

COMPTRAIN | GYM

JULY 14 - JULY 20

Lesson Plan

Coach with uncommon care.

Lesson Plan

Weekly View

WEEKLY

JULY 14 - JULY 20

Monday

JULY 14

Strict Press

3 Sets:

2 Strict Press at 85-90%

1 Big Drop Set:

15-30 Reps at 50%

"Burin' Bridges"

AMRAP 15:

10 Strict Sit-ups

30 Dumbbell Deadlifts

10 Strict Sit-ups

20 Dumbbell Plank Rows

10 Strict Sit-ups

10 Dumbbell Push-ups

Dumbbell: (50/35)'s

Tuesday

JULY 15

"Fast Break" [BENCHMARK]

10 Rounds For Time:

15/12 Calorie Row

12 Thrusters (75/55)

Rest 1 Minute Between Sets

Time Cap: 30 Minutes

Wednesday

JULY 16

Sumo Deadlifts

3 Sets:

2 Sumo-Deadlifts at 85-90%

1 Big Drop Set:

15-30 Reps at 50%

"Round The Clock"

Every 5 Minutes x 3 Sets:

3 Rounds:

25 Double Unders

5 Toes to Bar

10 Alternating Dumbbell Snatches (50/35)

Time Remaining...

Max Calorie Bike

* Rest 2 Minutes Between Rounds

Thursday

JULY 17

"Gripah"

On the 10:00 x 3 Rounds:

40 Alternating Dumbbell Floor Press

200 Meter Farmers Carry

800 Meter Run

Max Strict Pull-ups

Dumbbells: (50/35)'s

Friday

JULY 18

Back Squat Jumps [0:00-10:00]

3 Sets:

5 Back Squats Jumps @ 20%

3 Unweighted Vertical Jumps

Front Squat [10:00-25:00]

3 Sets:

2 Front Squats at 85-90%)

1 Big Drop Set:

15-30 Reps at 50%

"Altitude Sickness" [30:00-40:00]

On the 1:30 x 6 Sets:

200 Meter Run/Row

Bodyweight Reps Time Remaining

[Alternate Between]:

A Rounds: 200 Meter Run + Air Squats

B Rounds: 200 Meter Row + Burpees

Saturday

JULY 19

"Long Island"

[TEAMS OF 2]

AMRAP 30:

5 Deadlifts (275/185)

10 Box Jumps (24"/20")

15/12 Calorie Bike

Switch After:

400 Meter Run

Sunday

JULY 20

"Frequent Stops"

10 Rounds:

2 Minute Bike Erg Calories

1 Minute Rest

"Sunday Runday"

Beginner: 1.75 Miles

Intermediate: 2 Miles

News & Info

LINKS - Click to Access

• [Call & Connect Opportunities](#)

• [Crucial Resources: Join the Online Community](#)

• [RPE CHART LINK](#)

• [FITNESS ATTRIBUTES GUIDE](#)

Weekly Mindset

WEEKLY

JULY 14 - JULY 20

Monday

DATE

Thomas Edison

"Many of life's failures are people who did not realize how close they were to success when they gave up."

Success is often just around the corner; persistence is key, and giving up too soon can lead to missed opportunities.

Tuesday

DATE

William Ward

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

Focusing on the positive qualities of others encourages personal growth and positivity within yourself.

Wednesday

DATE

Michael Jordan

"If you accept the expectations of others, especially negative ones, then you never will change the outcome."

Don't let others' negative expectations limit you; believe in yourself to change your destiny.

Thursday

DATE

Oliver Holmes

"A man may fulfill the object of his existence by asking a question he cannot answer, and attempting a task he cannot achieve."

Life's purpose is found in striving for seemingly impossible goals, which push you to grow and evolve.

Friday

DATE

Confucius

"I am not bothered by the fact that I am unknown. I am bothered when I do not know others."

Personal recognition isn't as important as understanding and connecting with others.

Saturday

DATE

Epictetus

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

Wisdom lies in appreciating what you have, rather than lamenting what you lack.

Sunday

DATE

Pablo Picasso

"I am always doing that which I cannot do, in order that I may learn how to do it."

Constantly challenge yourself by attempting things beyond your current abilities; this is how you learn and grow.

Mental
Fitness

Coach Digest

- This is the seventh week of our 8-week Base Camp strength cycle, where we'll make steady, methodical progress, preparing to peak for new one-rep maxes in August. July's Strength & Neuromuscular Efficiency Block: During our second 4-week block of Base Camp, we're shifting to the alternate powerlifts using lower reps and heavier loads, from 5s at 80% to singles at 95%+. We will continue the drop set method to maintain muscle-building stimuli even as weights get heavier. For the drop set, you have one attempt to accumulate as many continuous reps (continuous movement with no pauses) as you can. Once you have to pause, your drop set is over.
- Tuesday we have a benchmark workout "Fast Break". We have made adjustments this year to this benchmark changing from wallballs to thrusters. This change was made to be more accessible to those in the app and on the gym side. Athletes still can look back on history to have an idea of what their goal should be.
- Friday we have "Forever Athlete Friday" with three components. As usual, the lesson plan rolls right from part one to part 3 on the same clock.

- [Call & Connect Opportunities](#)
- [Crucial Resources: Join the Online Community](#)
- [RPE CHART LINK](#)
- [FITNESS ATTRIBUTES GUIDE](#)



Daily View

MONDAY

JULY 14

Class

Strict Press
3 Sets:
2 Strict Press at 85-90%

1 Big Drop Set:
15-30 Reps at 50%

"Burin' Bridges"
AMRAP 15:
10 Strict Sit-ups
30 Dumbbell Deadlifts
10 Strict Sit-ups
20 Dumbbell Plank Rows
10 Strict Sit-ups
10 Dumbbell Push-ups

Dumbbell: (50/35)'s

KG | (22.5/15)

Age Group

13-15, 55+: (35/25)'s
KG: (15/11)

Competitors Version

AMRAP 15:
15 GHD Sit-ups
30 Dumbbell Deadlifts
15 GHD Sit-ups
20 Chest to Bar Pull-ups
15 GHD Sit-ups
10 Strict Handstand Push-ups

Dumbbell: (70/50)'s

Accessory Work

Dumbbell Durability
3-4 Supersets For Quality:
10 Dumbbell Side Bends (Each)
20 Dumbbell Plank Pull Throughs
50 Meter Suitcase Carry (Each)

