

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 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) 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

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'
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) 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

D) 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:
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) 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

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

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.

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) Gymnastics Conditioning Mixed
AMRAP 10'
10/7 cal ski
10 Pistols/Box Step-Ups (No DB) (50cm)
10 T2B (+5 reps/round)

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 - 9 - 10
HBBJO
WFHSPU
DB HCNJ 2x22.5/15kg