **(Re)INTRODUCING FITNESS LEVELS**

## **What do I need to do to be included in the Fitness Level system?**

As long as you are logging your scores on Beyond The Whiteboard you do not need to do anything. Because we are now including more of the Fitness Level workouts in the daily Wods this will be updated automatically and you can choose yourself how much you want to follow it.

## **How often will we do Fitness Level Workouts?**

We will have a frequency of around one workout a week that are included in the Fitness Level. Note that this should be looked at as a regular training day where you should not feel any extra stress doing it.

Some Fitness Level workouts do not fit into a typical Box Program. 10 000 m Run/ Row etc will not be programmed in but rather be an optional workout that we will post on our website and in Beyond The Whiteboard when there is a good time to test it.

In the pages below you can see how the plan looks for the upcoming year of testing. We are currently working on getting some more workouts into the system so note that this is not an inclusive list of workouts and we will adjust it as we go. We will also in the start of each block note what workouts that are included in the Fitness Level so that it is easy for you to prioritize these days if this is something you feel helps with your motivation.

## **What if I do not do the Level 2 workout version?**

Right now there is only possible to get a Fitness Level from workouts that are done as the L2 version that we write. There is still a value in logging your score though since the workout will come back next year and you then can still track your progress and compete with yourself

## **Can you explain more what each category means?**

Yes, on the next pages you can read more about both each category and the workouts we are going to do this year

**POWER LIFT**

This is simply Power lifts like Deadlift, Squats, Press, Bench Press. In addition to that we are testing different RMs during the year for these movements the Level is also updated as you are doing a training session of the movements.

**OLYMPIC LIFTS**

The Olympic Lifts and variations of it: Snatch, Clean& Jerk, Power Clean, Power Snatch, Power Cleans etc

**SPEED**

Single modality test for our speed where we work for a really short time. Example of tests might include: 250 m Row, 100 m Sprint etc. These test will mainly be posted as an Optional Pre/Post WOD

**ENDURANCE**

Single modality test of our Endurance that includes test of 5000,1000 m Run. 5000,10000 m Row etc

**BODYWEIGHT**

The Bodyweight Category consists of movement workouts of bodyweight only. Cindy, 100 Burpees for time are workouts that are included in this category

**HEAVY**

The Heavy category includes workouts that are at the heavier side in terms of weights. Workouts like DT, Isabell are included in this category

**LIGHT**

The light category include weights but they are at the lighter side. Notable workouts like Helen, Jackie are included in this category

**LONG**

The Long category consist of workouts where you are often working for 20+ minutes. In this workout you might see both bodyweight only workouts and workouts including weights. Many of the Hero workouts are in this category. Example of workouts are: Murph, Filthy Fifty

**STRENGTH**

- January-March:** 5 RM Back Squat, 10 RM Deadlift, 1 RM Bench Press
- April-June:** 1 RM Back Squat - 1 RM Deadlift - 1 RM Strict Press
- July-September:** 10 RM Back Squat, 5 RM Bench Press, 3 RM Strict Pull Ups
- October-December:** CrossFit Total- 1 RM Front Squat

**OLYMPIC LIFTS**

- January-March:** 1 RM Snatch- 1 RM Clean & Jerk
- April-June:** 1 RM Power Snatch- 1 RM Hang Squat Snatch
- July-September:** 1 RM Power Clean, 1 RM Split Jerk
- October-December:** 1 RM Squat Clean

**SPEED**

- January-March:** Row 250 m FT (Post WOD)
- April-June:** Run 1000 m (Optional WOD)
- July-September:** Row 500 m
- October-December:** Row 1000 m (Optional WOD)

**ENDURANCE**

- January-March:** Row 2000 m
- April-June:** Run 5000 m (Optional Pre WOD)
- July-September:** Run 10000 m (Optional Pre WOD)
- October-December:** Row 5000 m (Optional Pre WOD)

**HEAVY**

- January-March:** DT,13,1, 11.3
- April-June:** Rankel, Thruster Run BM
- July-September:** Ingrid, FS/BPU BM
- October-December:** DL+DU BM

**LIGHT**

- January-March:** Fight Gone Bad, Diane,11.1
- April-June:** Helen, The Chief, 13.4
- July-September:** 18.2, Hope, 13.2
- October-December:** Fran, 11.2, 20.1

**BODYWEIGHT**

- January-March:** 100 Double Unders for time, Cindy,
- April-June:** Nicole, DU-Run,
- July-September:** Row-DU-Burpee, Annie
- October-December:** 21.1, GI Jane

**LONG**

- January-March:** The Seven, The Ghost
- April-June:** Murph, Hotshots 19, Lumberjack, Nutts++
- July-September:** Kelly, Wittman, WOOD, Bulger
- October-December:** Filthy Fifty, Morrison, FT: Run-DU-Burp++

# Takeaways

We want to be clear that this is not any big changes in the programming but only a way for you as a member to make it easier to follow your progress and a new system for what workouts we are using.

In terms of what workouts are in what categories our goal in the future is to be able to get more workouts in that fits the description but for now we are limited to the ones BTWB has put in. There is also work that are being done in including scaled workouts into the model.

If you want to learn more about the Fitness Level System you can read it from BTWB website:

<https://support.btwb.com/en/support/solutions/articles/35000172952-workout-levels-fitness-levels-how-do-they-work->

<https://support.btwb.com/en/support/solutions/articles/35000172935-how-do-i-update-my-fitness-level-rating->

Also read the text about the feature Analyze which can help you and your coach to find strength/weaknesses:

<https://support.btwb.com/en/support/solutions/articles/35000172931-what-is-analyze->