Rest 1-2 Minutes Between Supersets

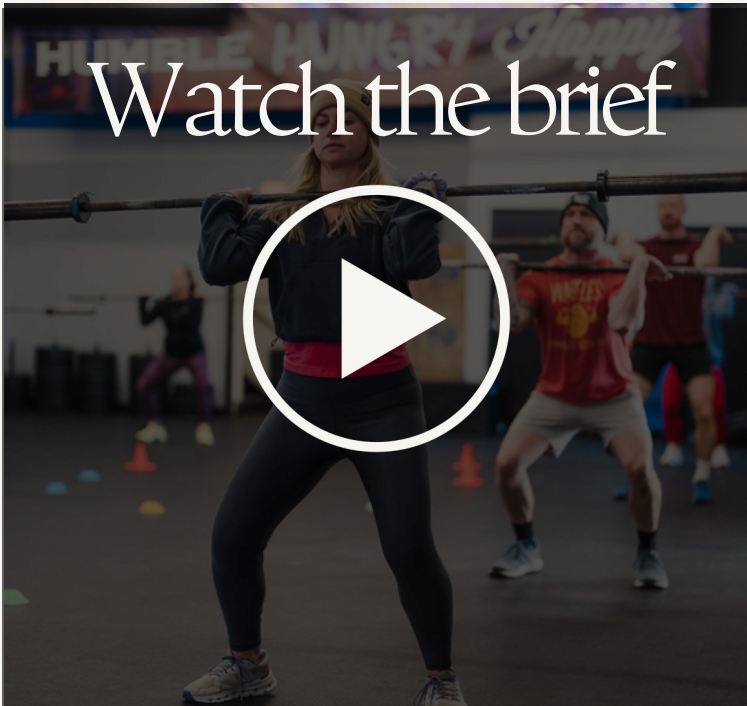
Coaching Resources

Overview

- In part 1, This is the seventh week of our 8-week Base Camp strength cycle. Your working sets should land within the suggested percentage range. Work at a percentage that allows for minimal pausing between reps.
- In part 2, Today's workout tests and develops your muscular endurance and core stability. Anticipate significant core fatigue from the sit-ups and back and shoulder fatigue from the dumbbell work. Focus on a consistent, manageable pace and breaks to maximize rounds and reps.

Resource & Movement Links

- [Resource Links](#)
- [Strict Press General Warm Up](#)



For The Coach

MONDAY

JULY 14

Strategy

Strategy

- **Pacing:** Don't start too hot. A 15-minute AMRAP is a long time to sustain a high output. Find a consistent, manageable pace early on that you can maintain for the duration.
- **Breaks:** For the dumbbell movements, plan your breaks before you need them. Smaller, more frequent sets are often better than crashing and taking long rests.
- **Sit-ups:** These act as a mental and physical break while also taxing your core. Don't rush them, but maintain a steady rhythm to recover slightly for the dumbbell work.
- **Plank Rows and Push-ups:** These movements will tax shoulder and core stability. Keep hips square on rows and avoid reaching failure on push-ups by using quick, smart breaks (e.g., 5-3-2).

Mods & Subs

- **STRICT SIT-UPS**
 - Reduce Reps
 - Normal Sit-ups
 - Hollow Rocks
 - Tuck Crunches
 - **DUMBBELL DEADLIFTS**
 - Reduce Loading/Reps
 - Sub Kettlebells
 - Sub Barbell (135/95)
 - Sumo Deadlift
 - Good Mornings
- **DUMBBELL PLANK ROWS**
 - Decrease Reps
 - Inverted Barbell Rows
 - Ring Rows
 - Plank Shoulder Taps
 - Dumbbell or Barbell Bent Over Rows
 - **DUMBBELL PUSH-UPS**
 - Reduce Reps
 - Deficit Push-ups on Plates
 - Regular Push-ups
 - Box Push-Ups (Hands Elevated)
 - Plank Shoulder Taps
 - Dumbbell Bench Press
 - Dumbbell Floor Press

Details & Tools

What you Need to Know

- **Intended Intensity:** RPE 5-7
- **Target Loading:** Light-Moderate
- **Fitness Attribute Improved:** Muscular Endurance
- **Target Score:** 3-5 Rounds
- **- Strict Sit-ups:** Strict sit-ups are the same as regular sit-ups, just without the assistance of the arms. You can hold them across the chest or behind the head.
- **Choose a dumbbell weight** that allows you to complete all dumbbell movements within 2 sets.
- **Dumbbell Plank Rows:** The rep starts and ends with the dumbbell on the ground. Perform a single-arm row until the dumbbell makes contact with the chest or front of the shoulder. Alternate arms on every rep for a total of 10 reps on each side.
- **Dumbbell Push-ups:** The rep starts and finishes at the top with the arms in a locked-out position. At the bottom of your rep, your shoulders must touch the top of the dumbbell heads. Your chest does not need to touch the ground.

The One Teaching Focus

- **Feet Planted on the Ground**
 - Feet should remain firmly planted for balance and stability. Generates leg drive and a strong base for the press.

Timeline & Plan

MONDAY

JULY 14

Brief & General WU // 6 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - [With Warm-Up Dumbbells]
 - 0:30 Pec Stretch (right)
 - 0:30 Pec Stretch (left)
 - 0:30 Alternating Worlds Greatest
 - 0:30 Alternating Reverse Lunges
 - 10 Double Dumbbell Deadlifts
 - 10 Push Ups
 - 10 Dumbbell Bent Over Rows
 - 10 Double Dumbbell Strict Press

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 12 Minutes | 9:00-21:00

- Strict Pull-Ups
 - 0:20 Dead Hang on Pull-up Bar
 - 8 Slow Scap Retractions
 - Have athletes focus on keeping their head in between their arms.
 - 3 Slow Pull-up Negatives (0:03-0:05 Lower)
 - Focus on elbow position, elbows slightly in front of the body.
 - 3 Strict Pull-ups
 - Look that athletes are getting full range of motion throughout their reps.
- Strict Press + Bent Over Row General
 - 10 Back Rack Elbow Roatations
 - 3 Strict Press w/ hold & Brace
 - Focus: Check for active shoulders and bar position.
 - 3 Cued strict press
 - Focus: Straight bar path
 - 3 Cued strict press with Slow Descent
 - Focus: Controlled eccentric movement with straight bar path.
 - 3 Cued strict press
 - Focus: Static positions and bar path

Strength // 15 Minutes | 21:00-36:00

- While completing this drop set, athletes should maintain continuous movement. Once they feel the need to pause or slow down, their set is done.
- Building Sets:
 - 3 - 65%
 - 3 - 75%
 - 2 - 80%

Primer // 6 Minutes | 36:00-42:00

- Practice Round
 - 10 Strict Sit-Ups
 - 5 DB Deadlifts
 - 5 DB Plank Rows
 - 5 DB Strict Press
- Break
- Workout Q&A

Workout // 15 Minutes | 42:00-57:00

- Strict Sit-Ups: In these reps we are looking for athletes to not use their arms as they come up, we want them to be as strict as possible meaning we use no momentum.
- DB Deadlifts: Look for athletes to avoid just hinging to touch the ground, cue them to bend their knees and drive their feet through the floor.
- DB Plank Rows: Cue athletes to try and maintain a stable midline, avoiding over rotating from one side to the next as they row.
- DB Strict Press: Ensure athletes keep these strict and stable, athletes should finish each rep with arms locked out, biceps beside the ears at the top.

