

COMPTRAIN GYM

LESSON PLANS | 03.11-03.17

MONDAY | 03.11 OVER THE RAINBOW

Overhead Squat
On the 3:00 x 3 Sets:
8 Overhead Squats

"Over The Rainbow"
3 RFT:
14 OHS, 115/85
14 Lateral Bar Burpees
Into
3 RFT
14 Wall Balls, 20/14
14 Lateral Bar Burpees
Time Cap: 15 Minutes

TUESDAY | 03.12 MR. JOSHUA [HERO]

5 Rounds For Time:
400 Meter Run
30 Sit-ups*
15 Deadlifts (250/165)

Time Cap: 30 Minutes
* AbMat For Classes, GHD For
Open/Games

REPEAT FROM 8/19/23

WEDNESDAY | 03.13 SPACE FORCE

Bench Press
On the 3:00 x 3 Sets:
8 Bench Press

"Space Force"
AMRAP 4:
21/16 Calorie Row
16 Alternating Single Arm Hang DB Snatch
16 Push-ups
Rest 1 Minute
AMRAP 4:
18/14 Calorie Row
14 Alternating Single Arm Hang DB Snatch
14 Push-ups
Rest 1 Minute
AMRAP 4:
15/12 Calorie Row
12 Alternating Single Arm Hang DB Snatch
12 Push-ups

THURSDAY | 03.14 GOAT | ANY MINUTE NOW

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

-OR-

"Any Minute Now"
On the Minute x 20 [5 Rounds]:
Minute 1: Calorie C2 Bike
Minute 2: Box Jumps, 30/24
Minute 3: 200m Run
Minute 4: Rest

FRIDAY | 03.15 BOUNCEBACK

TBD

SATURDAY | 03.16 NO PICNIC

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

Rest 4 Minutes Between Rounds

SUNDAY | 03.17 MERRY GO 'ROUND

EMOM 28 (7 rounds)
Complete 8-12 Reps of each
Min 1 | Half kneeling DB shoulder
press right
Min 2 | Half kneeling DB shoulder
press left
Min 3 | Alternating DB hang clean
Min 4 | Burpees
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 | 03.11 OVER THE RAINBOW

Overhead Squat
On the 3:00 x 3 Sets:
8 Overhead Squats

Start First Set at 60% & Build

"Over The Rainbow"

3 RFT:

14 OHS, 115/85
14 Lateral Bar Burpees
Into
3 RFT

14 Wall Balls, 20/14
14 Lateral Bar Burpees

Time Cap: 15 Minutes
KG | (52/8)
(9/6)

OPEN - GAMES

3 Rounds:
10 Power Snatches (115/85)
12 Bar-facing Burpees

Directly Into...

3 Rounds:
12 Wallballs (20/14)
10 Bar-facing Burpees

MINDSET MINUTE

"Don't set your heart on so many things." - Epictetus

At first glance, this almost sounds demoralizing. Yet at the core of this statement is a cause that is so pure: to put "first things first".

A modern mantra of our lives is that "we can have it all". Work, family, purpose, success, leisure time. We want all of it... at the same time... and right now.

The pitfall is not the act of having multiple desires, but the lack of prioritization of them. In a world where it's about the constant pursuit of more, we can lose ourselves in the fog. And where *everything* is important... Nothing is important.

Take a moment today to contemplate our priorities. Are we focused on the right things?

