

	Monday
Skill Work	10 minutes of dedicated handstand walking skill work. (This can be done as a warm-up instead of at the end of training)
Oly	A little info on the program. It is an 11 week cycle designed to peak for the Arnold (1st week in march). This program is broken up into 3 phases. phase 1 (weeks 1-3) is high volume with relatively low intensity. This is designed to promote technique development, strength, and hypertrophy(cross sectional diameter of the muscles). Phase 2(weeks 4-6) is moderate volume with moderate intensity. This is designed to promote strength, power and skill. Phase 3 (weeks 7-13) is low volume with high intensity. This is designed to promote power, skill and competition prep. – Dave Fleming 1) Snatch pull (%1rm sn) – 1×5@60%, 1×5@70%, 1×5@80%, 1×5@90%, 1×5@100%, 1×5@90% 2) Power jerk (%1rm power jk) – 1×5@50%, 1×5@60%, 1×5@70%, 1×5@80%, 1×5@80+% (establish 5rm), 1×5@70% 3) Rdl (%1rm clean) – 1×5@50%, 1×5@60%, 1×5@70%, 2×5@80%, 1×5@70% (From OB 150106)
Gymnastic Skill- HSPU	Density Training- EMOM 5 min perform this many reps: (goal * 2)/ 5
CFI Class	Front Squat 5x6 @ 60, 65, 70, 75, 80% -then- Backwards Lunge 3×6 (3 each leg), moderate

	Tuesday
Skill Work	Spend 10 minutes working on one-arm handstand holds. (Parallettes are easier than from the ground)
Oly	1) Snatch – 1×5@50%, 1×5@60%, 1×5@70%, 1×5@80%, 1×5@80+% (establish 5rm), 1×5@70% 2) Overhead lunge (clean/jerk grip) – 2 each leg (%1rm jerk) – 1×1@50%, 1×1@60%, 1×1@70%, 1×1@80%, 1×1@70% *at each percentage, do 2 reps per leg. 3) Power clean (%1rm power clean) – 1×5@50%, 1×5@60%, 1×5@70%, 2×5@80%, 1×5@70% 4) Pause Jerk* (%1rm clean) – 1×5@50%, 1×5@60%, 1×5@70%, 1×5@80%, 1×5@70% *Pause at bottom of jerk dip for 2 seconds (from OB 150107)
CTB Pullup Progression	Day 9 7x10, rest 50 seconds between sets
CFI Class	*Treat the first 15 min as a warmup. Do not try to find a 1RM unless you just feel awesome about it. 15 minutes to find a 1RM Power Snatch -then- “Randy” For time: 75 Power Snatches @ 75#/55#

	Wednesday
CFI Class	12 min to find a 4RM Push Press -then- EMOM5 4 reps @75% of 4RM -then- 21-15-9 Double Kettlebell Thrusters Pullups Rx loads: Men: 50-55# DBs or 53# KBs Women: 30-35# DBs or 35# KBs
Skill Work	Spend 15 minutes working on bar pullovers (aka College Boy Roll). If you can do one, work on linking them.

	Thursday
Strongman	Partner Chipper 20 Log Carries, 35' 20 Atlas Stone to Shoulders 20 Overhead Keg Carries, 30' 20 Prowler Pushes, 35' Only one partner can work at a time. If groups of three add 10 reps of each movement. Make all loads as heavy as you can reasonably manage.

	Friday
Oly	1) Power snatch (%1rm power sn) – 1×5@50%, 1×5@60%, 1×5@70%, 1×5@80%, 1×5@80+% (establish 5rm), 1×5@70% 2) Jerk balance(%1rm jerk) – 1×5@50%, 1×5@60%, 1×5@65%, 3×5@70% 3) Press behind head from split position – Work up to 3 sets of 5 at max intensity 4) Overhead squat (%1rm sn) – 1×5@50%, 1×5@60%, 1×5@70%, 1×5@80%, 1×5@70% <u>(from OB 150109)</u>
CFI Class	12-9-6-3 Muscle-Ups Deadlifts @ 60% of 1RM

	Thunderdome Saturday
	Workouts from Wodapalooza 2015 In 10 minutes complete Event 6 “Double Shuttle” 100m shuttle run 100 double unders 100m shuttle run -then- In 15 minutes complete Event 7 “TRL” 40 TTB 30 cal row 65’ OH walking lunge @ 170/115 lb -then- For time: Event 8 “Splits and Jumps” 10-8-6-4-2 Burpee box jump over Dumbbell split snatch (alternating arms) @ 100/ 70 lb or scaled to whatever you have available http://www.thewodapalooza.com/wod