Cool-Down // 3 Minutes | 57:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

TUESDAY

JULY 15

Class

"Fast Break" [BENCHMARK]
10 Rounds For Time:
15/12 Calorie Row
12 Thrusters (75/55)

Rest 1 Minute Between Sets

Time Cap: 30 Minutes

KG: (34/25)

Age Group

13-15, 55+: (65/45)
KG: (29/20)

Competitors Version

On the 1:30 x 20 Sets:
200 Meter Run/Row
Bodyweight Reps Time Reamining

[Alternate Between]:
A Rounds: 200 Meter Run + Single Leg
Squats
B Rounds: 200 Meter Row + Burpees
Over Rower

Accessory Work

Lethal Legs
[PART A]
3 Sets:
8 Deep Knee Over Toe Lunge (Each Side)

Rest 1 Minute Between Sets

[PART B]
3 Minutes Backwards Walking Sled Drag

* Rest 1-2 Minutes Between Sets

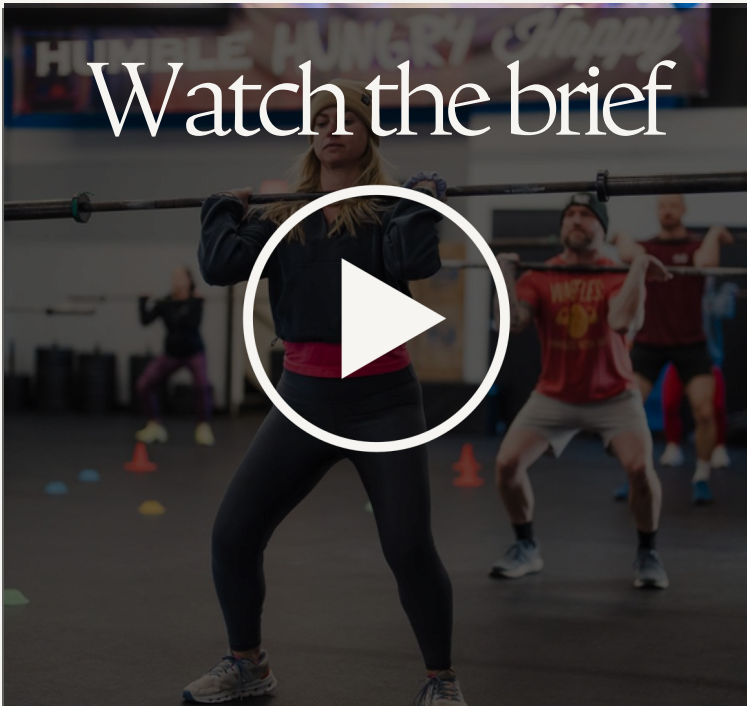
Coaching Resources

Overview

- This is a VO2 max workout, meaning you should maintain a high intensity throughout. Aim to start at an RPE 7-8 and push towards an RPE 9 by the end to truly tap into your VO2 max capacity. Choose a light barbell weight that allows you to complete the thrusters unbroken throughout. Rounds are designed to take 2:00 or less to complete.

Resource & Movement Links

- [Resource Links](#)
- [Thruster Progression](#)



For The Coach

TUESDAY

JULY 15

Strategy

- Strategy
- Attack the row with a strong, controlled pace. Your goal is to finish the calories hard, but still be composed enough to transition quickly into a large set of thrusters.
 - Breaks: Avoid grinding out reps or pausing excessively overhead. If you need to break, set the bar down and get out from under tension.
 - Use your 1:00 rest wisely. Focus on deep, controlled breathing to bring your heart rate down.

Mods & Subs

- 15/12 CALORIE ROW
 - 1:15 Time Cap
 - 12/10 Calorie Ski
 - 15/12 Calorie Bike Erg
 - 12/10 Calorie Echo Bike
 - 200m Run
 - 1:00 Effort on Treadmill/Runner
 - 16 Shuttle Runs (1 rep = 10m)
 - 15 Burpees
- THRUSTERS
 - Reduce Reps/Loading
 - Sub Dumbbells (35/25)s
 - Wallballs (20/14)
 - 24 Air Squats

Details & Tools

- What you Need to Know
- Score: Time
 - Intended Intensity: RPE 7-8
 - Target Loading: Light
 - Fitness Attribute Improved: Aerobic Power [VO2 Max]
 - Target Score: 20-25 Minutes
 - In the past, this benchmark workout was performed with wallballs, but it has since been changed to thrusters to make it more accessible.

- The One Teaching Focus
- Legs Lead the Way
 - The thruster is a movement where athletes often struggle with timing. Athletes are often pressing too early (most likely) or waiting too long after the squat to press. We want to emphasize a strong leg drive with a quick 1-2 punch of legs finishing the drive and then recruiting the arms for the press. The bar should "float" for a moment when athletes execute this correctly.

- Logistics
- If your class needs to share rowers, have athletes start 1 minute behind their partner.

Timeline & Plan

TUESDAY

JULY 15

Brief & General WU // 9 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - 0:30 Quad Pulls
 - 0:30 Knuckle Draggers
 - 0:30 Arm Circles
 - 0:30 Arm Wraps
 - 0:30 Spidermans
 - 0:30 Downward Dog
 - 0:30 Scorpions
 - 0:30 Push Ups

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 12 Minutes | 9:00-21:00

- Barbell Flow
 - 5 Good Mornings
 - 5 Elbow Rotations (back rack)
 - 5 Back Squats
 - 5 Strict Press
 - 5 Muscle Cleans
 - 5 Front Squats
- Thruster Prep
 - 3 Pausing Front Squats (0:03 in the bottom)
 - 3 Front Squats (no pause)
 - 3 Pausing Push Press Dips (no press)
 - upright torso, heels down.
 - 3 Push Press
 - 3 Front Squat + Push Press
 - 3 Thrusters
 - press after hips open; heels down until extension.

Strength //

Primer // 6 Minutes | 21:00-27:00

- Practice Round
 - 2 Rounds:
 - 4 Cal Row
 - 4 Thrusters
- Break
- Workout Q&A

Workout // 30 Minutes | 27:00-57:00

- Row: Athletes should aim to drive hard through their legs and lengthen their pull.
- Thrusters: Look for athletes to move this barbell fast while maintaining an upright chest.

