

COMPTRAIN GYM

LESSON PLANS | 02.26-03.03

MONDAY | 02.26 HOLE IN THE WALL

Back Squat
On the 3:00 x 3 Sets:
8 Back Squats
Start First Set at 60% & Build

"Hole In The Wall"
Every 2 Minutes x 5 Rounds:
25 Wallballs (20/14)
Max Dumbbell Snatches (50/35)

TUESDAY | 02.27 BRADLEY [HERO]

10 Rounds For Time
Sprint 100 Meters
10 Pull-ups
Sprint 100 Meters
10 Burpees

Rest :30 Between Rounds

Time Cap: 35 Minutes

WEDNESDAY | 02.28 PLYWOOD

Hang Power Cleans
On the 3:00 x 3 Sets:
8 Hang Power Cleans

"Plywood"
3 Rounds of
5 Deadlifts
5 Hang Power Cleans
5 Front Squats
...Rest 1 min
2 Rounds of
10 Reps Each
...Rest 1 min
1 Round of:
15 Reps Each

THURSDAY | 02.29 GOAT | MINESWEEPER

"Goat Day"
On the Minute x 20:
Minute 1: Movement 1
Minute 2: Movement 2

-OR-

"Minesweeper"
On the Minute x 20 [5 Rounds]:
Minute 1: Row Calories
Minute 2: Double Unders
Minute 3: AbMat Sit-ups
Minute 4: Rest

FRIDAY | 03.01 OPEN WORKOUT 24.1

TBD

SATURDAY | 03.02 TRI SPRINT INTERVALS V1

5 Rounds:
AMRAP 4:
30/24 Calorie Row
30/24 Calorie Bike Erg
Max 10-Meter Shuttle Runs

Rest 4:00 Between Rounds

SUNDAY | 03.03 BODY ARMOR ENDURANCE 1

EMOM 28 (7 rounds)
Complete 8-12 Reps of each
Min 1 | DB Bent over row each arm
Min 2 | Single DB alternating box
step ups
Min 3 | Wide grip push up
Min 4 | DB crush grip floor press
Rest exactly :30 between sets.

NEWS + INFO

- Join the CompTrain Gym FB group for owners and coaches. [Group link](#)
- Next Monthly Call with Ben Booking [Link](#)
- CompTrain Benchmarks [Link](#)
- CompTrain Gym Resource Drive [Link](#)

MONDAY | 02.26 HOLE IN THE WALL

Back Squat
On the 3:00 x 3 Sets:
8 Back Squats
Start First Set at 60% & Build

"Hole In The Wall"
Every 2 Minutes x 5 Rounds:
25 Wallballs (20/14)
Max Dumbbell Snatches (50/35)

KG | (22.5/15)
Medball | (9/6)

OPEN - GAMES

3 Rounds:
16 Alternating Single-Leg Squats
8 Chest-to-bar Pull-ups
16 Alternating Dumbbell Snatch
(50/35)

- Rest 3:00 -

3 Rounds:
12 Alternating Single-Leg Squats
6 Chest-to-bar Pull-ups
12 Alternating Dumbbell Snatch
(50/35)

MINDSET MINUTE

"It's not how much we give, but how much love we put into giving." - Mother Theresa

Imagine we're moving. And we have two friends, who both extend an offer to help.

The first friend writes us a check for 1,000 dollars to help with the moving expenses. Incredibly generous. The second friend doesn't offer a dime, but instead comes to our old place, helps us pack up every box, drives with us to the new house, and unpacks everything with us into the early hours in the morning.

Fast forward two weeks later. Both friends call you to ask for a favor. Which friend are we more likely to help?

We would choose the second friend. But why? If we were to try to explain, we collectively would flow to the same, natural response... "Because they would have done it for me."

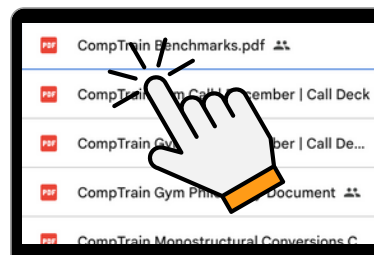
Money has relative value. But time is an absolute.
If we want to make a "perishable donation", give money.
If we want to make an everlasting impact, give time.

