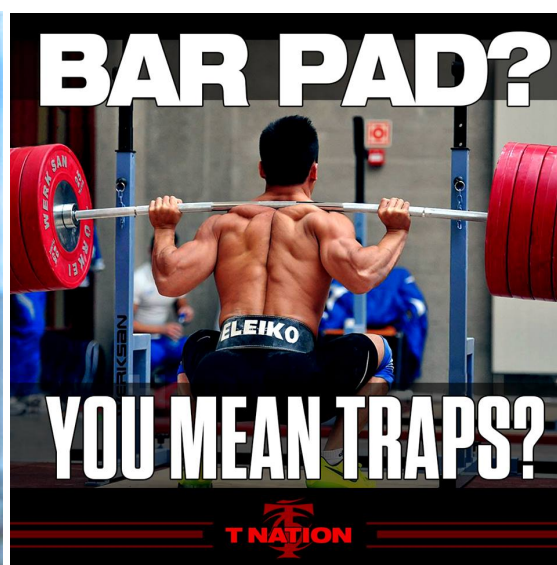
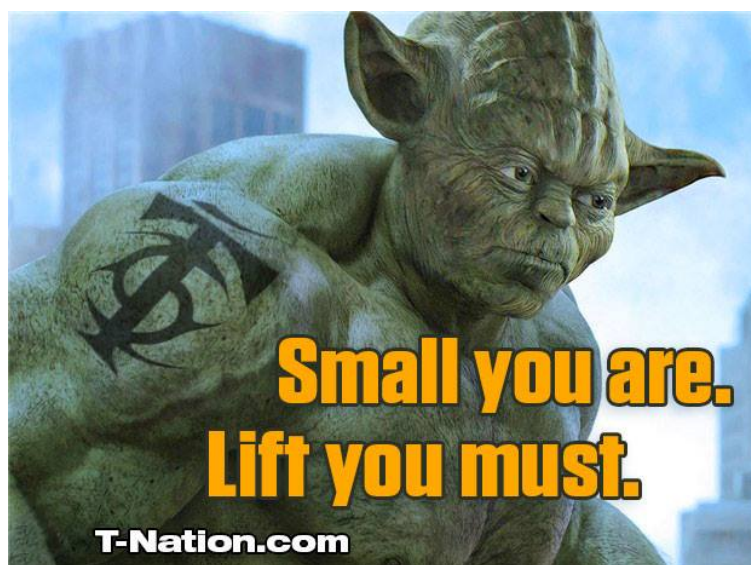


	Monday
Oly	Find a 1RM in the complex Snatch first pull + snatch first pull + snatch *first pull is from ground to bar just below the knee
Upper Body Split 1	- Shoulder Press- 10x3 - Hang Snatch High Pull- 10x3 - Bar Dips, weighted- 3x8, 30X0 tempo - Kroc Rows- 3x8, 30X0 tempo Kettlebell windmill+ Kettlebell Palm Clean and Press Find a 1RM for the day. *Alternate exercise A and exercise B until you have completed all sets of both. Rest 60 seconds between A and B. This applies throughout the program.
Conditioning	CFI Class 3-4x In & Out Ladder Drill and Lateral Hop Drill -then- 10x Deadlift + Shuttle Sprint Deadlift load: Rx: 385/235# Gold:315/195# Silver:275/155 Bronze: 225/125# *Recommend going gold at max after Friday's deadlifts.

	Tuesday
Oly	Find a heavy single push jerk for the day. *Use this time to work on jerk technique. Don't continue to add weight if you are pressing out. If technique limits you and not strength, then perform several sets of singles at a challenging but doable weight.
Lower Body	- Front Squat- 10x3 - GHR- 10x3 - Stiff Legged Deadlifts - 3x8 - Weighted Step-ups, front rack, 18"/16" box- 3x8
Finisher	Double Trouble: (Try a heavier kettlebell than last week) For time: 5 double KB swings + 5 double KB clean and press + 5 double KB front squats + 5 double kettlebell push presses repeat for 4 reps each repeat for 3 reps each repeat for 2 reps each repeat for 1 rep each



Deload Begins

	Wednesday
Recovery and Mobility	1. 25 min conversational pace row and airdyne. Change between row/AD whenever you want. 2. Shoulder and T-Spine mobility. Spend 15-20 minutes on the drills you need most.

	Thursday
Conditioning	CFI Class 10 HSPU 1 back squat @ 165/105 lb 9 HSPU 2 back squats 8 HSPU 3 back squats 7 HSPU 4 back squats 6 HSPU 5 back squats 5 HSPU 6 back squats 4 HSPU 7 back squats 3 HSPU 8 back squats 2 HSPU 9 back squats 1 HSPU 10 back squats

	Friday
Oly	Find 1RM power clean
Recovery and Mobility	15-20 minutes on your most-needed hip and leg mobility drills

	Thunderdome Saturday
	CFI 9 AM Class 15 min to work up to a heavy Husafel Stone Carry -then- 2010 CrossFit Games Southeast Regional Event 4 For Time: 500m Row 25 Lateral Burpees over an ABMAT 500m Row 25 Lateral Burpees over an ABMAT *I did this event in 2010 at regionals in Jacksonville, FL. It was bad. The lateral burpees had to be 2-foot takeoff and 2-foot landing. No hop-stepping at all or it was a no-rep. My judge was very good at enforcing this. I placed 55th out of 67 competitors in this workout. I completed it in 6:58. -Jeff