Cool-Down // 3 Minutes | 57:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

WEDNESDAY

JULY 16

Class

Sumo Deadlifts
3 Sets:
2 Sumo-Deadlifts at 85-90%

1 Big Drop Set:
15-30 Reps at 50%

* Rest 2-3 Minutes Between Sets

"Round The Clock"
In a 5:00 Window x 3 Sets:

3 Rounds:
25 Double Unders
5 Toes to Bar
10 Alternating Dumbbell Snatches
(50/35)

In Remaining Time: Max Calorie Bike

* Rest 2 Minutes Between Sets

KG | (22.5/15)

Age Group

13-15, 55+: (35/25)
KG: (15/11)

Competitors Version

Same as class

Accessory Work

Posterior Pump
3-4 Supersets For Quality:
10 Rower Hamstring Curls
60 Second Reverse Plank On Benches

Rest 1-2 Minutes Between Supersets

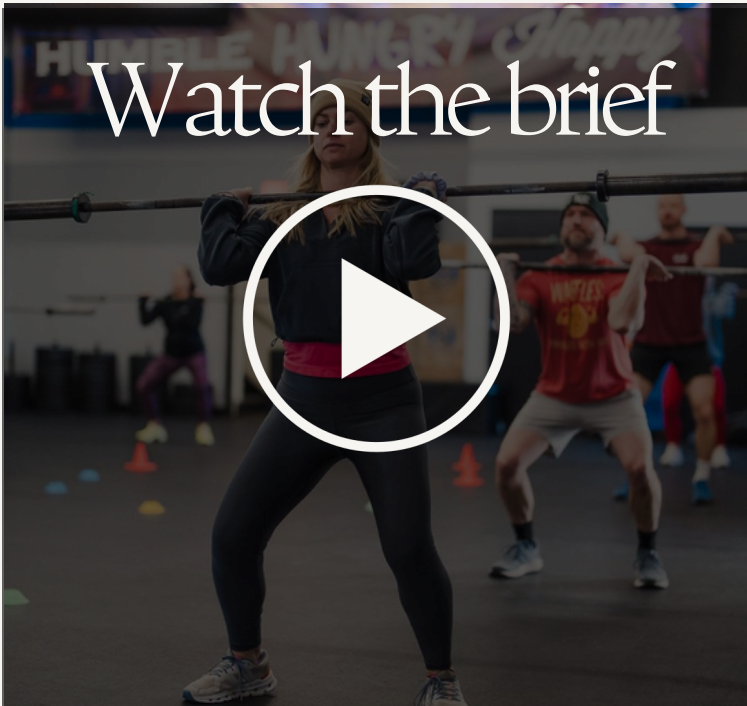
Coaching Resources

Overview

- In part 1, This is the seventh week of our 8-week Base Camp strength cycle, where we'll make steady, methodical progress, preparing to peak for new one-rep maxes in August.
- In part 2, Within a 5-minute window, complete 3 rounds of double unders, toes to bar, and snatches before advancing to the bike. Rest 2:00 after the 5:00 window concludes and repeat for a total of 3 sets.

Resource & Movement Links

- [Resource Links](#)
- [Teaching the Sumo DL](#)



For The Coach

WEDNESDAY

JULY 16

Strategy

Strategy

- Move fast through the opening rounds. Aim to complete the 3 rounds in under 3:00 to give yourself at least 2:00 on the bike each set.
- Push hard on the bike. Calories are your score, so shift into a high gear once you get there. Maintain a steady, aggressive pace (RPE 8–9).
- Stay sharp on transitions. Minimize time between movements to maximize time on the bike.

Mods & Subs

- DOUBLE UNDERS
 - Reduce Reps
 - 40 Single Unders
 - Plate Hops
 - 5 Burpees
 - 0:20 Effort On Any Machine
 - TOES TO BAR
 - Reduce Reps
 - V-Ups
 - Toes To As High As Possible
 - Knees To Chest
 - Hanging Knee Raises
 - GHD Sit-Ups
 - Sit-Ups
- DUMBBELL SNATCH
 - Reduce Loading/Reps
 - Dumbbell Hang Power Snatches
 - Plate Ground to Overhead
 - Kettlebell Swings at Same Weight
 - Barbell Power Snatches (75/55)
 - ECHO BIKE
 - Bike Erg
 - Row
 - Ski
 - Run
 - Treadmill/Runner

Details & Tools

What you Need to Know

- Score: Bike Calories
- Intended Intensity: RPE 7-8
- Target Loading: Light-Moderate
- Fitness Attribute Improved: Aerobic Power [VO2 Max]
- Target Score: Men: 80-120 Calories / Women: 60-90 Calories
- Choose weights/reps/variations that allow you to complete the 3 rounds of 25-5-10 reps in about 3:00, giving you about 2:00 on the bike each round.
- Alternating Dumbbell Snatches: Use a single dumbbell and alternate arms every rep. These are from the floor, and both heads of the dumbbell must touch the ground between reps.

The One Teaching Focus

- "Chest Up"
 - Common Fault: Rounding of the back or slouching the chest.
 - Instruct athletes to brace their core and lift their chest before initiating the lift.
 - This protects the spine and helps maintain a neutral back throughout the movement.

Logistics

- If sharing bikes is needed, have groups start 2-3 minutes behind the first group.

Timeline & Plan

WEDNESDAY

JULY 16

Brief & General WU // 7 Minutes | 0:00-7:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - 0:30 Pogo Hops
 - 0:30 Single Unders
 - 0:30 Double Tap Drill
 - 0:30 Penguin Claps
 - 10 Double Unders
 - 0:20 Hollow Hold
 - 10 AbMat Sit-Ups

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 12 Minutes | 7:00-19:00

- Toes-to-Bar Prep
 - 0:20 Dead Hang
 - 0:20 Active Hang
 - 0:20 Kip Swings
 - 0:20 Kipping Knee Raises
 - 0:20 Arch Hold
 - 0:20 Toes-to-Bar Practice
- Dumbbell Snatch Warm Up
 - 10 Alternating Dumbbell Deadlifts
 - 10 Alternating Dumbbell Deadlift to Shrug
 - 10 Single Dumbbell Strict Press
 - 10 Alternating Dumbbell Swings
 - 10 Alternating Dumbbell Snatches
- Sumo Deadlift | Tell, Show, Do, Check
 - Establish stance, grip, & set up
 - Wide stance with feet slightly turned out (likely 2x squat stance)
 - Bar over the middle of the foot
 - Full grip on bar with hands inside legs
 - Bar in contact with shins
 - Shoulders on top of bar
 - Chest up
 - Eyes forward
 - 3 Reps – Controlled Pauses at Mid-Shin
 - Emphasize bracing, engaging lats, and keeping a neutral spine throughout.
 - 3 Reps – Mid-Shin to Knees Only
 - Cue: “Push the ground away with your feet,” keeping shoulders stacked and bar close to the legs.
 - 3 Reps – Full Lift with Pause at Lockout
 - Cue athletes to stand tall without overextending the low back.
 - 3 Reps – Eccentric Control to Mid-Shin
 - Emphasize hips going back and tension in hamstrings/lats on the descent.