HOME WORKOUT

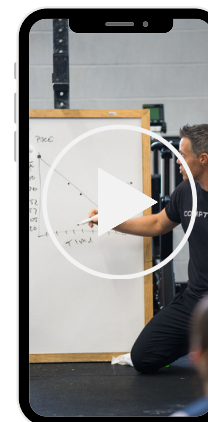
Every 2 Minutes x 5 Rounds:
25 Single DB thrusters
Max Dumbbell Snatches
Switch arms however on the thrusters

AFTER PARTY

3 Sets
8 DB goblet curtsy squats
12 Stagger stance DB RDLs each leg



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part one we're hitting 3 sets of 8 back squats. Athlete's should target a load that they're confident in for the first set and then build as they are able. In part 2 we have a total body push & total body pull in today's workout. Athletes should target a wallball variation that allows them to finish in :60 and get straight to work on the DB. On the DB we want athletes to complete as many DB snatches as they can in about :45 before taking the time to transition back to the wallballs.
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Scoring	Total number of dumbbell snatches.
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ELEMENT	STIMULUS	MODIFICATIONS
Wallballs	:60 or less.	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 35 x Air Squats
DB Snatch	Light to moderate.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Hang Power Snatches• Kettlebell Swings• Empty Barbell Hang Power Snatches

The One Teaching Focus | Grip the ground

- In both our back squats and wall balls we want to target grip and twist the ground with the feet.

Logistics

- In part 1, athletes should have plenty of time to adjust weights as needed between sets if they're paired up. Provide athletes with plenty of time to build to an appropriate working weight so that they begin their first set of 8 at the right load and not as an additional warm up set.
- In part 2, if you're short on equipment you can pair athletes up and have one group start 1:00 behind.

WOD BRIEF
3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Wallballs | :60 or less.
- DB Snatch | Light to moderate.

GENERAL WARM-UP
6 MINUTES | 3:00 - 9:00

- General Flow
- Get out medballs & DBS
- :30 scorpions
- :15 alternating spidermans
- :15 alternating spiders w/ reach
- :15 samson right
- :15 samson left
- :15 downward dog w/ foot pedal
- :30 childs pose
- :15 boot straps
- :15 squat hold w/ reach
- :15 inchworms

SPECIFIC WARM-UP
10 MINUTES | 9:00 - 19:00

- Wall ball & DB Snatch | tell, show, do, check
 - 5 Medball bear hug squats
 - Focus on flat feet
 - 5 Medball front squat
 - Focus on elbows inside the knees
 - 5 DB crush grip deadlifts
 - Focus on dropping the hips in set up
 - 5 DB crush group press
 - Focus on active midline and shoulders overhead
 - 4 DB deadlifts each side
- 4 DB push press each side
- 3 DB hang snatch each side
 - Focus on active shoulder overhead
- 6 Wall balls
 - Focus on gripping and twisting the group with the feet
- 6 Alternating DB snatch
 - Focus on straight line from the DB to the foot

STRENGTH
17 MINUTES | 19:00 - 36:00

- 8:00 to build to workout weight
- Every 3:00 x 3 sets
- Transition to part 2

PRIMER
6 MINUTES | 36:00 - 42:00

- Practice Round
 - 6 Wall balls
 - 6 Alternating dB Snatch
- Break
- Workout adjustments if needed

WORKOUT
10 MINUTES | 42:00 - 52:00

- Look For
 - Wall ball | Flat feet. Look for athletes gripping the ground with the foot throughout the rep. Look for full range of motion with the athlete getting their hips below their knees each rep.
 - DB Snatch | Looking for the DB to stay close to the body and to create a straight line from DB to foot once overhead. Look for good timing of legs finishing the drive & jump before the athlete pulls the DB with the arms.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 02.27 BRADLEY [HERO]

10 Rounds For Time
Sprint 100 Meters
10 Pull-ups
Sprint 100 Meters
10 Burpees

Rest :30 Between Rounds

Time Cap: 35 Minutes

OPEN - GAMES

3 Rounds:
100 Double Unders
10 Wall Walks
20 Toes To Bar
Rest 1:00 Between Rounds

MINDSET MINUTE

“Intention drives behavior.”

If we were to walk into the grocery store with a list of eight items to purchase, we'd be there for 10 minutes.

If we were to walk into the grocery store without a list, we end up walking the aisles for 30 minutes, and find ourselves staring at a box of Twinkies in the dessert aisle.

Our behavior is what is going to define our success. And it is no different than the grocery list in our pocket. Line items of decisions and principles that we choose.

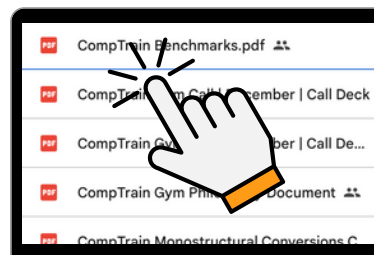
Intention is everything.

