

Training 1

A) Strength/Weightlifting

Power Snatch + Squat Snacth

- Build to a heavy 1+1 drop and go (20" window)
- EMOM 6'
 - 1 PSN @90%
 - 1 SqSN @90%

Back Squat with a 2" pause

2x3 @70-75%

3x2 @80-85%

B) Barbell Salad

"Snatch" Quarters 24.3

AMRAP 10'

10 Snatch 43/29kg

1 minute rest

10 Snatch 61/43kg

1 minute rest

10 Snatch 83/56kg

1 minute rest

Max Snatch 93/61kg

Intermediate weights: 43/29 - 61/43 -

70/48 - 83/56kg

C) Accessories

3 sets:

10 Single leg curls per leg

30" Wall sit with a bumper

10 Sissy squats banded

Session 2

A) Strongman

EMOM 15'

1) 5 Devil Press 2x32.5/22.5kg

2) 10 DB Step-ups 2x32.5/22.5kg

(Quarters Standard)

4) rest

B) Engine

1 Set for time every 8 minutes

Set 1

12/9 cal row

32/24 cal echo

12/9 cal row

32/24 cal echo

12/9 cal row

Set 2

16/12 cal row

26/20 cal echo

16/12 cal row

26/20 cal echo

16/12 cal row

Set 3

20/15 cal row

20/15 cal echo

20/15 cal row

20/15 cal echo

20/15 cal row

Training 2

A) Strength/Weightlifting

Hang Power Clean

EMOM 10'

1-4) 2 reps @65-70%

5-7) 2 reps @70-75%

8-10) 2 reps @80-85%

B) Metcon

AMRAP 4'

50 DU

15 Pull-Ups

15 KB SN 2x16/12kg

rest 2 minutes

AMRAP 4'

50 DU

15 C2B

10 KB SN 2x24/16kg

C) Accessories

4 sets of:

5 Landmine rotations per side (10

total)

12-16 Deficit calf raises

10 Tibialis raises (controlled)

Session 2

A) Gymnastics Strength

Deficit SHSPU

1. Find a max deficit for a sets of 5 reps

2. 3x3 with the same deficit

3. 3x5 with the same deficit with

kiping

B) Gymnastics Conditioning Mixed

For time:

3 Rounds of:

15 GHD

2/1 LLRC

15 BJO

15 HSPU

Directly into

3 Rounds of:

15 GHD

3 RC

15 BJO

10 SHSPU

C) Engine

EMOM 15'

1) 28/21 cal ski

2) 16/12 cal echo

3) 20/16 cal ski

4) 24/17 cal echo (+1 cal)

5) rest

Intermediate Option

EMOM 15'

1) 26/19 cal ski

2) 14/10 cal echo

3) 18/14 cal ski

4) 22/15 cal echo (+1 cal)

5) rest

Beginner Option

EMOM 15'

1) 24/18 cal ski

2) 12/9 cal echo

3) 16/12 cal ski

4) 20/14 cal echo (+1 cal)

5) rest

Training 3

A) Strength/Weightlifting

DB Bench Press

3x10 with mid-heavy weight (22.5-

32.5/15-22.5kg)

3x6 with heavy weight (32.5-50/22.5-

35kg)

Deadlift

2x4 @75-80%

3x3 @85-90%

B) Sustainable

For time:

1 Round of:

40/30 cal row

10 WW

30 DB Suitcase WL 2x22.5/15kg

2 Rounds of:

20/15 cal row

20m HSW (2x10m)

20 DB FRWL 2x22.5/15kg

3 Rounds of:

15/11 cal row

10m HSW with a pirouette

10 DB OHWL 2x22.5/15kg

Time Cap: 20 minutes

C) Accessories

3 sets of:

12-15 Banded tricep extension

15-20 Banded face pulls

8-10 Banded front raises

Session 2

D) Gymnastics Strength

Weighted Ring Pull-up

1. Find a heavy set of 3 reps

2. 3x2 @90%

3. 3x2-4 SRMU

E) Gymnastics Conditioning Mixed

2 Rounds for time:

25 T2R

20 WB 12/9kg

15/12 RMU

2 minutes rest between rounds

Intermediate Option

3 Rounds for time:

15 T2R

12 WB 12/9kg

9/7 RMU

2 minutes rest between rounds

Beginner Option

4 Rounds for time:

10 T2R

8 WB 12/9kg

6/4 RMU

2 minutes rest between rounds

Active Recovery

A) Running (Optional)

1800 - 1200 - 600m

3 and 2 minutes rest between sets

First set 10km pace (6-7/10)

Second set 5km pace (7-8/10)

Third set 1 mile pace (8,5-9/10)

B) Swimming (Optional)

2x150m

rest 2 minutes between sets

3x100m

rest 1 minute between sets

6x50m

rest 30" between sets

On the first 2 sets focus on efficiency

and swimming technique.

On the next 3 sets try to build pace

progressively from a fluid to a fast

pace.

For the last 6 set try to maintain a

hard pace, and focus on being

efficient and fast at the same time.

C) Individualized extra piece STOH

EMOM 18'

1) 10 cal row + 10 DB STOH 2x32,5kg

2) rest

3) 10 cal row + 10 KB STOH 2x32kg

4) rest

5) 10 cal row + 10 STOH 80kg

6) rest

Training 4

A) Strength/Weightlifting

Squat Clean + Power Jerk + Split Jerk

1. Build to a heavy complex (1+1+1)

2. 4 x 1 SqCPJ + 1 SqCSJ @85-90%

(10" rest between reps, rest by feel

between sets)

Front Squat

4 @80%

3 @85%

2x2 @90-95%

B) Crossfit

5 Rounds for time:

16/12 cal bike

10 - 8 - 6 - 4 - 2 BMU

3 - 6 - 9 - 12 - 15 Thrusters 52/35kg

C) Accessories

3 rounds:

5 Depth jumps

8-10 Band assisted vertical leap

Session 2

A) Gymnastics Skills

EMOM 15'

1) 50-80 Crossovers

2) 1-5 Free HSPU

3) 3-6 Pull overs

B) Gymnastics Conditioning Mixed

AMRAP 10'

10/7 cal ski

10 Pistols/Box Step-Ups (No DB)

(50cm)

10 T2B (+5 reps/round)

C) Engine

EMOM 16'

1) 16/12 cal row

2) 24/18 cal row

Intermediate Option

EMOM 16'

1) 14/10 cal row

2) 22/16 cal row

Beginner Option

EMOM 16'

1) 12/9 cal row

2) 20/15 cal row

Training 5

A) Strength/Weightlifting

Hang Power Snatch with a 2" pause

on reception

Every 90" x 8 (12 mins)

2 HPSN @65-80%

B) Drainage

For time:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

HBJO

WFHSPU

DB HCNJ 2x22.5/15kg

C) Individualized extra piece Pull

EMOM 15'

1) 20 cal ski

2) 2 LLRC

3) rest