Strength // 15 Minutes | 19:00-34:00

- While completing this drop set, athletes should maintain continuous movement. Once they feel the need to pause or slow down, their set is done
- To determine where your feet should be, start by finding your squat stance. From there, plant your toes and pivot your heels outward, then pivot your toes out past your heels. While this is not always exact, it's a great starting point!
- Building Sets:
 - 3 - 65%
 - 3 - 75%
 - 2 - 80%

Primer // 6 Minutes | 34:00-40:00

- Practice Round
 - 10 Double Unders
 - 3 Toes To Bar
 - 4 DB Snatches
 - 0:20 Bike
- Break
- Workout Q&A

Workout // 19 Minutes | 40:00-59:00

- Double Unders: Athletes should be able to complete sets unbroken, with relaxed arms.
- Toes To Bar: Athletes should choose an option that allows for unbroken sets.
- DB Snatches: Look for athletes to drive through their legs as they stand to gain power from the hips.
- Bike: Athletes should have 2 minutes to bike each round, athletes should be able to push the pace here knowing they have 2 minutes of rest coming after.

Cool-Down // 1 Minute | 59:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

THURSDAY

JULY 17

Class

"Gripah"
On the 10:00 x 3 Rounds:
40 Alternating Dumbbell Floor Press
200 Meter Farmers Carry
800 Meter Run
Max Strict Pull-ups

Dumbbells: (50/35)'s

KG | (22.5/15)

Age Group

13-14, 55+: (35/25)'s
KG: (15/22.5)

Competitors Version

On the 10:00 x 4 Rounds:
10 Wall Walks
200 Meter Farmers Carry
800 Meter Run
Max Rope Climbs (15')

Dumbbells: (50/35)'s

KG: (22.5/15)

Accessory Work

Stability Work
For Quality:
400 Meter Zercher Carry (1/2
Bodyweight)

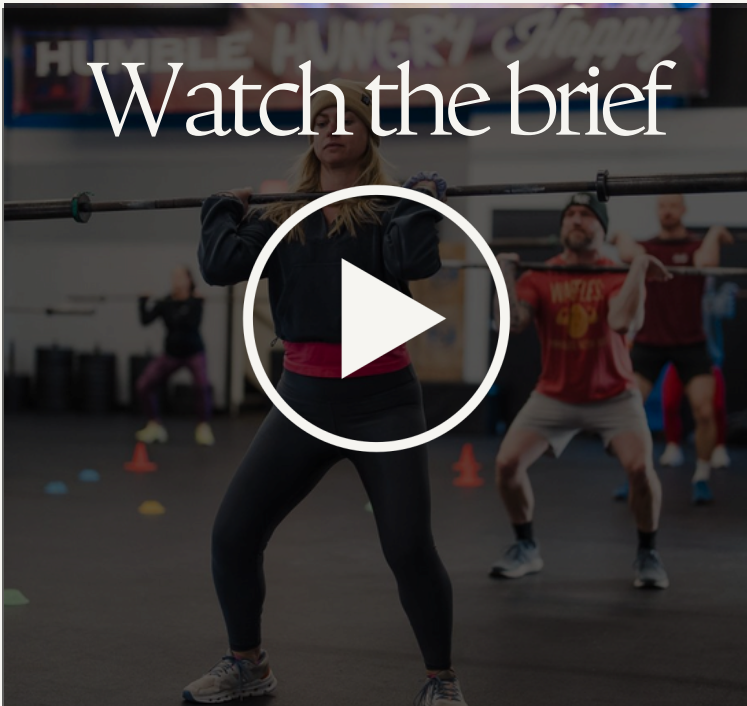
Coaching Resources

Overview

- Begin each 10:00 with the press, carry, and run before accumulating as many pull-ups as you can in the remaining 10:00 window. Then move directly into the next round with no rest between rounds.

Resource & Movement Links

- [Resource Links](#)
- [Strict Pull Ups Progression](#)



For The Coach

THURSDAY

JULY 17

Strategy

Strategy

- Treat each round like a controlled sprint with a payoff at the end. The goal is to arrive at the pull-up bar with just enough left in the tank to capitalize on the window without being too fatigued.
- Keep your transitions tight and intentional. Move directly from the bench to the carry, and from the carry into the run without hesitation. Small moments add up over three rounds.
- Pace the run like a reset, not a recovery. It should be steady, but not slow. Use it to bring your heart rate down and mentally prep for the next pull-up set.

Mods & Subs

- ALTERNATING DUMBBELL FLOOR PRESS
 - Dumbbell Bench Press
 - Barbell Bench Press
 - Hand-Release Push-ups
 - Push-Ups
 - Burpees
 - FARMER’S CARRY
 - Reduce Loading/Distance
 - Sub Kettlebells or Plates
 - 2:00 Farmer’s Carry March in Place
 - 2:00 Farmer’s Carry Hold
- 800M RUN
 - 5:00 Time Cap
 - 1,000/900m Row
 - 800/720m Ski
 - 50/40 Calorie Echo Bike
 - 2,000/1,800m Bike Erg
 - 4:00 Moderate Effort on Treadmill/Runner
 - STRICT PULL-UPS
 - Banded Strict Pull-Ups
 - Kipping Pull-ups
 - Jumping Pull-ups with Controlled Descent
 - Ring Rows
 - Alternating Dumbbell Plank Rows (Renegade Row)

Details & Tools

What you Need to Know

- Score: Reps
- Intended Intensity: RPE 6-8
- Target Loading: Light-Moderate
- Fitness Attribute Improved: Aerobic Power [Lactate Threshold]
- Target Score: Men: 50-75 Reps / Women: 30-50 Reps
- Choose weights/reps/variations that allow you to complete the floor press, farmer's carry, and run in 9:00 or less, giving you at least 1:00 on the strict pull-ups every round.
- Alternating Bench Press: Begin with both dumbbells locked out above you. Lower one dumbbell until the dumbbell touches your chest, then press it back up until your arm is fully extended above you, then do the same on the other arm. Alternate which arm presses every rep, with the other arm locked out at the top. You'll complete 20 reps on each arm for a total of 40 reps.
- Farmer's Carry: Hold two dumbbells at your sides. Keep your shoulders pulled back, lats engaged, and arms extended (don't bend your elbows). We are aiming to complete this carry in no more than 3 sets. If you cannot achieve that, please adjust your weight.

The One Teaching Focus

- Initiation of the Pull
 - Check that the pull-up starts with the scapulae initiating the movement, followed by elbow flexion. This ensures engagement of the back muscles rather than relying solely on the arms.