HOME WORKOUT

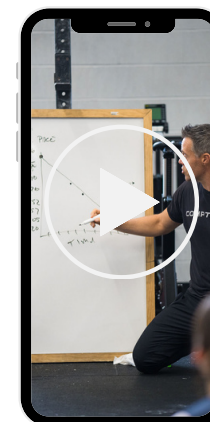
10 Rounds For Time
Sprint 100 Meters
10 Alternating DB plank row
Sprint 100 Meters
10 Burpees

AFTER PARTY

60 Strict dips
Use rings or straight bars.



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

FOR THE COACH KEEP IT SIMPLE. COACH WITH CONFIDENCE.		
Workout Overview	Today's Hero is lower volume, fast sets for ten rounds with required rest between each round. This tells us that each effort should be a little higher effort than if you had to do these rounds straight through without any rest. Runs are fast and work is unbroken, how consistent can you be in the beginning and middle, while saving a little push for the last couple of rounds?	
Scoring	Total time to complete work	
ELEMENT	STIMULUS	MODIFICATIONS
Runs	:45 or less	<ul style="list-style-type: none">• Reduce Distance• :45 Time Cap• 125m Row• 80m Ski• 200m Bike• 75m Air Run
Pull-ups	:45 or less	<ul style="list-style-type: none">• Reduce Reps• Banded• Strict [Reduce Reps]• Ring Rows• Alternating Dumbbell Plank Rows
Burpees	:45 or less	<ul style="list-style-type: none">• Reduce Reps• No push up burpees• :45 Cap• 7 Cals On Any Machine• Push-Ups

The One Teaching Focus | Hand speed controls the pace

- On the burpees today we're going to control our cycle rate of our reps by managing our hand speed. The faster the hands get back to the ground each rep dictates the cycle rate. As soon as the hands and chest touch the ground athletes should pop immediately back up.

Logistics

- Background | Dedicated to U.S. Air Force Senior Airman Bradley R. Smith, 24, of Troy, IL, assigned to the 10th Air Support Operations Squadron, based in Fort Riley, KS, who was killed on January 3, 2010, by an improvised explosive device in Zhari district, Kandahar Province, Afghanistan. He is survived by his wife Tiffany, daughter Chloe, parents Gary and Paula, and brother Ryan. More about Bradley, the origins of this workout and the causes you can support in his memory can be found at bradleywod.com. The site is sponsored by CrossFit 557 @crossfit557 (Collinsville, IL).

WOD BRIEF**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Runs | 45 or less.
- Pull-ups | :45 or less.
- Burpees | :45 or less.

GENERAL WARM-UP**6 MINUTES | 3:00 - 9:00**

- General flow
 - :45 reverse lunge & reach
 - :45 Downward dog w/ foot pedal
 - :45 Pigeon right
 - :45 Pigeon left
 - :45 Active spiderman
- Line drills :15 each
 - Shuttle runs
 - Quad pulls
 - Shuttle runs
 - Knuckle drags
 - Shuttle runs
 - Butt kickers
 - Shuttle runs
 - High knees
 - Shuttle runs

SPECIFIC WARM-UP**8 MINUTES | 9:00 - 17:00**

- Pull Up | tell, show, do, check
 - :10 dead hang
 - 10 hollow hang scapular retractions
 - 10 kips
 - Focus hollow position and tight, controlled kip
 - 3 Strict pull ups
 - Modify to 5 more kips
 - Demo & explain modifications
 - 3 Workout reps
- Burpee
 - 3 Step back, step up burpee
 - 3 Step back, jump up burpee
 - Focus on feet landing flat & outside the hands
 - 3 Burpees
 - Focus on controlled speed & breathing
 - Use the hand speed as the pace controller

PRIMER**6 MINUTES | 17:00 - 23:00**

- Practice Round
 - 100m run
 - 5 Pull-ups
 - 100 Meter Run
 - 5 Burpees
- Break
- Workout adjustments if needed

WORKOUT**35 MINUTES | 23:00 - 58:00**

- Look For
 - Pull Ups | Controlled kip swings. Cue athletes to push and pull the rig rather than swing with the hip. Focus on full range of motion with athletes getting their chin over the bar and reaching lock out each rep.
 - Burpee | Landing position. Athletes will benefit significantly from landing with their feet wide and outside their hands.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 02.28 PLYWOOD

Hang Power Cleans
On the 3:00 x 3 Sets:
8 Hang Power Cleans
Start First Set at 60% & Build

"Plywood"
"3 Rounds of
5 Deadlifts
5 Hang Power Cleans
5 Front Squats
...Rest 1 min
2 Rounds of
10 Deadlifts
10 Hang Power Cleans
10 Front Squats
...Rest 1 min
1 Round of:
15 Deadlifts
15 Hang Power Cleans
15 Front Squats
Barbell: (115/85)

