



May 2018 CrossFit Programming  
 Bolded text is shown in Wodify and on Public Blog (website)

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE		5/1/2018	5/2/2018	5/3/2018	5/4/18	5/5/2018	5/6/2018
BOX BRIEF		Box Brief: • Wayne Endurance Starts! • 1st Friday Happy Hour this week • View May Programming & Intents	Box Brief: • 1st Friday Happy Hour this week • View May Programming & Intents	Box Brief: 1st Friday Happy Hour tomorrow! View May Programming & Intents	Box Brief: • 1st Friday Happy Hour Tonight, 5:30pm!	Box Brief: • Mom WOD 5.13 All Class Times!	Box Brief: • Mom WOD 5.13 All Class Times
MOBILITY 5-10MIN		Foam Roll Lats + Thoracic Spine x 30s each then, 2 Rounds of: 5-10 Yoga Push-ups 15 Banded Pull-aparts 5-10 Yoga Push-ups 15 Banded Pull-aparts 20 Shoulder Taps	Rowing Technique coach led x 5 minutes		Foam Roll Lats x 30s each		
WARM UP 10MIN		5min Dynamic Line Warm Up	ADD SECTION "Warm UP"  <b>AMRAP 8</b> Alternating rounds with a partner <b>Row 150 meters</b> *Partner completes 10 air squats, 10 abmat sit-ups  *i.e. one person rows 150 meters while the other athlete completes air squats + sit-ups. Once athlete is done on rower, partners switch places.	5min Dynamic Line Warm Up - Then - With a barbell 5 RDLs 5 Front Squats 5 Back Squats 5 Goodmornings *Add weight + repeat	2 Rounds of CFML Complex #1 5 Hang Muscle Cleans 5 Upright Rows 5 Push Press 5 Barbell Curls 5 Bent-over rows 5 Yoga Push-ups *add light weight, repeat - Then - 5min Coach Call Review Review Hang Power Clean + Push Jerk + Split Jerk	Dynamic Line Warm Up - Then - 5min Pull Up progressions	7min Dynamic Line Warm Up
SKILL 20MIN							
STRENGTH 20MIN		"Bench Press" 1x1 1RM, Every 2min 3,2,1,1,1,1,1  COMMENT 100% Coach Call Beginner: 5 x 5, adding weight each. Rest 2:00 Intent: Take 6-8 sets and build to a 1RM Bench Press. Try to beat your previous max by 5#s and have a plan in place before starting of how you're going to beat your old number		1) "Paused Back Squat" 5x5 5x5 @ 85-93%, w/ 1sec pause in bottom  COMMENT 100% Coach call, every 60sec  ADD SECTION "Strength" Every 2min for 4 rounds 2a) Seated Box Jumps 4x5 building height 2b) Front Rack Reverse Lunges: 4x6a. (challenging UB weight, from rack)  COMMENT Intent: Today we are focusing on strength work only with a GPP/Accessory finisher. Back Squats should be slightly heavier than last week with each set still explosive out of the hole. All of the accessory work should be challenging.	"Hang Power Clean" 5x1 5x1 HPC+Push Jerk+Split Jerk @ 75%, every 60s.  COMMENT Intent: Week 2 of Speed work with Hang Power Clean + Push Jerk + Split Jerk. Work with slightly heavier loading while still maintaining efficiency.  HPC is listed instead of a complex b/c we are assign for 75% of HPC not 75% of the complex weight	ADD SECTION "Strength"  100% Coach Call every 2min 1a) Single Arm DB Push Press 4x6a AHAP 1b) Single Leg DB RDLs: 4x6a AHAP  COMMENT Intent: All work should be challenging but technique should take precedence	
METCON PREP 5-10min		ADD SECTION "Metcon Prep"  3 Sets 1 Rope Climb (or 5 Strict Pull-ups) 2-3 Ring Muscle-up or Ring Dip Practice			ADD SECTION "Metcon Prep"  3 Rounds, every 2min 3 Clean and Jerk 5 Lateral Burpees *at game speed	ADD SECTION "Metcon Prep"  2 Rounds 5 Pull-ups 10 KBS (metcon weight) 10 Walking OH Lunges (5 each) Rest as needed	
METCON ~20MIN		AMRAP 12 2/1 Legless Rope Climbs 6/3 Ring Muscle-ups 200 Meter Run Rx: (2/1 Rope Climbs) (6/3 Bar Muscle Ups) L1: (5 Strict Pull-ups) (10/8 Ring Dips) L1: (10 Ring Rows) (15/12 Push-up variation) Sub 200m Run = 200m Row or 30s Bike or Ski Erg 100m Run/Row/15s bike = 1 rep Score = Rounds + Reps  COMMENT Intent: Pacing today should be around 75-80%, but it's okay if your rounds fall off slightly today as the workout contains movements that will likely slow you down as it progresses.	1k Row 50 Wallballs (20,14) 50m Row 50 Wallballs 1k Row Rx: UB Wall Balls Rx: 2-3 sets L2: (14,10) L1: (10,8) 35:00 time Cap Sub Row for: - 8:00 Bike or Ski Erg for each 2k Row and 4:00 Bike or Ski Erg for 1k Row - 1 Mile Run/800m Run/1 Mile Run Score = Time  COMMENT Intent: Today's workout entails 2.5k of rowing and 100 reps of wallballs. You can really attack this one however you see fit. It could be a good day to focus on perfect rowing and wallballs. 100 Double Leg Banded Leg Curls *at each break complete a 10s Hollow Hold	"DG" AMRAP in 10 minutes 8 Toes-to-Bar 8 Dumbbell Thrusters (35/25 lb) 12 Dumbbell Walking Lunges (35/25 lb)  Lunges: L+R=2 Women Rx: 25# L2: 25,20 L1: 20,15  COMMENT Intent: Hero WODs are quite demanding on the body and this is now different with 3 global movements. A short time domain, 10min, should allow for equal split times, while maintaining a max HR in the low 90s.	"Grace" 30 Clean + Jerks (135, 95) L3: (115, 75) L2: (95, 65) L1: (75, 55)  COMMENT Intent: Benchmark piece "Grace" that should be near maximal effort. Loading should allow consistent pacing with minimal bouts of rest.	Partner Up AMRAP 30 20 C2B Pull-ups 40 KBS (53,35) 40 Walking Single OH KB Lunges (53, 35) 800 Meter Run Rx: (Pull-ups) L3: (Pull-ups)(45,25) L2: (BA Pull-ups)(Goblet Lunges) L1: (Ring Rows)(Light Walking DB Lunges) 100m = 1 rep Score = Rounds + Reps  COMMENT Intent: Today's workout will likely challenge you in a new way because of the OH KB Lunges, but overall pacing should remain around 80%. Break work up however you see fit and work on being efficient with your pull-ups.	Every 4:00 x 5 Sets: 100 Meter Empty Sled Sprint 10 Front Squats (135,95) 50 Meter Farmer Carry (70,55) Rx: (115,75) L2: (95,65)(55,35) L1: (75,55)(45,25) Score = Slowest split Score = Time  COMMENT Intent: Each set should be around 80-85% of max effort. Sledpush should be empty and allow you to sprint.  Coaches, count clocks up today so that splits can easily be identified
FINISHER ~10min		1a) DB Pullovers 3x10 1b) Landmine Rockstars 3x30		Worlds Greatest Stretch x 20-30s each pose	1a) KB 1 1/4 Tricep Extensions 3x10 1b) KB Hammer Curls 3x10 2) Side Plank: 3x10	Have a great weekend!	200m Wolf Pack recovery walk as a class