Timeline & Plan

THURSDAY

JULY 17

Brief & General WU // 9 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - 200m Jog
 - 0:30 Banded Pec Stretch (right)
 - 0:30 Banded Pec Stretch (left)
 - 0:30 Band Pull Aparts
 - 0:30 Band Pass-Throughs
 - 0:30 Banded Lat Stretch (right)
 - 0:30 Banded Lat Stretch (left)
 - 10 Scapular Push-ups

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 12 Minutes | 9:00-21:00

- Strict Pull-Ups
 - 0:20 Dead Hang on Pull-up Bar
 - 8 Slow Scap Retractions
 - Have athletes focus on keeping their head in between their arms.
 - 3 Slow Pull-up Negatives (0:03-0:05 Lower)
 - Focus on elbow position, elbows slightly in front of the body.
 - 3 Strict Pull-ups
 - Look that athletes are getting full range of motion throughout their reps.
- Dumbbell Floor Press Specific Warm-Up
 - 10 Push-Ups
 - With light Dumbbell
 - 5 Crush Grip Floor Press
 - 5 Single Arm DB Floor Press (each arm)
 - Look for athletes to keep a stable midline as they bench.
 - 5 DB Floor Press
 - Focus on athletes keeping control of the DB, and reaching full range of motion.
 - With Workout Weight
 - 3 Tempo DB Floor Press
 - 3 Seconds Down
 - 6 Alternating Dumbbell Floor Press

Strength //

Primer // 6 Minutes | 21:00-27:00

- Practice Round
 - 6 Alternating Dumbbell Snatches
 - 50m Farmers Carry
 - 100m Run
 - 3 Strict Pull-Ups
- Break
- Workout Q&A

Workout // 30 Minutes | 27:00-57:00

- Floor Press: Look at athletes elbow position, the elbow should be 45 degrees from the body.
- Farmers carry: Ensure athletes are keeping their shoulders rolled back and down.
- Run: Athletes should choose a distance that allows them to finish in about 4:00 or less.
- Strict Pull-Ups: Cue athletes to pull their elbows to the floor, not just chin over the bar. This will help them engage their lats as they pull.

Cool-Down // 3 Minutes | 57:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

FRIDAY

JULY 18

Class

Back Squat Jumps [0:00-10:00]

3 Sets:

5 Back Squats Jumps @ 20%

3 Unweighted Vertical Jumps

* Rest 2 Minutes Between Sets

Front Squat [10:00-25:00]

3 Sets:

2 Front Squats at 85-90%

1 Big Drop Set:

15-30 Reps at 50%

* Rest 2-3 Minutes Between Sets

"Altitude Sickness" [30:00-40:00]

On the 1:30 x 6 Sets:

200 Meter Run/Row

Bodyweight Reps Time Remaining

[Alternate Between]:

A Rounds: 200 Meter Run + Air Squats

B Rounds: 200 Meter Row + Burpees

Age Group

Same as class

Competitors Version

On the 1:30 x 6 Sets:

200 Meter Run/Row

Bodyweight Reps Time Remaining

[Alternate Between]:

A Rounds: 200 Meter Run + Single Leg
Squats

B Rounds: 200 Meter Row + Burpees
Over Rower

Accessory Work

Zone 2

40-80 Minute Bike Erg

Coaching Resources

Overview

- In part 1, The goal of today's plyometric work is to improve horizontal and vertical power, reactive strength, tendon stiffness, and quickness through controlled, explosive, quick efforts. Back Squat Jumps: Use a light barbell in the back rack. Squat all the way down, then explode vertically, pulling the bar into your shoulders as you jump. Focus on rapid force production and aggressive knee and ankle extension with a clean, tall landing. Reset between jumps.
- In part 2, This is the seventh week of our 8-week Base Camp strength cycle, where we'll make steady, methodical progress, preparing to peak for new one-rep maxes in August.
- In part 3, You'll complete 3 rounds each of the run + air squats and row + burpees, alternating back and forth between the two. There is no rest between rounds, 9:00 straight.

Resource & Movement Links

- [Resource Links](#)
- [Teaching The Front Squat](#)

Watch the brief



For The Coach

FRIDAY

JULY 18

Strategy

Strategy

- We want to work hard from the beginning. We only have 3 full rounds of this workout, so we should be able to increase our pace from round to round.
- Do not push so hard that your form breaks down. Sound movement should always be our top priority.

Mods & Subs

- 200M RUN/ROW
 - 200m Ski
 - 12/10 Calorie Echo Bike
 - 500m Bike Erg
 - 1:00 Moderate Effort on Treadmill/Runner
 - 16 Shuttle Runs (1 rep = 10m)
 - AIR SQUATS
 - Squat to a Box
 - Lunges
 - Wall Sit Hold
- BURPEES
 - Push-Ups
 - No Push-Up Burpee
 - Mountain Climbers
 - Box Jumps

Details & Tools

What you Need to Know

- Score: Total Bodyweight Reps
- Intended Intensity: RPE 8-9
- Fitness Attribute Improved: Aerobic Power [VO2 Max]
- Target Score: 80-100 Reps
- Choose run/row distances that take 1:00 or less to complete, giving you at least 30 seconds on the bodyweight movements. Men and women row the same distance today.
- Air Squats: Ensure you reach a full locked-out position with your hips, knees, and shoulders in line with each other at the top of each rep.
- Burpees: At the bottom of the burpee, chest and hips must touch the ground. At the top jump of the burpee, your hands must touch overhead and your body must be in a straight line through the wrists, shoulders, hips, and knees.

The One Teaching Focus

- Knee Tracking
 - Ensure that the knees are tracking in line with the toes during the descent and ascent of the squat. Avoid inward collapsing or outward drifting of the knees.

Logistics

- If athletes need to share rowers, have one group start on run, and other group start on row.

Timeline & Plan

FRIDAY

JULY 18

Brief & General WU // 9 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - 0:30 Elevated Pigeon on Box (right)
 - 0:30 Elevated Pigeon on Box (left)
 - 0:30 Air Squats
 - 0:20 Barbell Back Rack Goodmornings
 - 0:20 Barbell Back Rack Elbow Rotations
 - 0:20 Barbell Back Squats
 - 5 Broad Jumps
 - 5 Low Box Jumps
 - 3 Box Jumps

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 11 Minutes | 9:00-20:00

- Front Squat Specific Warm-Up
 - Establish Stance & Set-Up
 - Feet shoulder-width apart, toes slightly out
 - Hands just outside shoulders with a loose fingertip grip
 - Bar rests on the shoulders with elbows high and chest tall
 - Midline braced, weight balanced through the whole foot
 - 3 Cued Reps – Slow Descent to ½ Squat + Pause
 - Focus: Upright torso and elbow position
 - Instruct athletes to lower slowly to a half-squat and pause for 2 seconds.
 - Emphasize staying tall through the torso and keeping elbows high.
 - 3 Cued Reps – Squat to Full Depth + Pause at Bottom
 - Focus: Core stability and stacked posture
 - Athletes squat to full depth and hold for 2 seconds in the bottom.
 - Cue a proud chest, tight midline, and full foot pressure.
 - 2 Cued Reps – Squat with Tempo: 2 Down, 2 Pause, Stand Fast
 - Focus: Position under fatigue and speed from the bottom
 - Add a slight pause at the bottom to challenge posture and then cue a fast, aggressive stand.
 - Focus on “elbows drive up” as they stand tall through the lift.