KG | (52/38)

HOME WORKOUT

5 Rounds of
12 DB deadlifts
9 DB Hang Power Cleans
6 DB Push jerks
Rest 3:00
...into
3 Rounds of DB DT

OPEN - GAMES

4 Rounds:
4 Bar Muscle-ups
12 Thrusters (115/75)
16 GHD Sit-ups
20 Calorie Row

Rest 1:00 Between Rounds

AFTER PARTY

4 Sets
10 Alternating DB goblet curtsy
squats
20 Hollow body rocks

MINDSET MINUTE

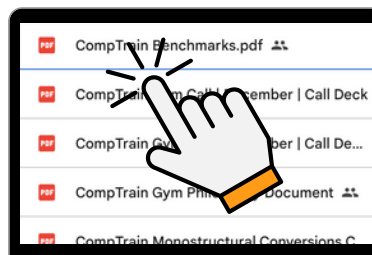
"Trade your expectation for appreciation, and the world changes around you"
- Tony Robbins

Routines and habits become part of the norm. Morning coffee, listening to the radio, the drive to the field taking the kids to practice. We appreciate healthy habits, and let's continue to reinforce them. There is however much to be said about taking a pause to our routine, to appreciate the fortune in our lives. The absolute abundance we are so lucky to have.

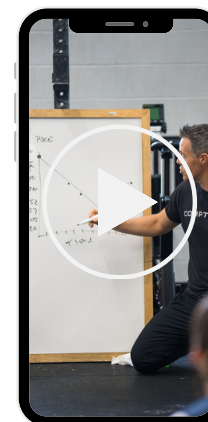
In a world where comforts are the "norm", we want to consciously remind ourselves how good our lives are.

The thought of losing those precious parts of our day is a sobering one. But despite it being a morbid thought, we will. There will be a final cup of morning coffee for us. There will be the last chance for us to listen to the radio. And if we are lucky enough to have kids, there will be a last time we *get* to wait in traffic as we drive them to soccer practice.

As Tony Robbins quotes, if we can remove expectations from the norm, and replace them with a sense of gratitude, our entire world changes.



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1 we have some high volume strength work. The load we build to in part 1 should give us information on what load we should choose for part 2. Make sure athletes understand it is an unbroken set of 8 for these sets. In part 2 we have a very DT-ish barbell only conditioning piece. Starting with low volume and more rounds and moving toward higher volume and fewer rounds means spiked breathing and heart rate if we aren't trying to control it from the start. Goal should be to make the most of that rest between intervals so that we can keep the intensity high through all three parts today. Athletes should use the same barbell for all three movements and all three rounds today.
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Scoring	Total time to complete work including rest
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ELEMENT	STIMULUS	MODIFICATIONS
Deadlift	Light. Something you can do 15 UB reps with.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Hang Power Clean	Light. Something you can do 15 UB reps with.	<ul style="list-style-type: none">• Reduce Loading• Sub Dumbbells
Front Squats	Light. Something you can do 15 UB reps with.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells• 10/20/30 Air Squats

The One Teaching Focus | Power clean catch

- Teach the receiving position of the power clean as
 - Butt back
 - Feet flat
 - Knees out
 - Elbows up

Logistics

- Logistics informationIn part 1, you can pair athletes up in groups of 2. Due to the volume of the sets and the time it will take athletes to adjust loads, groups of 3 will likely be too many to manage within the time frame.
- In part 2, make sure that all athletes have their own barbell as this should be a very cyclical and aggressive paced workout. Ensure that your room set-up is conducive to athletes having plenty of space to complete their reps safely. Rest time is based off each athlete's individual times.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Barbell | Light. Something you can do 15 UB reps with.

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General flow
 - :30 active spidermans
 - :30 downward Dog
 - :30 inchworm to push up
 - :30 bootstraps
 - :30 squat w/ reach
- CT Barbell Flow :15-:20 each
 - Good morning
 - Back squat
 - Elbow rotations
 - Press w/ reach
 - Stiff leg deadlift
 - Front Squat