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DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	5/7/2018	5/8/2018	5/9/2018	5/10/2018	5/11/2018	5/12/2018	5/13/2018
Training Intent	- Strength: Much like last week for the push press 1RM your athletes need to have a plan before starting. We don't want to see people falling at set 3. They should progressively build making logical jumps in weight. This should take 8-10 singles and build to a 1RM Bench press. Athletes should try to beat their previous max by 5%. Their plan should account for a 5% PR and then go by feel from there. - Metcon: This workout will likely fall off after the first few rounds, but that's expected. Pacing today should be around 75-80%. It's okay to have to grind through some of the rounds, but 200 meter intervals should not be largely affected	- Metcon: The goal of today's workout is to refine rowing technique and hold standards with the wallballs. It's up to your athletes how hard they want to push today, but considering the last 2 days workouts, if they were at your facility, it's a good day to push around 70% of max effort. It's important to also just have fun and not worry as much about the time on the clock. You'll likely have time to complete extra credit work today. Make sure there is tension on the band the entire time for banded leg curls	- Strength: All Squats should be done on the clock EMOM style. Today we are focusing on strength work only with a GPP/Accessory finisher. Back Squats should be slightly heavier than last week with each set still explosive out of the hole. For seated dynamic box jumps allow your athletes to work up to a challenging height these. These are a great test of explosive ability. All of the accessory work should be challenging. - Metcon: 'DG' is a global Hero benchmark and should be treated as such. Hero WODs are quite demanding on the body and this is now different with 3 global movements. A short time domain, 10min, should allow for equal split times, while maintaining a max HR in the low 90s.	- Strength: All work today should be done on the clock EMOM. For week 2 of Speed work with Hang Power Clean + Push Jerk + Split Jerk we are working with slightly heavier loading while still maintaining efficiency. To clarify, this work is done as 1 rep of each movement per set (1+1+1) - Metcon: Benchmark piece "Grace" should be near maximal effort. Loading should allow consistent pacing with minimal bouts of rest. The 7-minute cap is actually quite generous. Most should be sub 6 minutes. Loading should allow for fast singles or big touch n go sets. Your athletes will see this one again in 4 months	- Metcon: Today's workout will likely challenge people in a new way because of the OH KB Lunges, but overall pacing should remain around 80%. Make sure your athletes can fully lockout their KB overhead for lunges (no soft elbows) otherwise they should modify to weighted walking lunge. Athletes can break work up however you see fit and work on being efficient with their pull-ups. Breaking pull-ups up early so your athletes do not hit failure is important.	- Strength: This work is done in a "superset" fashion where your athletes complete 1 set of 1a then 1 set of 1b until 4 sets of each are complete. All work should be challenging but technique should take precedence. - Metcon: Each set should be around 80-85% of max effort. Sledpush should be empty and allow you to sprint. Front Squats should be challenging but capable of being done UB.	
BOX BRIEF	Box Brief. • Mom WOD 5.13 All Class Times	Box Brief. • Mom WOD 5.13 All Class Times	Box Brief. • Mom WOD 5.13 All Class Times	Box Brief. • Mom WOD 5.13 All Class Times • Ardmore Endurance Challenge Starts 5.15	Box Brief. • Mom WOD 5.13 All Class Times • Ardmore Endurance Challenge Starts 5.15 • Wellness Week 5.17	Box Brief. • Mom WOD 5.13 All Class Times • Ardmore Endurance Challenge Starts 5.15 • Wellness Week 5.17	Box Brief. • Mom WOD 5.13 All Class Times • Ardmore Endurance Challenge Starts 5.15 • Wellness Week 5.17
MOBILITY 5-10MIN	Foam Roll Adductors x 60sea.					2 Rounds 25 Banded Pull-aparts 10 Passes Foam Roller on each Lat 10 Thoracic Rotations each Then right into a 3-Way Banded Shoulder + Lat Stretch x 30s each position	1min ea Foam Roll Lats Thoracic Spine Calves -Then - X-Band Walks x 10 steps each direction + banded goodmornng x 2 rounds without stopping
WARM UP 10MIN	3 Rounds CFML Lower Complex #2: 5 Deadlifts 5 Muscle Cleans 5 Front Squats 5 Push Press 5 Back Squat 5 Goodmornings 5 Rows Rest 40-60s, add light weight. Then, Spend 5:00 Reviewing HSPU/Scaling	KB Warm-up with 1 KB 10 Single Arm KBS (5 each) 10 1-Arm KB Squats (5 each) 10 Single Arm Push Press (5 each) 10 Single Arm KB Rows (5 each) 10 Single Arm Reverse Lunges (5 each) 10 KB Figure 8s	400m Run - Then - 5min Dynamic Warm Up w/ MB Coaches make sure you choose appropriate dynamic movement	Worlds Greatest Stretch x 20s each pose then, X-Band Walks x 10 each Glute Bridge x 10 X-Band Walks x 10 each Glute Bridge x 10 Then with a barbell, 2 Power Cleans on Coach Call Rest 20s 2 Power Clean + Front Squat on Coach Call Rest 20s 2 Squat Cleans on Coach Call Rest 20s 2 Squat Cleans on Coach Call - Then - Get bars into rack and start warming up speed back squats	CFML Upper Warm-up 2 Rounds 6 Bent-over Rows 6 Push Press 6 Barbell Curfs	Musical Medball Circuit 5min AMRAP 5 MB Cleans 5 Wall Balls 5 Push Ups 5 Sit Ups Start the clock counting down 5min, Athletes AMRAP through the movements, every time you turn the music down they move to another Athletes medball. Coach turns the music back up and Athletes continue to AMRAP through the 5min. Similar to Musical Medballs completed in a circle but as an AMRAP. Man Athletes goal will be to move to a lighter medball.	8min Dynamic Warm Up Suggested Movements High Knees Butt Kickers Inside Taps Outside Taps A Skip B Skip Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point Leg Swing opposite toe to opposite hand Carioca Jumping Jack Shuffle (switch half way) Extend this today to fill time
