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New Programming Cycle - Open Prep Start Tomorrow

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New Programming Cycle - Open Prep Starts 1/12/26

We are starting the CrossFit Open Phase! This phase runs 1/12/26 - 2/22/26 leading us to the CrossFit open.

Information from HWPO about this phase:

GOAL: Prepare members for the CrossFit Games Open by exposing them to common Open-style movement combinations, skills and overall General Physical Preparedness. At the same time, we will consistently offer fitness-focused options to ensure this cycle remains inclusive for members who are not prioritizing the Open.

- Improve familiarity with **common movement pattern pairings** (Push/Pull, Grip Endurance, Strength & Skill Endurance)
- Increase confidence **performing skills under fatigue**
- **Expose members to strength work after conditioning, crucial for safety when intensity hits high.**
- **Build better decision-making around pacing, transitions, and movement selection**

Strength Work:

- **Back Squat Progression:** Dedicated Back Squat Progression present 1x/Week + Accessories
- **Strength Post Metcon:** We will sprinkle in max lifts or heavy lifts post metcon.
- **Heavy Lifting in Metcons:** You will see progressive loading in metcons (loads increase throughout the workout)

Goat Days: Skill practice & conditioning:

- These sessions allows members to:
 - Choose 1–2 movements they want to improve (members will choose from options with provided progressions)
 - Accumulate quality reps in a controlled format
 - Practice skills without excessive fatigue or pressure
- Movements may include:
 - Gymnastics skills
 - Olympic lift variations
 - Weakness-based conditioning elements

Day to Day Calendar

1 Week 3 Jan 12th to 18th	Olympic Weightlifting + Light Metcon	Back Squat + Metcon	Goat Day	Metcon + Strength	Open Re-do / Long Metcon	Individual Metcon Or Team Wod	Skill Practice + Interval Metcon
2 Week 4 Jan 19th to 24th	Long Metcon	Metcon + Strength	Back Squat + Metcon	Olympic Weightlifting + Light Metcon	Open Re-do	Individual Metcon Or Team Wod	Goat Day
3 Week 5 Jan 25th to Feb 2nd	Metcon + Strength	Olympic Weightlifting + Light Metcon	Long Metcon	Back Squat + Metcon	Goat Day	Individual Metcon Or Team Wod	Skill Practice + Interval Metcon
4 Week 6 Feb 3rd to 9th	Open Re-do	Long Metcon	Metcon + Strength	Olympic Weightlifting + Light Metcon	Back Squat + Metcon	Individual Metcon Or Team Wod	Goat Day
5 Week 7 Feb 10th to 16th	Back Squat + Metcon	Goat Day	Olympic Weightlifting + Light Metcon	Long Metcon	Metcon + Strength	Individual Metcon Or Team Wod	Skill Practice + Interval Metcon
6 Week 8 Feb 16th to 22nd	Olympic Weightlifting + Light Metcon	Open Re-do	Back Squat + Metcon	Metcon + Strength	Long Metcon	Individual Metcon Or Team Wod	Goat Day

HWPO Program Cycles

For those of you that would like to see more information about what programming cycles are coming up, I have linked a [document here](#). Information has also been posted at the gym.

Unlimited Memberships include Additional HWPO Tracks

Unlimited members also receive access to the following HWPO tracks:

- **Accessory** (M lower, Tu upper)
- **EMOM** (M, Tu)
- **Sweat** (M, Tu, W, Th, F, S)
- **Hyrox** (M, Tu, W)
- **Focus** (M, Tu, and sometimes W) - runs cycles throughout the year, see linked document above for more info

-When in Wodify/Workout

-Click the Down Arrow next to Driftless CrossFit

-You will see the HWPO Programs on listed days of the week

-You may "sign into" the class/specific open gym to log your scores.

-Sign in is allowed 7 days before through 7 days after the programmed day.

-If you have have questions on how to access or utilize the extra tracks, reach out!

Happy training! As always, reach out if you have any questions,

Jen Pinnow

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