Plyometrics // 10 Minutes | 20:00-30:00

- Back Squat Jumps: Use a light barbell in the back rack. Squat all the way down, then explode vertically, pulling the bar into your shoulders as you jump. Focus on rapid force production and aggressive knee and ankle extension with a clean, tall landing. Reset between jumps.

Strength // 15 Minutes | 30:00-45:00

- While completing this drop set, athletes should maintain continuous movement. Once they feel the need to pause or slow down, their set is done.
- Hips and knees should reach full extension at the top of each rep, and hips should pass below the knees in the bottom of the squat.
- Building Sets:
 - 3 - 65%
 - 3 - 75%
 - 3 - 80%

Primer // 5 Minutes | 45:00-50:00

- No practice round today due to format. Use this time to set up for the workout, and bathroom breaks.
- Break
- Workout Q&A

Workout // 10 Minutes | 50:00-60:00

- Run/Row: Look for athletes to have chosen the right distance, athletes should be able to come right in or get right off and right to work on the bodyweight movements.
- Air Squats: This is a good time to focus on athletes squat mechanics. Look for athletes to keep a neutral spine, and hitting full depth.
- Burpees: Keep and eye on how athletes land their feet on the way up. We want athletes to land flat footed and feet right outside the hands.

Cool-Down // 60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

SATURDAY

JULY 19

Class

"Long Island"
[TEAMS OF 2]
AMRAP 30:
5 Deadlifts (275/185)
10 Box Jumps (24"/20")
15/12 Calorie Bike

Switch After:
400 Meter Run

KG I (124/83)

Age Group

40-54: (225/155)
KG: (102/70)
13-15, 55+: (185/125)
KG: (83/56)

Competitors Version

AMRAP 30:
5 Deadlifts (315/225)
10 Box Jump Overs (24"/20")
15/12 Calorie Bike

Every 5 Minutes [Starting at 0:00]:
400 Meter Run

Accessory Work

Hypertrophy Accessory
[PART A]
3 Sets:
12-15 Barbell Bicep Curls
* Same Weight Across
* Rest 1 Minute Between Sets

[PART B]
1 Set:
Max Unbroken Barbell Bicep Curls
* Performed @ 50% Working Weight
From Part 1

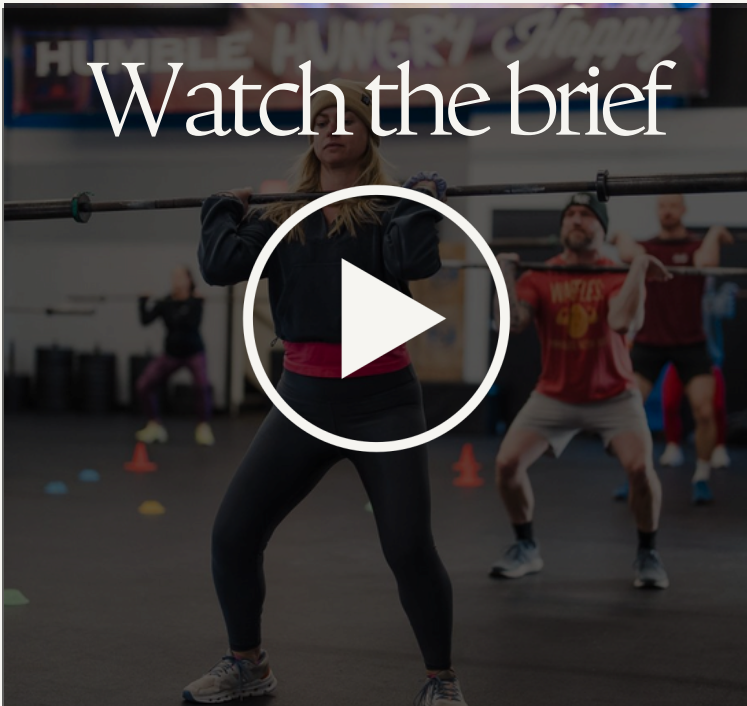
Coaching Resources

Overview

- Choose a run distance that takes 2:30 or less to complete. The deadlift weight should be challenging, but completed unbroken throughout. Choose a bike calorie number that takes about 1:00 or less to complete.

Resource & Movement Links

- [Resource Links](#)



For The Coach

SATURDAY

JULY 19

Strategy

- Strategy
- * P1: Run
 - * P2: AMRAP 5-10-15
 - * Switch After 400 Meter Run
 - * Pick-up Where Partner Left Off

Mods & Subs

- DEADLIFT
 - Reduce Loading/Reps
 - Sub Dumbbells or Kettlebells
 - Good Mornings
 - Barbell Sumo Deadlift
 - Kettlebell Sumo Deadlift
 - BOX JUMPS
 - Reduce Box Height
 - Box Step-Ups
 - 20 Squat Jumps
 - 20 Jumping Lunges
 - Alternating Single-leg Squats (Pistols)
 - 20 Reverse Lunges
 - Broad Jumps
- 15/12 CALORIE BIKE
 - 1:00 Moderate Effort
 - 15/12 Calorie Row
 - 12/10 Calorie Ski
 - 12/10 Calorie Echo Bike
 - 15 Burpees
 - 400M RUN
 - 2:30 Time Cap
 - 500/450m Row
 - 400/360m Ski
 - 1,000/900m Bike Erg
 - 2:00 Moderate Effort on Treadmill/Runner
 - 32 Shuttle Runs (1 rep = 10m)
 - 30 Burpees

Details & Tools

- What you Need to Know
- Score: Rounds and Reps
 - Intended Intensity: RPE 6-7
 - Target Loading: Moderate (55-65%)
 - Fitness Attribute Improved: Aerobic Power [Lactate Threshold
 - Target Score: 8-12 Rounds
 - Box Jumps: Must reach full lockout/extension of the hips/knees at the top of the box. Step down off the top of the box - no rebounding.

- The One Teaching Focus
- "Drive Your Hips Forward"
 - Cue athletes to forcefully extend their hips forward as they stand up.
 - The hip extension is a key component of utilizing the strength from the legs.