SKILL 20MIN		KB Snatch Progressions x 6:00 - KB Single Arm Swing - KB High Pull - KB Transition/Snatch *Perform 5 Reps of each.	INSERT SECTION "Skill"  EMOM 9 Min 1: 15s L-Sit Hold Min 2: 15s Ring Support Min 3: 20s Handstand Hold or Walk  COMMENT Intent: We are going through 3 different static gymnastic holds today for 3 rounds				
STRENGTH 20MIN	"Box Squat" 1x3 3RM, Above parallel, normal stance COMMENT 100% Coach Call, Every 2min 5,5,4,3,3,3 Intent: Work up to a 3RM in box squat. This is the same technique as our box squat olow parallel, ie, sit-back on the box while staying tight. Except the box is placed above parallel and your stance is normal, not wide.	INSERT SECTION "STRENGTH" 1a) Strict C2B Chin-ups: 4x5 1b) DB Single Arm Bench Press: 4x6ea AHAP  COMMENT Intent: Strict C2B Chin-ups today are intended to be done with BW only. The extra range of motion will challenge you more than you think. If needed use partner assistance and perform chin over bar chin-ups		"Paused Back Squat" 5x4 5x4 @ 65-70%, w/ 1sec. pause in bottom  ADD SECTION "STRENGTH" 3x5 Seated Dynamic Box Jumps Every 5 jumps increase height  COMMENT Intent: Final week of Speed Back Squats with a 1 count pause. All sets should be fast and completed with zero hesitation. Transition right into seated dynamic box jumps. No one should be struggling with any of their sets of back squats	1a) "Close Grip Bench Press" 5x5 5x5 @ 60%  COMMENT 1b) Banded Pulldowns: 5x10 Complete 1a + 1b every 2min for 5 rounds  Intent: Week 1 of Speed Close Grip Bench Press. All sets should be fast with zero hesitation. No one should be struggling with any of their sets of close grip bench press.		
METCON PREP 5-10min				Every 2min for 3 rds complete 3 Squat Cleans as singles, building to metcon weight 30 Dubs		3 Rounds 5 Hang Power Cleans 5 Lateral Burpees 5 T2B Rest as needed between sets.	

<p><b>METCON</b> ~20MIN</p>	<p><b>"Blue Steel"</b> 21-15-9 Deadlifts (225,155) Wallballs (20,14) Strict HSPU Rx: (185,125) (Kipping HSPU) L2: (155,105) (HR Push-ups) L1: (135,95) (Push-ups)  Score = Time  COMMENT Intent: New benchmark workout today that involves two movements that you'll likely be able to push hard on and one movement that you'll need to be more strategic about. With that said, you should be able to complete deadlifts/wallballs in less than 3 sets and HSPU will likely need to be broken up early.</p>	<p>EMOM 20 Min 1: 40s Max KB Snatch (55,35)(20s each arm) Min 2: 40s Max Goblet Squats (55,35) Min 3: 40s Max Barbell Rows (135,95) Min 4: 40s Max KB SDHP (55,35) Minute 5: 60s of Single Unders (recovery) or 60s Bike *Score = total reps (not counting single unders) L2: (45,25)(115,75)(45,25) L1: (35,25)(95,65)(35,35) *no RX- option today  COMMENT Intent: The goal today is to work for 40s straight with minimal rest. KB snatches are a new movement so focus on quality over quantity.</p>	<p>5 Rounds 400m Run 20 Ground to Overhead with a plate (45,25) 12 Burpees to your Plate Rx: (35,15) L2: (25,10) *35#, stack 25# + 10#  Score = Rounds + Reps  COMMENT Intent: Today's workout is intended to be nearly 100% aerobic. Your goal should be to complete your work at around 70% effort today where all of your splits stay within 30s of each other. Today is also a good day to focus on dialing in your pose running mechanics.</p>	<p>"Icebreaker" AMRAP 10 4 Squat Cleans (225,155) 40 Dubs Rx:(185,135) L2: (135,95) L1: (95, 65) (40 Dub Attempts)  Score = Rounds + Reps  COMMENT Intent: Today's Metcon is a new benchmark and intended to be heavy, likely a weight you'll complete slower singles with, challenge yourself and go heavy today!</p>	<p>"The Legend" For Time 4 Pistols 25 Kettlebell Swings (55,35) 50 Push-Ups 75 Pull-Ups 50 Push-Ups 25 Kettlebell Swings (54/35 lb) 4 Pistols *20min time cap  Score = Time  COMMENT Intent: Hero Workout today. This workout is largely about managing volume and breaking sets before you have to. Pacing should be around 75% with the final 2 minutes elevating your pacing to 90%.</p>	<p>In teams of 2 with a running clock: 0:00-10:00 Buy In: 600m Run together AMRAP 12 Hang Power Cleans (135,95) 12 T2B 12 Burpees 12:00-20:00 Buy In: 400m Run together AMRAP 9 Hang Power Cleans 9 T2B 9 Burpees 22:00-28:00 Buy in, :200m Run together AMRAP 6 Hang Power Cleans 6 T2B 6 Burpees Rx: (115, 75) L2: (95, 65) L1: (75, 55)  Score = Total full rounds  Score = Rounds  COMMENT Intent: Your strategy here will determine the outcome of the workout. This work can be split however you choose, but it should be easy to partition work into small sets to sustain a high level of output.</p>	<p>Annie + Helen (Time) 3 Rounds 50 Dubs 50 Sit Ups 400m Run 21 KB Swings (55,35) 12 Pull Ups L2: 30s Dub attempt, (45,25), BA Pull Ups L1: 75 Singles, (35,15), Ring Rows Score = Time c</p>
<p><b>FINISHER</b> ~10min</p>	<p>1a) Glute Hip Thrust on bench with pause: 3x6ea. (3 count pause) 1b) Wide Stance Palflo Press: 3x8ea.</p>	<p>1a) Zottman Curls 3x8 1b) Tricep Kickback 3x12 2) Standing Banded Rotations 3x10ea.</p>	<p>AMRAP 3 Max Distance Farmer Carry, UB (heavy) AMRAP 3 Max Distance Double KB OH Carry (light)</p>	<p>1a) KB Shrugs 4x10 1b) KB RDLs (both legs) 4x10</p>	<p>AMRAP 6 10 Barbell Rows, supinated grip 10 Barbell Rollouts 20 Banded Pushdowns</p>	<p>Have a great weekend!</p>	<p>1a) DB Reverse Lunge + RDL Combo 3x6 1b) Side Plank External Rotation: 3x8</p>
<p><b>\$ OUT</b></p>							
