


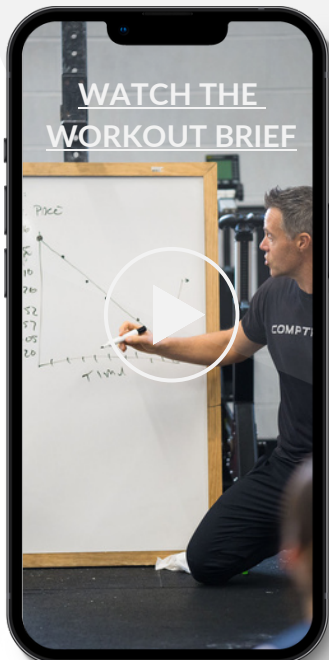
TUESDAY | 11.07
ADDERALL

AMRAP 10:
1 Mile Run
Max Clean and Jerks (135/95)
Rest 3 Minutes
AMRAP 7:
800 Meter Run
Max Power Snatches (115/85)
Rest 3 Minutes
AMRAP 4:
400 Meter Run
Max Thrusters (95/65)

REPEAT FROM 05.02.23

 Benchmark workout

WATCH THE
WORKOUT BRIEF



FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

ELEMENT	STIMULUS	MODIFICATIONS
Workout	Comptrain Benchmark day! This is a full body workout requiring strength, stamina, and endurance. The runs should be paced well so that we can be aggressive on the barbell. With rest built in, we want each round on the barbell to be a gut check of both physical and mental fitness. Keep fighting for one more rep each time.	
Run	<ul style="list-style-type: none"> 8:00 4:00 2:00 respectively 	<ul style="list-style-type: none"> Reduce distance Bike/row
Barbell	<ul style="list-style-type: none"> Light to moderate loads. Fast singles on C&J and Snatch 1-2 big sets on thrusters 	<ul style="list-style-type: none"> Reduce load Hang variations Sub DBs

Teaching Focus | Tell | Show | Do | Check model.

- Run.** Today is less about teaching the movement and more-so focused on setting the athletes up for success in the workout. Teach athletes how to appropriately modify the run distances in order to get back to the barbell with time left for no less than 5 reps.

Through Line | Bar path

- Begin with the end in mind. Keep the thing close and finish all reps stacked over the back of the shoulders. Should be able to hold that position for a long time if it's in the right spot.

Logistics

- All athletes should have their own barbell, and change weights in rest time.
- Be sure to have a designated set up for extra plates to stay to keep the room organized.
- Since this is a benchmark, encourage athletes to check previous scores.

RESOURCE LINKS

[COMPTRAIN BENCHMARKS](#)

[MONOSTRUCTURAL CONVERSIONS](#)



WOD BRIEF

3 MINUTES | 0:00 - 3:00

Stimulus

- The prescription (Rx) is the stimulus. Don't worry about the written workout, worry about the right workout.
- With this being one of our benchmarks we want to evaluate what we did last time and seek to improve on that.
- Runs sub 8:00, 4:00, 2:00
- The barbell movements should be light to moderate with the snatches likely being a bit more challenging.
- Looking for 5+ reps each movement minimum.

GENERAL WARM UP

7 MINUTES | 3:00 - 10:00

- Run 200 meters
- Barbell Warm Up
 - :15 RDL
 - :15 Muscle clean
 - :15 Elbow rotations
 - :15 Front squat
 - :15 Press & reach
 - :15 Back rack elbow rotations
 - :15 Good mornings
 - :15 Back squats
- Run 400 meters
 - goal to finish by 2:00-2:15
- Repeat barbell warm up
 - :10 each

SPECIFIC WARM UP

15 MINUTES | 10:00 - 25:00

- Clean and Jerk Specific
 - 3 Clean and strict press
 - "Barbell rests on shoulder shelf"
 - 3 Clean and push press
 - 3 Clean and jerk
- Power Snatch Specific
 - "Elbow behind the body"
 - 3 reps position 1 - high hang
 - 3 reps position 2 - hang
 - 3 reps position 3 - mid shin
- Thruster Specific
 - 3 cued reps pausing in squat and OH
 - Elbows high in the bucket
 - Timing in the press, knees and hips extend then press
- Add thruster workout weight and grab loads needed for other two movements

PRIMER

5 MINUTES | 25:00 - 31:00

- Practice Round
 - AMRAP 1 x 3 Rounds
 - 100 meter run
 - RD 1 | thruster
 - RD 2 | power snatch,
 - RD 3 | clean and jerk
 - Rest 1:00 and change weights
- Break
- Final Prep
 - Q/A
 - Adjust load if needed

WORKOUT

27 MINUTES | 31:00 - 58:00

Look For

- Barbell movements
 - Focus on the through line of the bar path. The athlete will benefit significantly from maintaining a straight bar path in all 3 of these movements.
- Run
 - Timing/pacing. Scaling mid-workout is often discouraged but if athletes seem that they'll miss the targeted stimulus due to the run distance encourage them to pull that distance back a bit in order to get to the barbell.

CLOSE

2 MINUTES | 58:00 - 60:00

- Cool down [suggested]
- :30 alternating scorpions
- Announcements
- Clean up and put away
- Fist bumps