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- | | |
|--|--|
| <ul style="list-style-type: none"> • Deadlift tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance and grip <ul style="list-style-type: none"> ▪ Bar over middle of foot ▪ Bar in contact with shins ▪ Shoulders over bar ▪ Eyes forward ◦ 5 Cued reps hips to above knee <ul style="list-style-type: none"> ▪ Hips back first in the descent ▪ Bar close ◦ 5 Cued reps above knee to mid shin <ul style="list-style-type: none"> ▪ Knees out of the way ◦ 5 Cued reps mid shin to standing <ul style="list-style-type: none"> ▪ Driving with the legs ◦ Shoulders and hips rise together until bar passes knee • Front Squat tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance & grip <ul style="list-style-type: none"> ▪ Shoulder-width stance ▪ Hands just outside shoulders ▪ Loose fingertip grip on the bar ▪ Elbows high (upper arm parallel to the ground) ▪ Midline is braced ◦ 3 cued ¼ Squat & Hold ◦ Focus on high elbows in setup and hold ◦ 3 cued Squat & hold ◦ Focus on hip initiated squat while | <ul style="list-style-type: none"> maintaining high elbows • 3 cued Squat & hold <ul style="list-style-type: none"> ◦ Focus on high elbows throughout the rep and in the bottom position • Hang Power Clean tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance & grip <ul style="list-style-type: none"> ▪ Hip-width stance ▪ Hands just outside shoulders with full grip on bar ▪ Receiving position <ul style="list-style-type: none"> • Butt back • Feet flat • Knees out • Elbows up ◦ 3 Cued reps ¼ squat / finish position <ul style="list-style-type: none"> ▪ Focus on sound receiving position ◦ 3 Cued reps position 1 <ul style="list-style-type: none"> ▪ Focus on fast elbows after jumping ◦ 3 Cued reps position 2 <ul style="list-style-type: none"> ▪ Static focus on shoulders over the bar at the knee ▪ Dynamic focus of keeping the bar close ◦ Demonstrate cycling reps from position 1 and from position 2. |
|--|--|

STRENGTH

14 MINUTES | 21:00 - 36:00

- 8:00 to build to workout weight
- Every 3:00 x 3 sets
- Transition to part 2

PRIMER

6 MINUTES | 36:00 - 42:00

- Practice Round
 - 3 Deadlifts
 - 3 Hang Power Cleans
 - 3 Front Squats
- Break
- Workout adjustments if needed

WORKOUT

10 MINUTES | 45:00 - 55:00

- Look For
 - Deadlift | Keeping the bar close to the body. Look for athletes to drive their heels into the ground to utilize the whole posterior chain rather than just hip hinging to cycle these reps.
 - Front Squat | High elbows. Weight in the heels.
 - Hang power cleans | Timing of full extension before pulling with the arms. Look for athletes to keep the bar close to the body. Look for athletes to have fast elbows as they pull and receive the bar. Look for a sound receiving position.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 02.29 GOAT | MINESWEEPER

"Goat Day"

On the Minute x 20:

Minute 1: Movement 1

Minute 2: Movement 2

-OR-

"Minesweeper"

On the Minute x 20 [5 Rounds]:

Minute 1: Row Calories

Minute 2: Double Unders

Minute 3: AbMat Sit-ups

Minute 4: Rest

OPEN - GAMES

N/A

MINDSET MINUTE

"Excitement comes from achievement. Fulfillment comes from the journey."

Winning the award is exciting. Fulfillment is looking back at the hard work put in.

There's irony when we think about defining moments. We build up in our minds that accomplishing that "thing" will be the ultimate. And when we get there, hell yeah will it be exciting. But the podium does not change who we are.

The real defining moments were the experiences that led up to those big achievements. The trials, the tribulations, the lessons learned. The early mornings. The late nights. The deep and unforgettable relationships we build through the blood, sweat, and tears.

The dopamine hit comes when we win; when we reach the goal, when we get the promotion. The everlasting fulfillment comes from the journey. And it's a hell of a drug.

HOME WORKOUT

On the Minute x 20 [5 Rounds]:

Minute 1: Burpees

Minute 2: Double Unders

Minute 3: AbMat Sit-ups

Minute 4: Rest

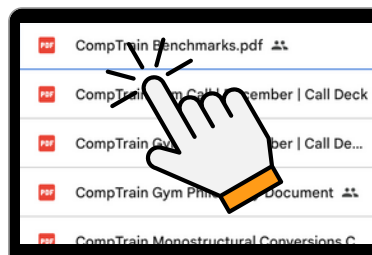
AFTER PARTY

3 Sets

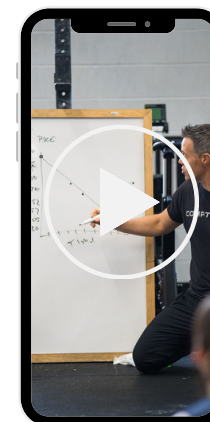
10 DB front raises

10 DB lateral raises

10 DB strict press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	See “logistics” notes for information on “GOAT Day.” The following lesson plan will align with “Minesweeper”. Athletes should prioritize quality movement during each minute of work.
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Scoring	Lowest round of total reps. Record any other notes in your workout notes section.
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ELEMENT	STIMULUS	MODIFICATIONS
Row		<ul style="list-style-type: none">SkiBike ErgAir RunRun
Double Unders		<ul style="list-style-type: none">Reduce RepsSingle UndersPlate HopsReps of Singles & Doubles (Mix of Both)Time On Any Machine
Sit Ups		<ul style="list-style-type: none">Hollow Rocks

