



CROSSFIT SKILL TRAINING · 3 SESSIONS PER WEEK

SKILL BUILDER

HOW TO USE

A three-session weekly format you can run on any skill or movement. Three levels, one rule: only good reps. Film every session, add volume every week you repeat.

3

SESSIONS / WEEK

3

LEVELS

1-2

DRILLS / SESSION

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HOW TO USE

L1

L2

L3

This is a 3x-per-week format you can use to make progress with any skill or movement. Pick the skill you want, start at Level 1, and run the three sessions each week.

01

ONLY GOOD REPS

The best thing you can do for any skill is make sure you are practicing it properly and only doing good reps. Quality first. Volume is built on top of it, never instead of it.

02

FILM IT. POST IT.

During your sessions, film your movements and post them in the community under **Technique Feedback**. That is how you make sure you are practicing correctly and not developing bad patterns.

03

STAY AS LONG AS YOU NEED

Stay at each level for as many weeks as it takes to meet your goals. There is no prize for rushing to Level 3 with a pattern that only holds up when you are fresh.

04

REPEAT THE WEEK, ADD VOLUME

Every time you repeat a week, add volume or reduce the rest period. If you did 3 reps in week 1 at Level 1, do 4 reps in week 2, and so on.

THE THREE LEVELS

LEVEL 1

THE SKILL ONLY

No added fatigue. Build the pattern.

LEVEL 2

THE SKILL WITH ADDED FATIGUE

Hold the pattern while your breathing goes up.

LEVEL 3

ADDED FATIGUE, PUSHING YOUR LIMITS

Find the breaking point. Then move it.

EVERY SESSION ENDS WITH ACCESSORY OR MOBILITY WORK

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. If you are not sure what to pick, post a video and ask in the community.



LEVEL 1

THE SKILL ONLY. NO ADDED FATIGUE.

L1

L2

L3

SESSION

01

WARM UP

- 2-5 min steady-state cardio
- 1-2 mobility drills

SKILL WORK

EMOM 8 MINUTES

1-5 perfect reps of skill choice

COACH NOTE This depends on the skill, but ideally start with a 1:3 work-to-rest ratio. If you work the skill for 0:15, rest for 0:45, and repeat that for 8 sets.

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Not sure what to pick? Post a video and ask in the community.

SESSION

02

WARM UP

- 2-5 min steady-state cardio

SKILL WORK

5 ROUNDS FOR MAX REPS

Max reps of skill choice

1:00 on, 2:00 rest

COACH NOTE This is about pumping a lot of volume in and staying consistent while fatigue starts to build.

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 1.

SESSION

03

WARM UP

- 2-5 min steady-state cardio

SKILL WORK

DEATH BY...

MINUTE 1 1 rep of skill choice

MINUTE 2 2 reps

MINUTE 3 3 reps

MINUTE 4 4 reps

MINUTE 5 5 reps

AND SO ON until failure

COACH NOTE This is about finding your breaking point with the skill. Take each round as one unbroken set, or accumulate volume across the minute as your time shrinks. Depending on the skill and your proficiency, add more or fewer reps per round (double unders, for example: 10, 20, 30...).

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 2.



LEVEL 2

THE SKILL WITH ADDED FATIGUE.

L1

L2

L3

SESSION

01

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

EMOM 8 MINUTES

8 burpees, into
1-5 perfect unbroken reps of skill choice

COACH NOTE This depends on the skill, but ideally start with a 1:1 work-to-rest ratio. In your first round you should have about 0:30 to rest. Your rest will shrink as fatigue accumulates over the 8 minutes. Add unbroken reps to the skill as your proficiency increases week over week.

ACCESSORY /
MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Not sure what to pick? Post a video and ask in the community.

SESSION

02

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

5 ROUNDS FOR MAX REPS

1:00 bike / row / ski
1:00 skill
1:00 rest

COACH NOTE Pump a lot of volume in and stay consistent while fatigue builds. This is now a 2:1 work-to-rest ratio, which teaches your body to recover faster during activity.

ACCESSORY /
MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 1.

SESSION

03

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

EVERY 2:00 UNTIL FAILURE

Run 200m
1-3 reps of skill choice*

*Every round, add 1-3 reps to the pattern until you can no longer complete it inside the 2:00 window.

COACH NOTE Focus on holding pace. Reps do not have to be unbroken; the focus is accumulating quality reps of the movement. Depending on the skill and your proficiency, add more or fewer reps per round (double unders, for example: 10, 20, 30...).

ACCESSORY /
MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 2.



LEVEL 3

ADDED FATIGUE. PUSH YOUR LIMITS.

L1

L2

L3

SESSION

01

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

RACE TO 30-100 REPS*

Skill of choice

Every break: 20/16 cal Echo Bike

Cap: 5 sets or 20 minutes

*Choose a number appropriate for the selected skill.

COACH NOTE DO NOT GAME THIS. Go for broke on the first set, then try to hang on. The point is to get yourself to a place where you are ragged.

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Not sure what to pick? Post a video and ask in the community.

SESSION

02

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

3 ROUNDS FOR MAX REPS

25 burpees to a 6" target

Max unbroken reps of skill choice

3:00 rest

COACH NOTE This should be almost a full recovery between rounds. Try to hit the same number of unbroken reps, or very close to it, every round.

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 1.

SESSION

03

WARM UP

- 3-5 min steady-state cardio
- 3-5 min focused mobility

SKILL WORK

EVERY 2:00 UNTIL FAILURE

5-20 unbroken reps of skill choice, then

Thrusters 95/65: 4, 8, 12, 16...*

*Every round: repeat the skill set, add 4 thrusters. Stop when you can no longer finish the thrusters inside the 2:00 window.

COACH NOTE Work the skill for no more than 30 seconds. The volume does not have to be near your max set, but it should be a repeatable, unbroken set every round. As the thruster volume climbs, the skill gets harder and harder to complete.

ACCESSORY / MOBILITY

Select 1-2 accessory or mobility exercises from the [Drill Library](#) that target your weaknesses in the skill. Same or different from Session 2.



FILM IT. POST IT. FIX IT.

Good reps build the skill. Bad reps build a habit you will have to unlearn later. Post your clips under Technique Feedback in the SkillWOD community so your pattern gets checked before it gets grooved.

01

PICK ONE SKILL

Muscle-up, toes-to-bar, handstand walk, double unders, strict pull-up. One skill per cycle.

02

RUN LEVEL 1

Three sessions this week. Film the skill work. Pull 1-2 drills from the [Drill Library](#) for each session.

03

REPEAT, THEN CLIMB

Add reps or cut rest each time you repeat a week. Move up a level when the pattern holds.

JOIN SKILLWOD ON SKOOL

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Post your clips under Technique Feedback