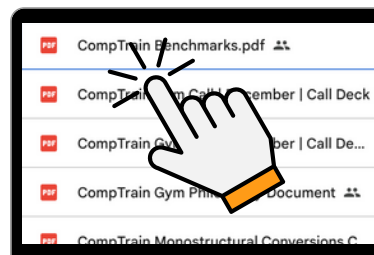
HOME WORKOUT

3 RFT:
14 Double DB front squat
14 Lateral DB burpees
Into
3 RFT
14 Single DB thrusters
14 Lateral DB Burpees

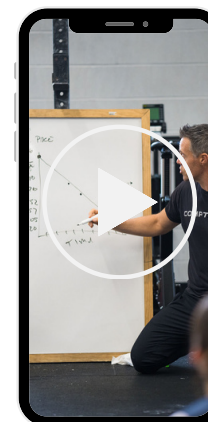
Time Cap: 15 Minutes

AFTER PARTY

4 Sets
12 Crush grip curls
6 Tall kneeling DB shoulder press
each side



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Another two sets of 3 rounds back to back today, meaning no rest when transitioning from the first 3 rounds to the next 3 rounds. Keeping heart rate and breathing in check becomes important quickly in order to maintain a consistent effort throughout this piece.
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Scoring	otal time to complete all work.
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ELEMENT	STIMULUS	MODIFICATIONS
Overhead Squats	Unbroken.	<ul style="list-style-type: none">• Reduce Loading• Sub Single Dumbbell• Front Squats• 2x Air Squats
Lateral Barbell Burpees	Around :60	<ul style="list-style-type: none">• Reduce Reps• Lateral Barbell Burpees (With Step Over)• Regular Burpees• Calories On Any Machine (1:00 Cap)
Wallballs	:60 or less	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 21 Air Squats

The One Teaching Focus | Bar over the foot

- Today we’re targeting the barbell staying over the front plane by keeping the barbell over the midfoot or heel throughout the rep. Cue athletes to press up and pull back on the bar if it’s too far forward. Cue athletes to press up and pull the bar forward if it’s too far behind them.

Logistics

- In part 1, pair athletes up in groups of 2 or 3. There should be plenty of time for athletes to adjust weights as needed between partners. Call athletes to lift on alternating minute so that you are able to get eyes on each athlete throughout the sets.
- In part 2, you can manage a large class by allowing athletes to start at different stations. Since each of these stations should take a similar amount of time, athletes should be able to share wall balls. If you’re short on bars you can also have athletes perform burpees to a target or burpees to plate so that athletes will have an easier time sharing barbells.

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

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

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

- General Flow :20-:30 each
 - Alternating spiderman
 - Downward dog
 - Forearm & wrist floor stretch
 - Puppy pose
- CT Barbell flow :15-:20 each
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

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

- Overhead Squat | tell, show, do, check
 - Establish stance & grip
 - Wide grip
 - Shoulder-width stance
 - Bar over middle of body
 - Pressing up into bar
 - Squeeze the stomach
 - :30 Medball squat hold
 - :30 Snatch grip barbell press & reach
 - Focus on stacked / locked out elbows
 - 5 Overhead squats
 - 5 Cued squat & hold
 - Focus on bar over the middle of the foot
- Workout Specific
 - 4 Slow, step back step up burpees
 - 3 Power snatch
 - Focus on catching with locked out elbows and bar over foot
 - 4 Wall balls
 - Focus on athletes elbows being inside their knees
 - 4 Overhead Squats
 - Focus on pressing up into the bar with bar over the foot
 - At light weight
 - 4 Burpees
 - 4 Wall balls
 - 4 OHS

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
 - At workout weight
 - 4 Overhead squats
 - 4 Lateral barbell burpees
 - 4 Wall balls
- Break
- Workout adjustments if needed

WORKOUT**15 MINUTES | 42:00 - 57:00**

- Look For
 - Burpees | Landing with flat feet out of the burpee. Cue athletes to land with their feet fully on the ground and outside their hand.
 - Wall Ball | Full range of motion. Cue athletes to get below parallel in the squat and for the ball to reach the determined height.
 - OHS | Maintaining an active shoulder. Cue athletes to press up on the bar throughout the entire rep. Frontal plan. Cue athletes to pull back on the bar or to pull the bar forward in order to keep it over the middle of their foot throughout the rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 03.12 MR. JOSHUA [HERO]

5 Rounds For Time:
400 Meter Run
30 Sit-ups*
15 Deadlifts (250/165)

Time Cap: 30 Minutes
* AbMat For Classes, GHD For
Open/Games

REPEAT FROM 8/19/23

KG | (113/74)

OPEN - GAMES

4 Rounds For Time:
20 Shuttle Runs (25ft Down &
Back = 1 Rep)
15 Toes To Bar
10 Deadlifts (315/225)

Rest 1:00 Between Rounds

Time Cap: 25 Minutes

MINDSET MINUTE

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." - Scott Adams

How does an echo start?

With a tiny sound. One that in and of itself, might not even be noticeable. But shortly thereafter that soft sound, comes its echo. Still maybe nothing to turn heads. Yet, this echo builds upon its previous. And again. And then again. Before we know it, it's impossible to ignore.