The One Teaching Focus | DU Positioning

- Athletes hands should be down and slightly in front of them. Cue athletes to spin quick with the wrists. Cue athletes to jump straight up and keep from tucking or piking their feet.

Logistics

- Goat days are programmed the Thursdays before the open announcement
- This is a chance for athletes to pick two of their weaker movements they'd like to work on in an EMOM format
- Example: Minute 1: 30 Double Unders. Minute 2: 8 Toes to Bar

WOD BRIEF**3 MINUTES | 0:00 - 3:00**

- See “logistics” notes for information on “GOAT Day.” The following lesson plan will align with “Minesweeper”. Athletes should prioritize quality movement during each minute of work.

GENERAL WARM-UP**6 MINUTES | 3:00 - 9:00**

- General Flow :15 - :20 each
 - Arm circles forward
 - Arm circles backward
 - Arm swings(Up & Over)
 - Arm wraps
 - Trunk twists planted
 - Trunk twists w/ rotation
 - Quad pull
 - Knuckle draggers
 - Reverse lunge w/ reach
 - Alternating spidersmans
 - Downward Dog
 - Squat hold
 - Air squats

SPECIFIC WARM-UP**10 MINUTES | 9:00 - 19:00**

- | | |
|--|--|
| <ul style="list-style-type: none"> • Specific Flow <ul style="list-style-type: none"> ◦ :30 Row ◦ :20 single unders <ul style="list-style-type: none"> ▪ Focus on position with hands down and in front ◦ :30 row ◦ :20 speed single unders <ul style="list-style-type: none"> ▪ Focus on small, vertical jump. No pike or tuck ◦ :30 row ◦ :20 single, single, big / slow single <ul style="list-style-type: none"> ▪ Focus on controlled rhythm and control at the wrist | <ul style="list-style-type: none"> • :30 row • :20 single, single, double <ul style="list-style-type: none"> ◦ Focus on controlled rhythm and increased wrist speed for double • :30 double unders • Demo and prep abmat sit ups <ul style="list-style-type: none"> ◦ Show all scaling and progression options |
|--|--|

PRIMER**6 MINUTES | 19:00 - 25:00**

- Practice Round
 - 1:00 Row
 - :30 Double Unders
 - :30 AbMat Sit-ups
- Break
- Workout adjustments if needed

WORKOUT**20 MINUTES | 25:00 - 45:00**

- Look For
 - Double Unders | Good positioning. Cue athletes to keep their hands down and slightly in front of their bodies.
 - Row | Leg drive before arms pull. Cue athletes to squeeze their legs before pulling the handle with the arms.
 - Abmat Sit ups | Full range of motion. Cue athletes to make contact with the ground with their shoulders and then pass their hips with their shoulders each rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 03.01
OPEN WORKOUT 24.1

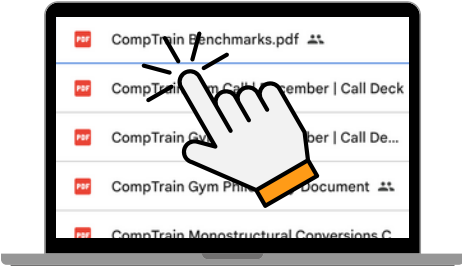
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OPEN - GAMES

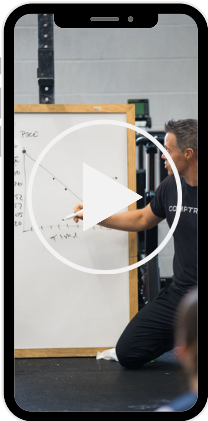
MINDSET MINUTE

HOME WORKOUT

AFTER PARTY



OWNERS & COACHES
RESOURCE DRIVE



WATCH
TODAY'S
WORKOUT
BRIEF

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

Workout Overview	
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Scoring	
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ELEMENT	STIMULUS	MODIFICATIONS