- Logistics
- INDY VERSION
 - AMRAP 30:
 - 5 Deadlifts (275/185)
 - 10 Box Jumps (24"/20")
 - 15/12 Calorie Bike
 -
 - Every 5 Minutes [Starting at 0:00]:
 - 400 Meter Run

Timeline & Plan

SATRUDAY

JULY 19

Brief & General WU // 9 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - 1:00 Bike
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:30 Pigeon (right)
 - 0:30 Pigeon (left)
 - 0:30 Downward + Upward Dogs
 - 0:30 Worlds Greatest (right)
 - 0:30 Worlds Greatest (left)
 - 0:30 Bootstraps
 - 0:30 Bodyweight Goodmornings

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 12 Minutes | 9:00-21:00

- Box Jump Prep
 - 0:30 Jumping Jacks
 - 0:30 Box Step-Ups
 - 0:30 Alternating Quad Stretch
 - 0:30 Calf Stretch on Box (L/R)
 - 0:30 Bunny Hops
 - 5 Box Jump Up Step Downs
 - 3 Box Jumps (Workout Height)
- Deadlift Specific Warm Up
 - 5 Tempo RDLs with Empty Barbell (3 sec down – fast up)
 - Coach: Maintain vertical shins, feel hamstrings load, bar stays close.
 - 5 Pausing Deadlifts to Mid-Shin
 - Coach: Set back tight at the start, pause just off the floor with shoulders over bar.
 - 3 Cued Deadlifts – “Push, Pull, Stand”
 - Coach: Push the floor away with legs, bar travels straight, chest rises with hips.
 - 3 Touch-and-Go Deadlifts (light load)
 - Coach: Control the descent, keep bar close, re-engage at each touch.

Strength //

Primer // 6 Minutes | 21:00-27:00

- Practice Round
 - 3 Deadlifts
 - 5 Box Jumps
 - 200m Run
- Break
- Workout Q&A

Workout // 30 Minutes | 27:00-57:00

- Deadlifts: As these deadlifts are heavier today, look for athletes core engagement. If athletes can maintain a tight core, they will be able to hold a stable midline.
- Box Jump: Look for athletes to land soft on the box, this will help manage foot pain between lifting and jumping.
- Bike: Athletes should aim to hold an effort on the bike that will get them off quick, but not affect their deadlifts.

Cool-Down // 3 Minutes | 57:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)

Daily View

SUNDAY

JULY 20

Class

"Frequent Stops"
10 Rounds:
2 Minute Bike Erg Calories
1 Minute Rest

"Sunday Runday"
Beginner: 1.75 Miles
Intermediate: 2 Miles

Age Group

Same as class

Competitors Version

N/A

Accessory Work

Mobility Flow
Glute Foam Roll
Couch Stretch
Quad Foam Roll
Pigeon Pose
Calf Foam Roll

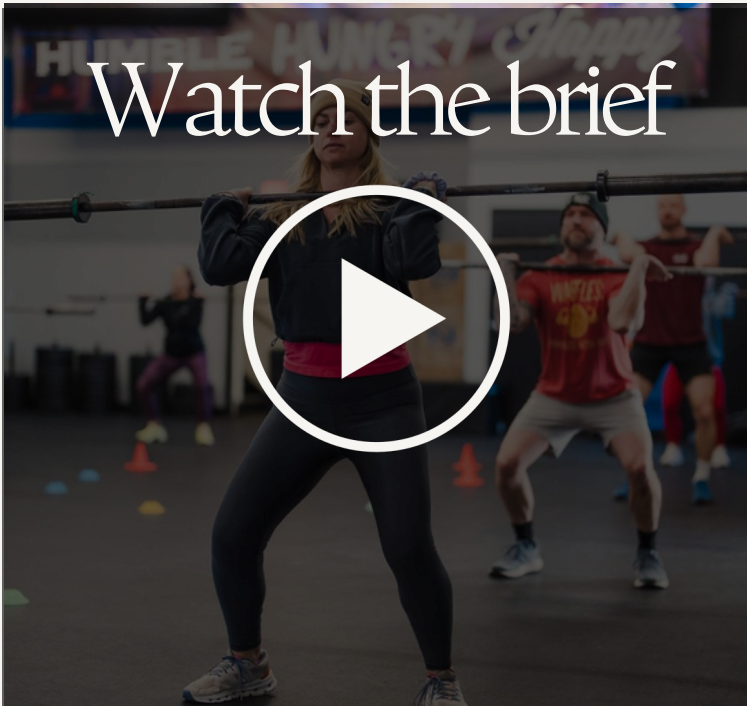
Coaching Resources

Overview

- Today we are looking to remain consistent across all rounds. We want our first and last round the vary very little, especially since score is our lowest round. If possible, set your bike to intervals to record accurate calorie reading for each round. Look to stay consistent, as your score is the lowest round of calories.

Resource & Movement Links

- [Resource Links](#)



For The Coach

SUNDAY

JULY 20

Strategy

- Strategy
- Pay attention to RPMs on our effort today. Our goal should be to maintain the same RPMs for the entire 2 minute rounds, and repeat it round to round.

Mods & Subs

- BIKE ERG
 - Sub other machine or runner
-

Details & Tools

- What you Need to Know
- Score: Lowest Round
 - Intended Intensity: RPE 6-7
 - Fitness Attribute Improved: Lactate Threshold
 - Target Score: 24-40 Calories

- The One Teaching Focus
- Posture and Alignment:
 - Check that athletes maintain a neutral spine and proper posture while riding. The back should be straight, and the shoulders should be relaxed.
 - Ensure proper alignment of the hips, knees, and ankles during the pedal stroke.

Timeline & Plan

SUNDAY

JULY 20

Brief & General WU // 9 Minutes | 0:00-9:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations
- General warm-up list [\[LINK\]](#)
- General warmup
 - Bike Rolling Game
 - Athletes partner up, take turns to try and land exactly on 200m.
 - However many they are off, they have to complete that number of burpees.

Coaching Mastery Document

- [General Warm-Ups Link](#)
- [Specific Movement Warm-Ups & Progressions Link](#)

Specific Warmup // 10 Minutes | 9:00-19:00

- Warm-Up Flow
 - 0:30 Quad Pulls
 - 0:30 Knuckle Draggers
 - 0:30 Calf Raises
 - 0:30 Bodyweight Goodmornings
 - 0:30 Alternating Worlds Greatest
 - 0:30 Prone Supermans
 - 0:30 Inchworm (No Push Up)
 - 0:30 Step Back, Step Up Burpees
 - 0:30 Pogo Hops
 - 5 Fast Burpees
- Bike Erg Specific Prep
 - 1:00 Bike
 - 0:40 Workout Pace Bike
 - 0:20 Recovery Pace Bike
 - 0:40 Workout Pace Bike
 - 0:20 Recovery Pace Bike

Strength //

Primer // 6 Minutes | 19:00-25:00

- Practice Round
 - 1:00 Bike (workout pace)
- Break
- Workout Q&A

Workout // 30 Minutes | 25:00-55:00

- Bike: Look at athletes' cadence, it should remain steady and consistent.

Cool-Down // 5 Minutes | 55:00-60:00

- Clean up & high fives
- Final encouragements and announcements
- Functional R.O.M Flow [\[LINK\]](#)