

Training 1

A) Strength/Weightlifting

Power Snatch + Squat Snacth
1. Build to a heavy 1+1 drop and go (20" window)
2. EMOM 6'
1) 1 PSN @90%
2) 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 52/35kg
1 minute rest
10 Snatch 61/43kg
1 minute rest
Max Snatch 70/48kg

Scaled weights: 35/25 - 43/29 - 52/35 - 61/43kg

C) Gymnastics Conditioning Mixed

3 Rounds for quality
15 GHD
1 Legless
10 BJO
8-12 Ub HSPU

D) Accessories

3 sets:
10 Single leg curls per leg
30" Wall sit with a bumper
10 Sissy squats banded

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'
30 DU
10 Pull-Ups
10 KB SN 2x12/8kg

rest 2 minutes

AMRAP 4'
30 DU
10 C2B
10 KB SN 2x16/12kg

C) Accessories

4 sets of:
5 Landmine rotations per side (10 total)
12-16 Deficit calf raises
10 Tibialis raises (controlled)

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:
30/22 cal row
8 WW
20 DB Suitcase WL 2x15kg/10kg

2 Rounds of:
15/11 cal row
15m HSW (2x7.5m)/10m HSW (2x5mts)/ 3 WW
15 DB FRWL 2x15kg/10kg

3 Rounds of:
10/7 cal row
10m HSW with a pirouette/7.5m HSW with a pirouette/ 10m HSW/7.5m HSW/ 3 WW
10 DB OHWL 2x15kg/10kg

Time Cap: 20 minutes

C) Gymnastics Conditioning Pull
EMOM 16'
1) 10-15 T2R
2) 10-15 WB 9/6kg
3) 1-5 RMU
4) rest

D) Accessories

3 sets of:
12-15 Banded tricep extension
15-20 Banded face pulls
8-10 Banded front raises

Active Recovery

A) Engine

1 Set for time every 8 minutes

Set 1
9/6 cal row
24/18 cal echo
9/6 cal row
24/18 cal echo
9/6 cal row

Set 2
12/9 cal row
20/15 cal echo
12/9 cal row
20/15 cal echo
12/9 cal row

Set 3
15/12 cal row
15/12 cal echo
15/12 cal row
15/12 cal echo
15/12 cal row

B) Running

2000 - 1000 - 500m
3 minutes 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)

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:
14/10 cal bike
8 - 6 - 4 - 4-2BMU
3- 6 - 9 - 12 - 15 Thrusters 43/29kg

C) Gymnastics Conditioning Mixed

EMOM 16'
1) 10/7 cal ski
2) 10 Box Step-ups
3) Max T2B ub (max 15)
4) rest

D) Accessories

3 rounds:
5 Depth jumps
8-10 Band assisted vertical leap

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
HBBJO
WFHSPU
DB HPSN 2x15/10kg