The One Teaching Focus | Foot screw

Logistics

WOD BRIEF

GENERAL WARM-UP

SPECIFIC WARM-UP

PRIMER

WORKOUT

SATURDAY | 03.02 WORKOUT NAME

"Tri Sprint Intervals V1"
5 Rounds:
AMRAP 4:
30/24 Calorie Row
30/24 Calorie Bike Erg
Max 10-Meter Shuttle Runs

Rest 4:00 Between Rounds

OPEN - GAMES

On The 2:00 x 24 Minutes (3
Rounds):
0-2: 30/24 Cal Row
2-4: 30/24 Echo Bike
4-6: 30/24 Cal Ski
6-8: Assign skill movement not in
Open workout

MINDSET MINUTE

"Nothing great was ever achieved without enthusiasm." - Ralph Waldo Emerson

There is a difference between one who is "there", and one who is "being there".

Many of us here are parents. You would understand more than most how being present is everything. A parent can go to their kids' soccer game, and sit in the stands on their phone, awaiting the end. Or they can go to the game, and passionately be there. Not by yelling or cheering, but by intently wanting to be there. One is "just there". The other is "being there".

We can go on a family vacation because, "it's what families do once a year", or we can go on a family vacation because we want to spend more time with each other without the daily distractions of life. From the outside looking in, it may or may not be as visibly obvious as the effects it leaves.

The obvious application here is in our training. If we were to go through the motions in "Fran" (21-15-9 Thruster/Pull-Up), with a relaxed, 15:00 completion time... there is very little benefit.

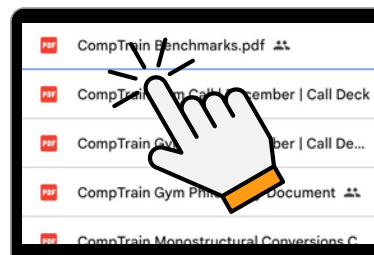
HOME WORKOUT

5 Rounds:
AMRAP 4:
50 Double unders
20 Burpees
Max 25' Shuttle Runs

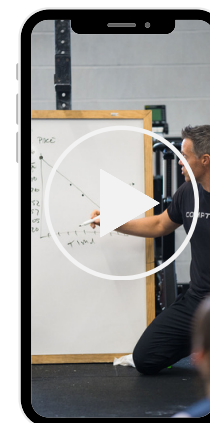
Rest 4:00 Between Rounds

AFTER PARTY

5 Rounds
10 Hollow rocks
:20 Hollow hold



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Because we do not know what the open workouts will be, we'll be completing 3 versions of tri-sprint intervals during the open. These are low impact and will not interfere with the movements we may see on Fridays. With 4:00 on and 4:00 off, athletes should be working hard during each interval.
Scoring	Lowest round of shuttle run reps.

ELEMENT	STIMULUS	MODIFICATIONS
Row	90 or less.	<ul style="list-style-type: none">• Reduce Reps• 30/24 Calorie Ski• 1:30 Time Cap
Bike	90 or less.	<ul style="list-style-type: none">• Reduce Reps• 30/24 Calorie Ski• 1:30 Time Cap
Shuttle Run	1:00 or more of work.	<ul style="list-style-type: none">• Run/Air Run• Assault/Echo Bike

The One Teaching Focus | Recovery Effort
During The Open we'll be completing 3 different versions of "Tri Sprint Intervals". The purpose here is to allow our athletes to maintain moderate intensity while allowing their muscular and nervous systems to recover from the peak performance intensity of the CrossFit Open workout from the previous day.

Logistics
Every 10 meter shuttle = 1 rep.

WOD BRIEF
3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Row and Bike | :90 or less.
- Shuttle Run | 1:00 or more of work.

GENERAL WARM-UP
6 MINUTES | 3:00 - 9:00

- General Flow
 - 2 Rounds of :30 each
 - Down dog to up dog
 - Spiderman and reach
 - Samson stretch Right
 - Samson stretch left
 - Down dog w/ foot pedal
 - Quad pulls

SPECIFIC WARM-UP
6 MINUTES | 9:00 - 15:00

- Specific Flow
 - Teach sound mechanics for the shuttle run
 - Focus on turning as you approach the touch line
 - :40 row
 - :40 bike
 - :40 shuttle runs
 - :20 bike
 - :20 row
 - :20 shuttle runs

WORKOUT
36 MINUTES | 21:00 - 57:00

- Look For
 - Shuttle Runs | Stride Length and Frequency. Observe the length and frequency of the athletes' strides. The athlete should be taking the same amount of strides each time.
 - Row | Arm Movement. Emphasize a smooth and controlled arm movement, with the elbows bending only after the legs have fully extended. Cue a straight chain path during the pull phase, avoiding unnecessary deviations.
 - Bike | Pedal Technique. Emphasize a smooth and circular pedal stroke. Athletes should apply force not only during the downstroke but also through the entire pedal revolution. Cue pulling up on the pedals during the upstroke to engage the hamstrings and recruit more muscle groups.

