

Training Log

Beginning of Week 1

September 27 2020 (L)

- 3(1) 20kg Military Press
 - Superset
- 3(1) Chin Up
 - 30 second rest between Rungs/Sets
- 6 minute 20kg Snatch
 - 2L/2R each Minute
 - 24 Total Snatches

September 28 2020 (M)

- 3(1,2) 20kg Military Press
 - Superset
- 3(1,2) Chin Up
 - 30 second rest between Rungs/Sets
- 10 minute 20kg Snatch
 - 1L/1R each Minute
 - 20 Total Snatches

September 29 2020 (O)

- Off

September 30 2020 (V)

- 5 x 1 24kg Turkish Get Up
- 3 x 3 24kg Snatch

October 1st 2020 (H)

- 3(1,2,3) 20kg Military Press
 - Superset
- 3(1,2,3) Chin Up
 - 30 second rest between Rungs/Sets
- 7 minute 20kg Snatch
 - 2L/2R each Minute
 - 28 Total Snatches

October 2nd 2020 (O)

- Off

October 3rd 2020 (V)

- 2 x 1 24kg Turkish Get Up
- Tested my two arm active hang just for fun and got 2 minutes.

End of Week 1 Thoughts

- I need to be more diligent on mobility and flexibility work.
 - In addition to my other mobility work I'll be doing 3 x 5 Prying Goblet Squats.
- Diet will be cleaned up this week :
 - No more fast food trips.

- Daytime
 - Coffee
 - Tea
 - Zero Cal Energy Drinks
 - Fruit
 - Vegetables
 - Whey Protein
 - Milk
- Nighttime
 - Vegetables
 - Steamed Vegetables
 - Dairy
 - Whole Grain
 - Lunchmeat
 - Cheese
 - Peanut Butter
 - Fruit

Beginning of Week 2

October 4th 2020 (V)

- 5 x 1 24kg Turkish Get Up
- Cook Style
 - 24kg Single Rack Carry
 - 24kg Suitcase Carry

October 5th 2020 (L)

- 3(1) 20kg Military Press
 - Superset
- 3(1) Chin Up
 - 30 second rest between Rungs/Sets
- 6 minute 20kg Snatch
 - 2L/2R each Minute
 - 24 Total Snatches

October 6th 2020 (M)

- 3(1,2) 20kg Military Press
 - Superset
- 3(1,2) Chin Up
 - 30 second rest between Rungs/Sets
- 7 minute 20kg Snatch
 - 2L/2R each Minute
 - 28 Total Snatches

October 7th 2020 (O)

- Off Day

October 8th 2020 (V)

- 5 x 1 24kg Turkish Get Up

October 9th 2020 (H)

- 4(1,2,3) 20kg Military Press
 - Superset
- 4(1,2,3) Chin Up
 - 30 second rest between Rungs/Sets
- 9 minute 20kg Snatch
 - 1L/1R each Minute
 - 18 Total Snatches

October 10th 2020 (O)

- Off Day

End of Week 2 Thoughts

- Everything is going well. As always more mobility and flexibility work.
- This week I will be jumping rope a little bit in the morning. Going to roll dice to keep the time random.
- Adding in some weighted chin ups, basically only on light days.

Beginning of Week 3

October 11th 2020 (L)

- 4(1) 20kg Military Press
 - Superset
- 4(1) Weighted Chin Up w/ 35lbs
 - 30 second rest between Rungs/Sets
- 5 minute 20kg Snatch
 - 2L/2R each Minute
 - 20 Total Snatches

October 12th 2020 (V)

- 5 x 1 24kg Turkish Get Up
 - Superset
- 5 x 3 24kg Goblet Squat
 - Bell held by Body/Horns Towards Me

October 13th 2020 (M)

- 4(1,2) 20kg Military Press
 - Superset
- 4(1,2) Weighted and Unweighted Chin Up
 - 30 second rest between Rungs/Sets
 - First rep of chin ups were weighted down with 35lbs.
- 3 minute 20kg Snatch
 - 2L/2R each Minute
 - 12 Total Snatches
- 30 Jumps Skipping Rope
 - For the amount of minutes I get for snatches. I add a zero for my amount of rope skipping for the day.

October 14th 2020 (H)

- 5(1,2,3) 20kg Military Press
 - Superset
- 5(1,2,3) Chin Up
 - 30 second rest between Rungs/Sets
- 6 minute 20kg Snatch
 - 1L/1R each Minute
 - 12 Total Snatches

October 15th 2020 (O)

- Off Day
- Had an unscheduled cheat day to celebrate Call of Duty Cold War beta release.

October 16th 2020 (V)

- 5 x 1 24kg Turkish Get Up
 - Superset
- 5 x 3 24kg Goblet Squat
 - Bell held by Body/Horns Towards Me
- 5 x 1 20kg Chin Up

October 17th 2020 (O)

- Off Day

Beginning of Week 4

October 18th 2020 (L)

- 5(1) 20kg Military Press
 - Superset
- 5(1) Weighted Chin Up w/ 35lbs
 - 30 second rest between Rungs/Sets
- 12 minute 20kg Snatch
 - 1L/1R each Minute
 - 24 Total Snatches

October 19th 2020 (V)

- 5 x 1 24kg Turkish Get Up
 - Superset
- 5 x 3 24kg Goblet Squat
 - Bell held by Body/Horns Towards Me
- 5 x 1 20kg Chin Up

October 20th 2020 (M)

- 5(1,2) 20kg Military Press
 - Superset
- 5(1,2) Weighted and Unweighted Chin Up
 - 30 second rest between Rungs/Sets
 - First rep of chin ups were weighted down with 35lbs.
- 9 minute 20kg Snatch
 - 1L/1R each Minute

- 18 Total Snatches

October 21st 2020 (V)

- Carried all my new bells up a flight of stairs.
 - 2 x 32
 - 2 x 36
 - 2 x 40
- Some rope skipping. Done for entirely too long by the way.