<p><b>Training Intent</b></p>	<p>- Strength: Very important that athletes have spotters in place today on BOTH SIDES OF THE BAR. We are working up to a 3RM in box squat with a normal squat stance in 6-7 sets. This is the same technique as our speed box squats, ie, sit-back on the box while staying tight. Use a box that puts your athletes at or above parallel. - Metcon: New benchmark workout today that involves two movements that your athletes will likely be able to push hard on and one movement that you'll need to be more strategic about. With that said, your athletes should be able to complete deadlifts/wallballs in less than 3 sets and HSPU will likely need to be broken up early. The loading for the deadlifts should be challenging to complete in more than 7 UB reps touch n go.</p>	<p>- Strength: Strict C2B Chin-ups today are intended to be done with BW only as the extra range of motion will greatly challenge people as the joint angle is less than favorable at the top. These do not need to be done with added weight even for more advanced athletes. Scaling for these will be done with partner assisted, chin over bar chin-ups. Keep in mind chinups challenge the bicep group more than a pull-up. Superset with Single Arm DB Bench Press. Single Arm DB Bench press will challenge core stability. - Metcon: The goal today is to work for 40s straight with minimal rest. KB snatches are a new movement so focus on quality over quantity. This workout should be only be around 75% effort today.</p>	<p>- Skill: Go through static holds for 3 Rounds. This work is done for quality. - Metcon: Today's workout is intended to be more aerobic in nature so pacing is important in the sense that your athletes should use a sustainable run pace for all 5 rounds. The G2OH should be able to be completed in 2-3 total sets. Athletes will complete their burpees in front of their plate and on each rep jump to their plate. Their goal should be to complete their work at around 70% effort today where all of your splits stay within 30s of each other. Today is also a good day to focus on dialing in their pose running mechanics</p>	<p>- Strength: Final week of Speed Back Squats with a 1 count pause. Weights are slightly higher but still all sets should be fast and completed with zero hesitation. Athletes should be able to transition right into seated dynamic box jumps. - Metcon: Today's Metcon is a new benchmark and intended to be heavy, likely a weight they'll complete slower singles with. Athletes should definitely challenge themselves and work with heavier loads today if possible. I would recommend your athletes belt up for this one and work on performing each rep as if it's a max, with proper set-up position. Being efficient is important and not trying to rush sets. These should look like clusters where they complete 1 rep, step back from the bar resting about 10-20s and then back to the bar.</p>	<p>- Strength: First week of Speed Bench Press. All sets should be fast with zero hesitation. Even though the weights are light we are working on compensatory acceleration where we are deliberately accelerating the bar on each rep. This work goes a long to activate high threshold motor units so even though the sets may not feel like much there is a huge neurological value here. - Metcon: Hero Workout "Jack" today. Push Press/KBS should be light today as maintaining these sets of 10 for the entire 20 minutes will be challenging. This workout is largely about managing volume and breaking sets before you have to. Pacing should be around 75% with the final 2 minutes elevating your pacing to 90%.</p>	<p>- Metcon: Your athletes' strategy here will determine the outcome of the workout in terms of total work completed and how they manage their rowing intervals. This work can split however they choose, but it should be easy to partition work into small sets to minimize transitions. Today is a good day to work on being efficient with cycling T2B and Hang Power Cleans as your athletes will receive plenty of rest to stay consistent.</p>	<p>- Skill: Removed to accommodate for large groups and mothers day visitors. - Metcon: Snatches are intended to be light in this workout today. Running intervals should remain high output. Effort today should be around 80%</p>
<p><b>DAY</b></p>	<p><b>MONDAY</b></p>	<p><b>TUESDAY</b></p>	<p><b>WEDNESDAY</b></p>	<p><b>THURSDAY</b></p>	<p><b>FRIDAY</b></p>	<p><b>SATURDAY</b></p>	<p><b>SUNDAY</b></p>
<p><b>DATE</b></p>	<p>5/14/2018</p>	<p>5/15/2018</p>	<p>5/16/2018</p>	<p>5/17/2018</p>	<p>5/18/2018</p>	<p>5/19/2018</p>	<p>5/20/2018</p>
<p><b>BOX BRIEF</b></p>	<p>Box Brief: • Ardmore Endurance Challenge Starts 5.15 • Wellness Week 5.17</p>	<p>Box Brief: • Ardmore Endurance Challenge Starts 5.15 • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>
<p><b>MOBILITY</b> 5-10MIN</p>			<p>Foam Roll x 45-60s each - IT Bands - Hamstrings - Thoracic Spine - Lats - Calves</p>	<p>X-Band Walk x 10 Steps each direction Foam Roll each Adductor x 10 passes each Then, 5 Rollover to split stretch 10 Lateral Cossack Squats 20-30s Banded Ankle Distractions each.</p>	<p>Foam Roll Lats x 30s each</p>	<p>5min Dynamic Line Warm Up</p>	<p>Foam Roll 10 passes each - Lats - Quads - IT Bands - Thoracic Spine</p>
<p><b>WARM UP</b> 10MIN</p>	<p>5min Dynamic Warm Up - Then - Hip Circuit + Coach choice glute activation - Then - Grab two light DBs and complete: 2 Rounds 8 DB Walking Lunges 8 DB RDLs 8 DB Push Press 8 DB Power Cleans 8 DB Thrusters</p>	<p>Rowing with a partner x 8 intervals. - Rest partner will complete: - 5 Yoga Push-ups - 10 Air Squats - 15s Foam Roll each lat</p>	<p>5min Dynamic Line Warm Up</p>	<p>CFML Lower Body Warm-up With a barbell 2 Rounds 6 RDLs 6 Front Squats 6 Front Rack Reverse Lunges *Add weight and repeat</p>	<p>3 Rounds of CFML Upper Complex #1: 5 Hang Muscle Cleans 5 Push Press 5 Barbell Curls 5 Bent-over rows, pronated 5 Bent-over rows, supinated 5 Yoga Push-ups **add light weight</p>	<p>7min Movement Review</p>	<p>8min Dynamic Line Warm Up</p>
<p><b>SKILL</b> 20MIN</p>			<p>ADD SECTION GYMNASTICS  EMOM 9 Min 1: 10s L-Sit Hold Min 2: 10s Ring Support Min 3: 10 Alternating Pistols  COMMENT Intent: We'll review all static holds and then run through 3 rounds for quality. Take the time to focus on position.</p>				