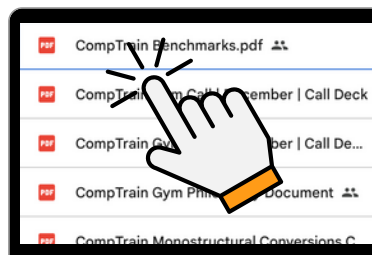
It's called the "changing of the echos", and it starts with a single tiny noise. Will we start one today?

HOME WORKOUT

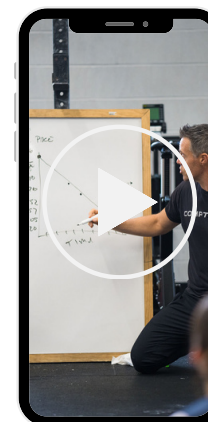
5 Rounds For Time:
400 Meter Run
30 Sit-ups
25 DB Deadlifts

AFTER PARTY

2 Sets
50' Double DB overhead carry
25' Single DB OH walking lunge
right
25' Single DB OH walking lunge
left



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	We have a long, grindy piece today with this hero workout. We want athletes moving steadily on the run and sit-ups and then choosing a weight on the deadlift they can complete in no more than 3 sets. This is a repeat workout from 8/19/23.
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Scoring	Total time. If capped, add :01 for every missed rep.
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ELEMENT	STIMULUS	MODIFICATIONS
Run	2:15 or less.	<ul style="list-style-type: none">• Reduce Distance• 500m/400m Row• 400m/300m Ski• 1000m/800m Bike• 300m Air Run
Sit ups	1:30 or less.	<ul style="list-style-type: none">• Reduce Reps• Weighted Sit-Ups• Sit-Ups
Deadlifts	70% or less. 3 sets or less. :45 or less.	<ul style="list-style-type: none">• Reduce Reps• Reduce Loading• Sub Dumbbells

The One Teaching Focus | Push the earth away

- On the deadlift our focus is to stand the barbell up by pressing the legs into the ground rather than pulling the barbell with the upper body or lower back. Cue “press your heels into the ground” Cue “push the earth away”

Logistics

- “Mr. Joshua” is a CrossFit Hero WOD named after SO1 Joshua Thomas Harris, 36, who drowned during combat operations, August 30th 2008 in Afghanistan. He is survived by his parents Dr. Sam and Evelyn Harris, his brother Ranchor and twin sister Kiki.
- "Team Mr. Joshua"
 - 5 Rounds For Time:
 - 400 Meter Run (Together)
 - 30 Synchro AbMat Sit-ups
 - 15 Deadlifts (Each)

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

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

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

- General Flow :30 each
 - Get our barbells & abmats
 - Down dog to up dog
 - Spiderman and reach
 - Samson stretch Right
 - Samson stretch left
 - Down dog w/ foot pedal
 - Quad pulls
 - Cossack squats
 - Abmat sit ups
 - 200m run
- CT Barbell Flow :15-:20 each
 - Goodmornings
 - Back Squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

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

- Deadlift | tell, show, do, check
 - Establish stance, grip, & set up
 - Bar over middle of foot
 - Bar in contact with shins
 - Shoulders over bar
 - Eyes forward
 - 5 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 5 Cued reps above knee to mid shin
 - Knees out of the way
- 5 Cued reps mid shin to standing
 - Driving with the legs, pressing heels into the ground
 - Shoulders and hips rise together until bar passes knee
- 5 Lightweight cued reps
 - Focus on pushing the earth away to stand the barbell up
- 5:00 To build to workout weight

PRIMER
6 MINUTES | 19:00 - 25:00

- Practice Round
 - 200m Run
 - 5 Sit ups
 - 5 Deadlifts
- Break
- Workout adjustments if needed

WORKOUT
30 MINUTES | 25:00 - 55:00

- Look For
 - Deadlift | Flat back. Emphasize a neutral spine throughout the lift. The back should maintain its natural curvature, and athletes should avoid rounding or hyperextending the spine.
 - Run | Pacing. Pay attention to whether athletes are completing the run within the suggested time domain. Encourage modification for remaining rounds if necessary.
 - Sit ups | ROM. Athletes' shoulders should be in contact with the ground and then pass through their hips each rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 03.13 SPACE FORCE

