

	Monday
Oly- Sn, Heavy	1. Pause snatch + OHS *pause 3 seconds at hang position with weight in heels and shoulders out over the bar. If you wuss out and let your shoulder stay in line with bar, everyone does burpees. 2. Hang Snatch High Pull, 5x8
Gym Skill- HSW	15 min practice on handstand walking Additional difficulty: traverse elevation (Monte Sano, Rainier, Kilimanjaro, etc)
Pressing- Overhead	Press + 2 push press + sn grip behind the neck push press Find a 1RM in the complex
Strongman- Squatting	Back Squat Party Men: Start at 135 lb. Perform 2 back squats EMOM. Add 10 lbs per minute up to 225 lbs. Add 5 lbs per minute thereafter. Women: Start at 75 lbs. Perform 2 back squats EMOM. Add 10 lbs per minute up to 135 lbs. Add 5 lbs per minute thereafter.

	Tuesday
Oly- Sn, Technique	A. Find a 3RM snatch balance B. Snatch pull, 6x3 heavy!
Gymnastics Skill- MU	Density Training- Set a new goal number of max effort unbroken muscle ups. EMOM 6 min perform this many reps: $(\text{goal} * 2) / 6$ If this is a fractional number (eg 2.4) then do different numbers of reps each minute. Total reps for the workout should always be your goal x 2. For example, my goal is 12 unbroken reps. Today I will perform 24 total MUs using this scheme, EMOM: 4-4-4-4-4-4
Speed/Agility	6 Rounds 20m sled drag + 40m sprint, rest by walking back to start and resetting sled *Drag the sled as fast as possible, then at the 20m mark, drop the sled straps and sprint as fast as possible. Sled should be heavy but you should be able to move it smoothly and with a little speed for the 20m.
Conditioning	AMRAP 6 min 5 CTB pullups 20 DUs

	Wednesday
Oly- CJ, Heavy	A. Find a 1RM bear complex, jerks allowed B. Press from split position, 5x5 moderate
Strongman- Deadlifting	Partner Strongman Kalsu 100 tire flips EMOM, starting at 0:00, 3 burpees 30 min cutoff *partner or triple up so the tire is the correct difficulty
Gymnastic Strength	Partition as needed 50 V-outs 75 ring pushups 100 strict pullups
Conditioning	50 burpees 40 TTB 30 thrusters @ 75/ 55 lb 20 box jumps (step down) @ 32/28"

	Thursday
Endurance Row	3 rounds 500m rest 60 sec 300m rest 60s 100m rest 4 min Intent is to hold same pace for each interval. Pick something doable for the 500m piece for all three rounds and try to hold that for each 300m and 100m piece as well

	Friday
Oly- CJ, Technique	1. Clean from blocks at mid-thigh, 5x2 2. Behind the neck jerk, find a heavy single for the day
Gymnastic Skill- HSPU	Density Training- Set a new goal number of max effort strict HSPU. EMOM 6 min perform this many reps: $(\text{goal} * 2) / 6$ If this is a fractional number (eg 2.4) then do different numbers of reps each minute. Total reps for the workout should always be your goal x 2. For example, my goal is 24 unbroken reps. Today I will perform 48 total HSPUs using this scheme, EMOM: 8-8-8-8-8-8
Pressing- Bench	1. Band assisted bench press, find a heavy single 1.1. Hang heavy bands from the top of pullup cage and around the barbell. Green bands recommended. You will have to play with band configuration to get length/height correct. Intent is that the bands provide *significant* help out of the bottom of the bench press. You should be able to handle loads above your 1RM standard bench press. 2. Every 30 seconds for 10 rounds, 2 speed bench presses @ 65% 1RM 2.1. "speed" refers to the concentric portion of the lift (pushing from your chest to lockout). Control the bar down to your chest, then drive up as explosively as possible, using force as if the bar weighs much more than it actually does.
Strongman- carry	AMRAP 20 min

50' fat bar carry on back @ a crushing load

50' fwd sled drag @ 130/90 lb

50' backward sled drag @ 130/90 lb

*The fat bar carry simulates a yoke carry. Set up two racks 50' apart. Move the fat bar from one rack to the other. The fat bar makes the exercise better by spreading the load along a larger area. You are able to carry a very large load, probably greater than your 1RM back squat. Don't be afraid of the numbers. If you're able to walk with any speed or grace, it's too light. This isn't a traditional 20 min metcon. It's 20 min of work, but you may have to rest significantly at some points. Work in with your teammates as needed.

	Thunderdome Saturday
	In 9 min run 1 mile AMRAP power snatch @ 155/ 105 lb rest 5 min In 10 min 50 CTB pullups 25 back squats @ 225/145 lb rest 5 min 3 RFT 25' handstand walk 20 wall ball shots @ 25-30 lb/ 20 lb 10 push press/jerk @ 155/105 lb