STRENGTH 20MIN	<p>"Deadlift" 5x5 5x5 TNG, building to a heavy</p> <p>COMMENT 100% Coach call, every 2min Intent: Work up to a challenging set of Touch n Go Deadlifts for 5. This does not need to be a max.</p>	<p>ADD SECTION STRENGTH</p> <p>8min EMOM Min 1: 5x - Strict Pull-up + 3s Negative Min 2: 8x - Ring Dips</p> <p>COMMENT 100% Coach Call Options for both Pull-ups/Dips: - Partner Assisted Intent: Repetition work for the upper-body today. All sets should be challenging</p>	<p>"Box Squat" 8x3 8x3 @ 60% of last Monday 3RM</p> <p>COMMENT Wide Stance, below parallel 100% Coach call, complete as EMOM Intent: Week 1 of Box Squats. Use your 3RM as your guide from last week or use a moderate weight. All sets should be smooth</p>	<p>1) "Close Grip Bench Press" 5x5 @ 50% 5x5 @ 50%, EMOM</p> <p>COMMENT 100% Coach Call</p> <p>ADD SECTION STRENGTH</p> <p>2) Pull-up Volume Accumulation Change grip every other set ie. wide grip pullup, shoulder width pull-up, regular grip chin-up, close grip chin-up. Rest 90s, between each set Rx: (25 Strict Reps) L2: (20 Strict Reps) L1: (25 Strict Reps, partner assisted)</p> <p>COMMENT Intent: Focus on upper-body strength work today. There are a variety of options for pull-up work today, but keep your reps strict and rotate your grip every other set ie. wide grip pull-up, shoulder width pull-up, regular grip chin-up, close grip chin-up as each grip carries a different emphasis.</p> <p>ADD SECTION STRENGTH</p>	<p>"Power Snatch + Squat Snatch + Overhead Squat" 8x1 8x1, building to moderate</p> <p>COMMENT 100% Coach Call ever 2min 1 PS, reset + 1 Squat Snatch + 1 OHS Intent: Work up to a challenging set in snatch complex or focus on technique with light loads.</p>		
METCON PREP 5-10min	<p>Ever 2min for 3 Rounds 5 DB Power Cleans 5 DB Thrusters Building to Metcon weight</p>	<p>Metcon Warm-up: Every 2min for 3 Rounds 5 OHS 5 KBS 5 Lateral Burpees *Work to above metcon weight</p>	<p>3 Rounds 3 TNG Power Snatch 3x T2B 6x Wall Balls</p>	<p>3 Rounds AMRAP 3 300m Row 12 DB Power Cleans Max DB Step Ups - 1min Rest - AMRAP 3 300m Row 9 DB Power Cleans Max DB Step Ups - 1min Rest - AMRAP 3 300m Row 6 DB Power Cleans Max DB Step Ups L: (65,35)(20") Rx: (45,35)(20") L2: (35,20)(20") L1: (250m Row)(20,15)(18")</p>	<p>Mind Ya Business (Time) 500m Row 40 Burpees 30 Hang Power Cleans (135,95) 20 C2B Pull-ups 10 Alternating DB Snatches (75,55) 5 Bar MU 10 Alternating DB Snatches 20 C2B Pull-ups 30 Hang Power Cleans 40 Burpees 500m Row ***30min Cap**</p>	<p>3 Rounds 15 Calorie Row 15 Power Snatch (75,55) - Rest 5:00 - 3 Rounds 15 OHS (75,55) 15 Calorie Row L2: (65, 35) L1: (45, 25) **no Rx+ option Score = total time, including rest</p> <p>Score = Time</p> <p>COMMENT Intent: Each piece should be an all-out sprint. Weight choices should feel light and all BB movements should be capable of being done UB. Pacing should be around 85%.</p>	
METCON ~20MIN	<p>"Freshmen" 45 DB Power Cleans 45 DB Thrusters 45 DB Power Cleans Rx+: (50,35) Rx: (45,25) L2: (35,25) L1: (25,15) Score = Time</p> <p>COMMENT Intent: Be careful with pacing with this one as it will be easy to go too fast and incur long bouts of unplanned rest. Pacing should be around 80-85%. Choose a weight that you can do 5-7 reps at a time with.</p>	<p>30-20-10 Overhead Squats (95,65) Lateral Burpees over the bar KBS (55,35) Calories on the Rower Rx: (75,55) L2: (65,35)(35,25) L1: (35,25 Goblet Squat) (35,25 Russian KBS)</p> <p>Score = Time</p> <p>COMMENT Intent: Use weights for KBS/OHS that you can complete work 3 sets or less. This workout should be a "pacing piece" of 80% effort.</p>	<p>"Christine" 3 Rounds: 500 Meter Row 12 Deadlifts (Bodyweight) 21 Box Jumps (20")</p> <p>COMMENT Intent: Although body weight is the prescribed loading for this workout, Athletes should choose a weight that they can complete each round in 1-2 sets.</p>	<p>"Nor'easter" AMRAP 15 5 Power Snatches (135,95) 10 T2B 15 Wallballs (20,14) Rx: (115,75) L2: (95,65) L1: (75,55)(Knee Lifts)(14,10) Scale: (65,45)(Knee Lifts)(10,8)</p> <p>Score = Rounds + Reps</p> <p>COMMENT Intent: Work on being efficient with all movements starting with a pace you can maintain and adjust as you see fit. Snatches should be light. This a benchmark workout</p>	<p>3 Rounds AMRAP 3 300m Row 12 DB Power Cleans Max DB Step Ups - 1min Rest - AMRAP 3 300m Row 9 DB Power Cleans Max DB Step Ups - 1min Rest - AMRAP 3 300m Row 6 DB Power Cleans Max DB Step Ups L: (65,35)(20") Rx: (45,35)(20") L2: (35,20)(20") L1: (250m Row)(20,15)(18")</p> <p>Score = reps EMOM 9 Min 1: 1-Arm KB Row w. rotation: 3x10ea Min 2: Heavy Banded Single Arm Banded Push: 3x10 Min 3: RKC Plank: 4x20s</p>	<p>RX: (115,75) Pull-ups, (55,35) L2: (95,65) Burpees, Ring Rows Option Partner WOD: double the reps and split however you want, 30min time cap remains.</p>	
FINISHER <10min	<p>1a) Frog Pump 3x 5 1b) KB Squat + Lowering: 3x8</p>	<p>1a) Trap 3 KB Shrugs: 3x10-10-10 1b) Banded Hammer Curls: 3x12 1c) Hollow Rock + Hold: 3x10+10s</p>	<p>2 Rounds Banded Hip Flexor Pulls x 25 each Single Leg Banded Leg Curls x 50 each</p>	<p>1) Single Leg KB RDLs 4x5ea (AHAP) 2) Deadbug + Reverse Crunch 3x10</p>	<p>Have a great weekend!</p>		<p>1a) Banded Pull-aparts 3x25 1b) Zottman Curls: 3x10</p>
S OUT							
Training Intent	<p>- Strength: The goal today is to work up to a challenging set of Touch n Go Deadlifts for 5. This does not need to be a max. A few things to keep in mind are dropping your hips as the bar passes your knees. This ensures your athletes use their glutes/hamstrings and not just their lower back. These should NOT look like an RDL. - Metcon: New benchmark workout today that will challenge athletes in a different way than a barbell and likely be a lot harder because of the nature of using DBs. Before careful with pacing with this one as it will be easy to go out too fast and incur long bouts of unplanned rest. Pacing should be around 80-85%. Choose a weight that you can do 5-7 reps at a time with.</p>	<p>- Strength: The purpose of today's upper-body strength work is add time under tension with strict pullups + negative. Today is simply repetition work for the upper-body today, specifically the back and Triceps. All sets should be challenging.