Bench Press
On the 3:00 x 3 Sets:
8 Bench Press
Start First Set at 60% & Build

"Space Force"
AMRAP 4:
21/16 Calorie Row
16 Alternating Single Arm Hang DB Snatch
16 Push-ups
Rest 1 Minute
AMRAP 4:
18/14 Calorie Row
14 Alternating Single Arm Hang DB Snatch
14 Push-ups
Rest 1 Minute
AMRAP 4:
15/12 Calorie Row
12 Alternating Single Arm Hang DB Snatch
12 Push-ups

KG | (24/15)

OPEN - GAMES

AMRAP 4:
21/16 Calorie Row
16 Alternating Dumbbell Snatches
(50/35)
16 Handstand Push-ups
Rest 1 Minute
AMRAP 4:
18/14 Calorie Row
14 Alternating Dumbbell Snatches
(50/35)
14 Handstand Push-ups
Rest 1 Minute
AMRAP 4:
15/12 Calorie Row
12 Alternating Dumbbell Snatches
(50/35)
12 Handstand Push-ups

MINDSET MINUTE

"Champions don't blame the tools they've been given.
Champions sharpen them."

Abraham Lincoln once wrote that if he had six hours to cut down a tree, he would spend the first four sharpening the axe.

It doesn't matter where you started, or even where you've been. All that matters is two questions. Where do you want to go, and how hard are you willing to work to get there? We have what we need. Everyone does. The separation comes down to who is willing to do the work.

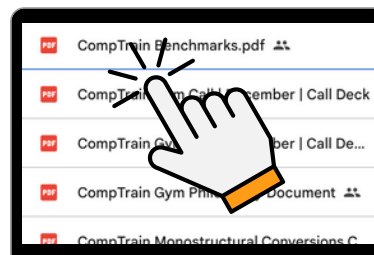
Never whine.
Never complain.
Never make excuses.

HOME WORKOUT

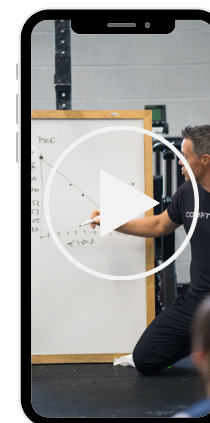
AMRAP 4:
50 Double unders
16 Alternating Single Arm Hang DB Snatch
16 Push-ups
Rest 1 Minute
AMRAP 4:
40 Double unders
14 Alternating Single Arm Hang DB Snatch
14 Push-ups
Rest 1 Minute
AMRAP 4:
30 Double unders
12 Alternating Single Arm Hang DB Snatch
12 Push-ups

AFTER PARTY

3 Sets
10 Strict tempo dips (3 second
hold at lockout)
:15 Chin over bar hold



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1 we've got bench press strength work with 3 sets of 8 reps. Athletes should target a challenging load without going so heavy that they might fail a rep. In part 2, we've got a spicy interval piece for the lungs and shoulders today as we try to push past the mental wall that sets in quickly. Finding a way to keep manageable sets while trying not to get slowed or stopped anywhere will be key early on. The purpose of the drop in volume each AMRAP is to keep the cycle rate aggressive even as we fatigue.
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Scoring	Total rounds plus reps during each interval.
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ELEMENT	STIMULUS	MODIFICATIONS
Calorie Row	:60, :50, :40 respectively.	<ul style="list-style-type: none">• Reduce Reps• 1:00/:50/:40 Time Cap• 18/15, 15/12, 12/9 Calorie Ski• 21/16, 18/14, 15/12 Calorie Bike Erg
DB Snatch	Unbroken all rounds.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Kettlebell Swings• Empty Barbell Hang Power Snatches
Push-ups	3 sets or less.	<ul style="list-style-type: none">• Reduce Reps• Hand Release Push-Ups• Box Push-Ups• Dumbbell Bench Press

The One Teaching Focus | Blades, Butt, Feet

- On the bench press, we want to emphasize 3 points of contact. Shoulder blades pressing into the bench, butt pressing in to the bench, feet pressing into the floor.

Logistics

- In part 1, pair athletes up in groups of 2 or 3. Cue athletes to lift on alternating minutes so that you can keep eyes on each athlete as they lift. Pay particular attention to the need to spot athletes in their lifts.
- In part 2, athletes will begin at the beginning of the AMRAP each time. Athletes do not pick up where they left off the previous round. With this being the case, you can manage a large class by allowing some athletes to begin on the push ups and work backwards. You can also stagger start times by :60-:90.