October 22nd 2020 (H)

- 5(1,2,3,4) 20kg Military Press
 - Superset
- 5(1,2,3,4) Chin Up
 - 30 second rest between Rungs/Sets
- 7 minute 20kg Snatch
 - 1L/1R each Minute

- 14 Total Snatches

October 23rd 2020 (O)

Off Day

End of Rite of Passage 20kg.

Beginning of 16kg Return of the Kettlebell Extended Grind Block

October 24th 2020 (H)

- Fighter Pull Up Plan 3RM - Day 1
 - Done first thing in the morning as I prepare for the day.
- 3(1,2,3) 16kg Double Kettlebell Military Press
- 3(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

Starting Week One of 16kg Return of the Kettlebell Extended Grind Block

October 25th 2020 (L)

- Fighter Pull Up Plan 3RM - Day 2
 - Done first thing in the morning as I prepare for the day.
- 3(1) 16kg Double Kettlebell Military Press
- 3(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

October 26th 2020 (M)

- Fighter Pull Up Plan 3RM - Day 3
 - Done first thing in the morning as I prepare for the day.

- 3(1,2) 16kg Double Kettlebell Military Press
- 3(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

October 27th 2020 (H)

- Fighter Pull Up Plan 3RM - Day 4
 - Done first thing in the morning as I prepare for the day.
- 4(1,2,3) 16kg Double Kettlebell Military Press
- 4(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

October 28th 2020 (V)

- Fighter Pull Up Plan 3RM - Day 5
- 5(1) 28kg Turkish Get Up
- 28kg Rack and Suitcase Carry Done until form failure.

October 29th 2020 (V)

- Fighter Pull Up Plan 3RM - Off Day 6
- 5(1) 28kg Turkish Get Up
- 28kg Rack and Suitcase Carry Done until form failure.

October 30th 2020 (O)

- Fighter Pull Up Plan 3RM - Day 7
- RotK Off Day

October 31st 2020 (O)

- Fighter Pull Up Plan 3RM - Day 8
- RotK Off Day

End of Week 1 Return of the Kettlebell 16kg Grind Block

Beginning of Week 2 Return of the Kettlebell 16kg Grind Block

November 1st 2020 (V)

- Fighter Pull Up Plan 3RM - Day 9
- 5(1) 28kg Turkish Get Up
- 28kg Rack and Suitcase Carry Done until form failure.

November 2nd 2020 (L)

- Fighter Pull Up Plan 3RM - Day 10
 - Done first thing in the morning as I prepare for the day.
- 4(1) 16kg Double Kettlebell Military Press
- 4(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

November 3rd 2020 (V)

- Fighter Pull Up Plan 3RM - Day 11
- Some 32kg Clean and Press Singles
- 5(1) 28kg Turkish Get Up

November 4th 2020 (M)

- Fighter Pull Up Plan 3RM - Day 12 - Off Day
 - Done first thing in the morning as I prepare for the day.
- 4(1,2) 16kg Double Kettlebell Military Press
- 4(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

End of 3rm Fighter Pull Up Program

Beginning of 5rm Fighter Pull Up Program

November 5th 2020 (H)

- Fighter Pull Up Plan 5RM - Day 1
 - Done first thing in the morning as I prepare for the day.
- 5(1,2,3) 16kg Double Kettlebell Military Press
- 5(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift

November 6th 2020 (O)

- Fighter Pull Up Plan 5RM - Day 2
 - Done first thing in the morning as I prepare for the day.
- Some 32kg Singles, in-between skipping rope. Nothing planned.

November 7th 2020 (O)

- Fighter Pull Up Plan 5RM - Day 3
 - Done first thing in the morning as I prepare for the day.
- Some 32kg Singles, in-between skipping rope. Nothing planned.

End of Week 2

Beginning of Week 3

November 8th 2020 (O)

- Fighter Pull Up Plan 5RM - Day 4
 - Done first thing in the morning as I prepare for the day.

November 9th 2020 (V)

- Fighter Pull Up Plan 5RM - Day 5
- 5(1) 28kg Turkish Get Up

November 10th 2020 (O)

- Fighter Pull Up Plan 5RM - Off Day 6

November 11th 2020 (V)

- Fighter Pull Up Plan 5RM - Day 7
- 5(1) 28kg Turkish Get Up

November 12th 2020 (L)

- Fighter Pull Up Plan 5RM - Day 8
 - Done first thing in the morning as I prepare for the day.
- 5(1) 16kg Double Kettlebell Military Press
- 5(5) 16kg Double Kettlebell Front Squat
 - 5 Squats done at end of every Ladder
 - 30 seconds rest between rungs and ladders.
- 2 x 20 16kg Double Kettlebell Deadlift