</p>	<p>- Skill: Similar to last weeks work. You'll have 10 minutes to review all static holds and then run through 3 rounds for quality. Take the time to focus on position. This work will likely be more challenging than it looks.</p>	<p>- Strength: Week 1 of Box Squats. Use your 3RM as your guide from last week or use a moderate weight. All sets should be smooth. We are running these box squats for the next 3 weeks with a range of loading to ensure proper bar speed. There should be zero hesitation with your athletes' ability to explode off the box on each rep. - Metcon: This workout is about having a strategy that matches your ability in terms of the T2B and breaking your wallballs. At no point, should your athletes be at or near failure with the T2B. Your athletes should work on being efficient with all movements starting with a pace you can maintain and adjust as you see fit around 75%. Snatches should be light enough to be done touch n go.</p>	<p>- Strength: Focus on upper-body strength work today. There is a great deal of hypertrophy work here today so your athletes should not underestimate the difficulty of this work. Also, today is a good day to let your athletes relax a bit because there is no Metcon. Your athletes should be able to accumulate some decent volume with their strict pull-ups today. Many will likely see how they've improved to do the high-volume horizontal pulling we've done over the last few months.</p>		<p>- Strength: Today's strength session can be technique based or a heavy set for those comfortable. The goal is to work up to a challenging set of snatch complex or focus on technique with light loads. Keep in mind for those coming to class tomorrow that we are performing a clean and jerk and back squat max so today is a good day to not push too hard. - Metcon: Each piece should be an all-out sprint. Weight choices should feel light and all BB movements should be capable of being done UB. If athletes trained more than 3x this week they can decide how hard they want to push these pieces.</p>
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	5/21/2018	5/22	5/23/2018	5/24/2018	5/25/2018	5/26/2018	5/27/2018
BOX BRIEF	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief: • Wellness Week 5.17</p>	<p>Box Brief:</p>	<p>Box Brief:</p>	<p>Box Brief:</p>
MOBILITY 5-10min			<p>X-Band Walks x 10 steps each direction + banded goodmorning x 2 rounds without stopping</p>	<p>Foam Roll Adductors x 30s ea.</p>			<p>3min Hip Circuit, coaches choice X-Band Walks x 10 steps each direction + banded goodmorning x 2 rounds without stopping</p>
WARM UP 10min	<p>5min Glute Activate (coaches choice) - Then - 100% Coach Call With an empty bar: 5 Deadlifts 5 Clean Pulls 5 Push Press Rest 20s 3 Power Clean 3 Front Squat 3 Push Jerk - Rest 20s - 1 Squat Clean 1 Jerk Rest 10s 1 Squat Clean. 1 Jerk</p>	<p>Run 800 Meters - Then - 30 Mountain Climbers 30 Walking Lunges 30 Hollow Rocks 30 Shoulder Taps - Then - 2 Sets of: 15 Banded Pushdowns 15 Banded Pull-aparts</p>	<p>5min CFML Dynamic Line Warm-up</p>	<p>3 Rounds CFML Lower Complex #1: 5 RDLs 5 Sumo Stance RDLs 5 Front Squats 5 Front Rack Reverse Lunges each Leg 5 Goodmornings 5 Bent-over Rows 5 Birdogs each side (1 count hold one each rep) Rest 40-60s, add light weight.</p>			<p>5min Dynamic Line Warm Up</p>

SKILL	20min							
STRENGTH	20min	<p>1) "Clean &amp; Jerk" 1x1 1RM. 4,4,3,3,2,1,1,1</p> <p>COMMENT 100% Coach call ever 2min, any style permitted Intent: Today we are working on obtaining maxes for the clean + jerk and back squat. Remember, technique for both takes precedence.</p> <p>2) "Back Squat" 1RM 1RM. 4,4,3,3,2,1,1,1</p> <p>COMMENT 100% Coach call ever 2min, any style permitted</p>	<p>1) "Close Grip Floor Press" 5x5 5x5 building to AHAP</p> <p>COMMENT Intent: Tricep and Bicep work today. The intent today is quality of work while still using some challenging loading</p> <p>ADD SECTION STRENGTH</p> <p>EMOM 3 10 x Barbell Curls one weight for all sets</p>		<p>"Box Squat" 8x3 @ 65% 8x3 @ 65%, wide stance below parallel</p> <p>COMMENT 100% Coach Call, every 60s if you do not have a weight use 55-60% of your Back Squat Max. Intent: All 8 sets of Box Squats should be fast so if needed adjust the loading so you can move faster.</p>			
METCON PREP	5-10min		5min T2B Skill Session					Ever 2min for 4 Rounds Power Clean + Front Squat *Building to metcon weight
METCON	~20min	<p>AMRAP 3 21 Burpees 21 Back Squats (135,95) Max Cal Bike or Row - 3min Rest - AMRAP 3 18 Burpees 18 Back Squats Max Cal Bike or Row - 3min Rest - AMRAP 3 15 Burpees 15 Back Squats Max Cal Bike or Row Rx: (115,75) L2: (95,65) L1: (75,55) *Score = total calories Score = total calories</p> <p>COMMENT Intent: Short intervals requiring max effort to maximize time accumulating calories. Use the 3min rest to get your heart rate back to 60%.</p>	<p>"New Workout Plan"</p> <p>2 Rounds 75 Air Squats 50 Push-ups 25 T2B 800m Run L2: (50 Air Squats) (30 Box Push-ups) (Knee Lifts) L1: (35 Air Squats) (15 Box Push-ups) (Abmat Sit-ups) (400-600m Run) *No Rx+ option Score = Time COMMENT Intent: Today's Metcon is an average amount of volume, but condensed into only two rounds so breaking movements early before fatigue sets in is important. 800m run pace should stay within 30s of each other. Pacing should be around 80%.</p>	<p>"Strict Lynne" 5 Rounds Max Bodyweight Bench Press Max Strict Pull-Ups - Rest 3:00 - Score = total bench + pull ups Score = reps COMMENT Intent: Each 3min rest interval should give you enough time to come within 3-5 reps of repeating the previous rounds total reps. Today's metcon is intentionally low intensity in preparation for 24 in 24.</p>	<p>"Gameday" 30 Front Squats (155,105) 30 Lateral Burpees - Rest 5:00 - 30 Power Cleans (155,105) 30 Lateral Burpees Rx: (135,95) L2: (115,75) L1: (Goblet Squats) (135, 95) Deadlifts for Power Cleans) (Regular Burpees) Score = Time COMMENT Intent: Each section of this workout is intended to be done near maximal effort, 90-95% effort which means you should worry less about pacing and more about just going for it! You'll have 5 minutes of rest between sections to recover.</p>	24 in 24	24 in 24	<p>Partner Up: 100 KBS (55,35) 100 Wallballs (20,14) 800m Run 100 SDHP (55,35) 100 Medball Cleans (20,14) 800m Run L2: (45,35) L1: (35,25) (14,10) Scale: (35,25 Russian Swings) (10,8) Score = Time COMMENT Intent: Today's metcon involves light power snatches and wallballs. The volume is relatively high today so break sets as needed with your partner to ensure quick transitions. You should be able to effectively maintain run splits and pacing should be around 80%.</p>