PRIMER
6 MINUTES | 15:00 - 21:00

- Practice Round
 - 15/12 Calorie Row
 - 15/12 Calorie Bike Erg
 - 4 10 Meter Shuttle Runs
- Break
- Workout adjustments if needed

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 03.03 BODY ARMOR ENDURANCE 1

EMOM 28 (7 rounds)

Complete 8-12 Reps of each

Min 1 | DB Bent over row each arm

Min 2 | Single DB alternating box
step ups

Min 3 | Wide grip push up

Min 4 | DB crush grip floor press

Rest exactly :30 between sets.

OPEN - GAMES

N/A

MINDSET MINUTE

"You've got to get up every morning with determination if you're going to go to bed with satisfaction." - George Lorimer

"Win the morning, win the day" is something we've all heard a couple times.

It's less, however, about winning the morning, and more about establishing the right habits. The most successful in life routinely draw back to a core staple of set daily habits.

Write a short list of healthy habits you believe push you forward. It could be reading, journaling, "no phone hours", or anything in between. Where consistency is king, discipline is freedom.

HOME WORKOUT

EMOM 28 (7 rounds)

Complete 8-12 Reps of each

Min 1 | DB Bent over row each arm

Min 2 | Single DB alternating box
step ups

Min 3 | Wide grip push up

Min 4 | DB crush grip floor press

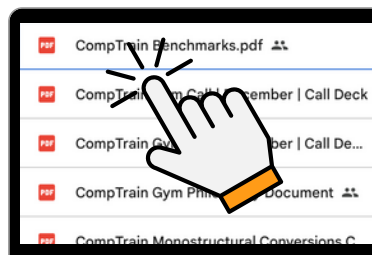
Rest exactly :30 between sets.

AFTER PARTY

10 Sets

100m sprint

Rest :30 between



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.**Workout
Overview**

- NOTE | Sunday programming during The Open varies from our traditional format. On Sunday we'll complete a "Body Armor" style EMOM that focuses on aerobic strength training. This programming is unscored and should be targeting quality movement, full range of motion, and controlled time under tension.
- Stimulus
 - Sunday programming is focused on cardio respiratory endurance. Both the workout and the programmed run is intended to focus specifically on the development of aerobic capacity.

The One Teaching Focus | Cardio Respiratory Endurance

- Cardiovascular Endurance training is often referred to as Long Slow Distance (LSD) or Zone 2 (Z2) training. It is performed at low intensity - essentially the point where you can still comfortably hold a conversation. This lower intensity allows for great volume of work, which increases capillary and mitochondrial densities in your muscles, increases in the strength and size of your heart muscle, increases blood plasma volume, improves endurance (you can go longer before getting tired), burns fat, and increases your ability to recover. It is easy to push zone 2 training sessions a little too fast. It is better to be on the too slow side as opposed to too fast. These runs shouldn't lead to high levels of local muscle fatigue and/or soreness, but more of a general overall fatigue. The longer runs should leave you a little sleepy and hungry, but not beat you up. We choose to do our Cardio Endurance training once per week on Sundays, and we choose running because of the carry over to real life - self-powered, bi-pedal movement across the earth (but you can use a bike or rower if you prefer). If you have 30 minutes to train you will do a 2-3 mile run. If you have 1-2 hours to train on a Sunday you will climb in distance for three weeks, then reset back one week. This "wave progression" allows you to add volume without physically or psychologically overloading.

WOD BRIEF**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes

GENERAL WARM-UP**6 MINUTES | 3:00 - 9:00**

- Tabata flow. :20/on :10/off
 - No push up burpees
 - Mountain climbers
 - Knuckle draggers
 - Quad pulls
 - Knee pulls
 - Active spiders
 - Plank shoulder taps
 - Push ups

SPECIFIC WARM-UP**5 MINUTES | 9:00 - 14:00**

- Specific flow
 - Get out DBs
 - :20 alternating DB deadlift
 - :20 alternating DB goblet reverse lunge
 - :20 alternating DB box step ups
 - :20 DB crush grip floor press
 - :20 DB bent row right
 - :20 DB bent row left

PRIMER**4 MINUTES | 14:00 - 18:00**

- Practice Round
 - The specific warm up serves as a practice round.
- Break
- Workout adjustments if needed

WORKOUT**40 MINUTES | 18:00 - 58:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up