FINISHER	<10min	<p>1a) Single Leg DB RDLs 4x5ea 1b) Deadbug + Reverse Crunch 3x10 2) Frog Pump 2x30</p>	DB Cuban Press 3x10-15	Accumulate 100 Banded Leg Curls 100 Banded Pull-Aparts 50 Banded Pull-throughs	2 Options Reverse Hyper 3x 20 @ 30-50% of Back Squat DB Walking Lunges 3x20 steps			<p>Recovery 2 Rounds 5 Minute Row 5 Minute Bike at Zone 1 Pace (60%) COMMENT Intent: Today is intended to be a low-demand "recovery" type day. All work should be easy today, especially if you plan on doing "Murph" tomorrow</p>
S OUT								
Training Intent		<p>- Strength: Your athletes have as much time as they need today for both #12. It's likely they may spend the majority of the class time on these two lifts and that's okay. The accessory work is for those that finish early and should not take longer than 15 minutes to complete. Overall, technique takes precedence today even with the back squat. Don't let your athletes get sloppy. Both last done 1/1/2018. We'll start a clean and jerk cycle on 5/31 so getting some numbers today is important.</p>	<p>- Strength: Tricep/Bicep work today. Make sure your athletes are not "jamming" their elbows into the floor on the Floor Press. The eccentric phase should be controlled as we are going for time under tension today. The intent today is quality of work while still using some challenging loading. - Metcon: Today's Metcon is an average amount of volume, but condensed into only two rounds so breaking movements early before fatigue sets in is important. Because there is only 2 rounds strategy will be more of a priority. 800m run pace should stay within 30s of each other. Pacing should be around 80%.</p>	<p>- GPP: Athletes should work at their own pace today as this workout is more about building your athletes base and moving for 30 minutes with heart rate between 130-150 BPM. Athletes should rest as much as they feel is necessary between sets but completing 5-6 rounds is very doable as each station will only take roughly 60s with the exception of the TGU which will take around 90s. This work is vital to the longterm success of your clients so don't underestimate the value of this work even though there is no score or measure.</p>	<p>- Strength: Dynamic Effort work today with the Box Squat. If your athletes were able to be fast last week then they can increase their load, but it's important to remember this work is about rate of force development so moving faster is always more beneficial than moving slower with a heavier load. All 8 sets of Box Squats should be fast, so have your athletes adjust the loading so they can move faster. - Metcon: Each section of this workout is intended to be done at near maximal effort, 90-95% effort which means your athletes should worry less about pacing and more about just going for it! They'll have 5 minutes of rest between sections to recover, which for your more advanced athletes will likely not be long enough, but most should be able to duplicate their effort.</p>	<p>- Strength: Dynamic Effort work with the Push Press. There is a "range" of loading to ensure proper bar speed, but athletes should go with the load that suits their needs best so all sets of Push Press should be fast/efficient, but reset on each rep, no touch n go. Gymnastics static holds should only take around 5-7 minutes to complete. - Metcon: Today's workout has built-in recovery, the bike. This is by design to ensure your athletes are recovering from the more demanding movements. They should try to maintain around 75-80% effort today for all sets. The S20H is intended to be slightly heavier today and these do not need to be completed UB, likely broken down into 3-4 sets.</p>	<p>- Skill: Work should NOT induce high amounts of fatigue or take away from Monday "Murph". Keep sets small and dial in technique. - Metcon: There is no time-cap for this Metcon today, but times will range from as high as 20 minutes. The reason there is no time cap is to give your athletes a break from having to worry about making the cap. Also, keep in mind "Murph" is on Monday so today is a good day to "take it easy". The volume is relatively high today so your athletes should break sets as needed with their partner to ensure quick transitions. Your athletes should be able to effectively maintain run splits and pacing should be around 80%.</p>	<p>Recovery: Today is intended to be a low-demand "recovery" type day. All work should be easy today, especially if you plan on doing "Murph" tomorrow.</p>
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
DATE	5/28/2018	5/29/2018	5/30/2018	5/31/2018				
SOCIAL POSTS	Box Brief: 9:30am WOD Only **no babysitting							
MOBILITY	5-10min	1min each Foam Roll Calf Quad Lat						

<p><b>WARM UP</b> 10min</p>	<p>Run 400 Meters as a group then, Review All Scaling Options Then complete: 2 Rounds of: 3 Pull-ups or scaling option 6 Push-ups or box push-ups 9 Air Squats</p>	<p>5min Dynamic Warm Up</p>	<p>Worlds Greatest Stretch x 20s each pose then, DB Warm-up. Grab two light DBs and partner up. One athlete completes a set then their partner goes x 6 reps each movement: - DB Front Squat - DB Walking Lunges (6 each leg) - DB Push Press - DB Renegade Rows (6 each side) - DB Hammer Curls - DB Thrusters - DB Front Squats - DB Reverse Lunges - DB RDLs ADD SECTION SKILL</p>	<p>Foam Roll Adductors x 30s each then, 3 Rounds w. a barbell + KB 5 Deadlifts 5 Muscle Cleans 5 Front Squats 5 Lateral Squats w. bar on back (cossack squat) 5 Back Squat 5 Goodmornings 5 Rows Rest 40-60s, add light weight.</p>			
<p><b>SKILL</b> 20min</p>			<p>16min EMOM Min 1. Toes to Bar: 4 x 60s of Practice or Volume Accumulate Min 2. Rest Min 3. Handstand Hold or Walking: 4 x 60s of Practice of Distance Accumulation Min 4. Rest  COMMENT Intent: Week 1 of Skill work. We'll be running this same skill work for the next two weeks, so take the time to focus on improving movement patterns.</p>				
<p><b>STRENGTH</b> 20min</p>		<p>ADD SECTION STRENGTH  EMOM 9 Min 1: 1-Arm KB Rows: 3x10 Min 2: DB Seated Cleans: 3x12 Min 3: Side Plank: 3x10s ea</p>		<p>"Box Squat" 6x3 6x3 @ 70%, every 60s.  COMMENT Wide stance below parallel. If you did not perform 3RM from 5/7 use 60-65% of your Back Squat Max Intent: Week 3 of Box Squats. All sets should be fast. If not, drop your load</p>			
<p><b>METCON PREP</b> 5-10min</p>				<p>Every 2min for 3 sets 3 TNG Deadlifts *building to metcon weight</p>			
<p><b>METCON</b> ~20min</p>	<p>"Murph" For time: 1 Mile Run 100 Pull-ups 200 Push-ups 300 Air Squats 1 Mile Run Rx+:(Wear a 20/10# Weighted Vest) L2 Metcon: For time: 1 Mile Run 5 Rounds of: 10 Pull-ups 12 Push-ups 15 Air Squats Then, 1 Mile Run L1 Metcon: For time: 800m Run 5 Rounds of: 10 Ring Rows 10 Box Push-ups 15 Air Squats Then, 800m Run  SCORE = Time  COMMENT Intent: Hero workout "Murph". Remember that today's workout is about digging deep when things get hard. Challenge yourself, but be smart. It is easy to go out to fast on the first 1 mile run, slowing recovery during the 600 body weight reps. Keeping sets of the pull ups and push ups small and repeatable will allow you to maintaining a heart rate between 80-85%. Peaking your heart over this is not sustainable for this workout.</p>	<p>AMRAP 15 15 Power Snatches (75,55) 30s Max Cal Row 15 Wallballs (20,14) 30s Max Cal Row L2: (55,35)(14,12) L1: (35,25)(12,10) No Rx+ options today Score = Total Cals  Score = Calories  COMMENT Intent: Both our strength and conditioning work is intended to be more recovery-based today. If you did not complete "Murph" yesterday feel free to push both segments of class.</p>	<p>EMOM 24 Minute 1: 3 Burpee Bar Muscle Up Minute 2: 12 Single Arm DB Thrusters (6 ea.) Minute 3: 16 Alt. Renegade Rows Minute 4: 12 Alt. DB Weighted Step-ups (L+R=2) Minute 5: 12 DB Hang Power Clean + Press (6 ea.) Minute 6: 60s of Active Recovery. 10m Shuttle Run Rx+: (50,35) Rx: (45,25)(1 Burpee Bar Muscle Up) L2: (35,20)(5 Burpee PU) L1: (20,15)(5 Burpee Jumping PU)  *6 ea. refers to a single DB being used, 6 on one side then 6 on the other**  Score = Rounds + Reps  Intent: Conditioning work today is intended for consistent work for every interval. Effort today should be around 75%.</p>	<p>21 Deadlifts (225,155) 30 Goblet Squats (70,55) 100 Double Unders - Rest 2:00 - 18 Deadlifts 20 Goblet Squats 75 Double Unders - Rest 2:00 - 15 Deadlifts 10 Goblet Squats 50 Double Unders L3: (185,125)(55,35)(75-50-25 DU's) L2: (155,105)(45,25)(40-30-20 DU's) L1: (135,95)(35,25)(50-50-50 Single Unders) 20min time cap, including rest  Score = Time  COMMENT Intent: Conditioning work today is intended for consistent work for every interval. The effort today should be around 75%. We'll return to some higher-threshold work tomorrow, but keep in mind "Murph" usually leaves people pretty beat up for 3-4 days after it's done so the last two days are intended to be easier on the CNS.</p>			
<p><b>FINISHER</b> &lt;10min</p>		<p>3 Rounds 25 Banded Pulldowns 20 Banded Pushdowns 15 Banded Rotations each</p>	<p>100 Frog Pumps 100 Banded Pull-aparts</p>	<p>1a) Zercher Goodmornig 4 x10 1b) Ring Rows 4x10 (1ct pause)</p>			
<p><b>\$ OUT</b></p>							

Training Intent	<p>- Metcon: There is no time cap for today's workout but plan on a large gap in times for individuals, between 35-60 minutes. This workout will likely go much longer so plan for your class to go over on time.</p> <p>Hero workout "Murph" remember that today's workout is about digging deep when things get hard.</p> <p>Challenge yourself, but be smart.</p>	<p>- Strength/Metcon: Effort today is intended to be around 75-80% as nothing here is too challenging, but because this piece is cyclical work only it gives athletes the option to adjust their effort based off how they're feeling. Both our strength and conditioning work is intended to be more recovery-based today. If you did not complete "Murph" yesterday feel free to push both segments of class</p>	<p>- Skill: Week 1 of Skill work. We'll be running this same skill work for the next two weeks so take the time to focus on improving movement patterns. Take the time to coach your athletes and reinforce good positions. You'll have more than enough time to do so today.</p> <p>- GPP: Conditioning work today is intended for consistent work for every interval. The effort today should be around 75%. We'll return to some higher-threshold work tomorrow, but keep in mind "Murph" usually leaves people pretty beat up for 3-4 days after it's done so the last two days are intended to be easier on the CNS</p>	<p>- Strength: Week 2 of Dynamic Effort Box Squats. All sets should be fast. If not, have your athletes adjust their loading. More times than not, athletes go too heavy with this work. DE work is intended to be higher bar velocity and higher volume than max effort work. Do not confuse these two aspects of our training.</p> <p>- Metcon: Each section of this workout should be done in as few sets as possible. Loading should be challenging but allow for work to be done in big sets. Effort on this piece should be around 85-90%.</p>			
DAY DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MOBILITY 5-10min							
WARM UP 10min							
METCON PREP 5-10min							
SKILL 20min							
STRENGTH 20min							
METCON ~20min							
FINISHER <10min							
\$ OUT							
Training Intent							