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

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

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

- “Rowling” Game
- 3 Rounds
- Athletes attempt to row exactly 100m.
- Athletes place the handle of the rower back down in order to indicate they’re finished with their pulls.
- The athlete completes the number of burpees equal to the number of meters they were above or below the 100m mark.

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

- Workout movement prep :30 each
 - Get out DBs
 - Down dog to up dog
 - Alternating DB deadlift
 - Scorpions
 - Alternating DB swing
 - Eccentric push ups
 - Focus on maintaining a 45 degree angle of the elbow
 - Control down as slowly as possible
- Alternating DB snatch
 - Focus on keeping the DB close to the body
- Bench Press | tell, show, do, check
 - Move to racks / benches
 - Establish stance, grip, & set up
 - Shoulder blades & butt on bench
 - Feet on the floor
 - Hands outside shoulders with full grip on bar
 - Eyes under barbell
 - Visible arch in lower back
 - 5 cued reps
 - Focus on maintaining set up position
 - Focus on 45 degree elbow position throughout reps

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
 - 9/7 Calorie Row
 - 6 Alternating Single Arm Hang DB Snatch
 - 6 Push-ups
- Break
- Workout adjustments if needed

WORKOUT
14 MINUTES | 42:00 - 56:00

- Look For
- Bench Press | Maintaining set up position of blades, butt, and feet throughout the rep. Cue athletes to keep their elbows in if they are flaring them to a 90 degree angle.
- DB Snatch | Keep the DB close. Cue athletes to pull the elbow high and outside rather than swing the DB. Use the legs. Cue athletes to squeeze their legs and butt before pulling the DB
- Row | Leg Drive. Emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 03.14 GOAT | ANY MINUTE NOW

"Goat Day"

On the Minute x 20:

Minute 1: Movement 1

Minute 2: Movement 2

-OR-

"Any Minute Now"

On the Minute x 20 [5 Rounds]:

Minute 1: Calorie C2 Bike

Minute 2: Box Jumps, 30/24

Minute 3: 200m Run

Minute 4: Rest

OPEN - GAMES

N/A

MINDSET MINUTE

"Seek not good from without; seek it within yourselves, or you will never find it." - Epictetus

When something goes right, we're relatively quick to point to actions we took to get there. But when something goes wrong, it's all too easy for us to do the opposite. To play the "blame game", where we're using external events as excuses.

A core tenant of Mental Toughness is responsibility. To accept that we played a role. But the purpose is not to blame ourselves or throw a pity party. The purpose is that it gives us *options*.

When we take responsibility and look within, we now are in control. We can now focus on the moves to make to put ourselves into a better position. It opens our eyes to the path forward. If we do the opposite however, and blame the externals, we have surrendered control. We won't have any control, as the story we're telling ourselves is that outside events determine my path.

Responsibility is a weapon. And it only comes from within.

HOME WORKOUT

On the Minute x 20 [5 Rounds]:

Minute 1: Alternating step back lunges

Minute 2: Double unders

Minute 3: 200m Run

Minute 4: Rest

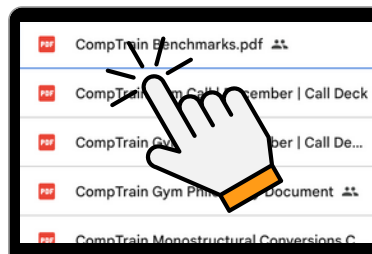
AFTER PARTY

3 Sets

:30 Elbow plank

:30 Hollow hold

20 Hollow body rocks



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

ELEMENT	STIMULUS	MODIFICATIONS
Bike		<ul style="list-style-type: none">Ski/RowAssault/Echo Bike
Box Jumps		<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-UpsReverse Lunges
200m Run		<ul style="list-style-type: none">Reduce Distance1:00 Time Cap250m Row160m Ski400m Bike150m Air Run

The One Teaching Focus | Land tall

- On the box jumps we want to encourage athletes to land as tall as possible on the box. This trains a true vertical jump rather than an aggressive knee tuck in order to land on the box.

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**

- Refer to coaches stimulus notes

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 spidermans
- Downward Dog
- Squat hold
- Air squats

SPECIFIC WARM-UP**6 MINUTES | 9:00 - 19:00**

Specific Flow

- :60 bike
- :20 alternating box step ups
- :20 vertical jumps (legs stay locked)
- :20 tuck jumps
- 100m run
- :20 Box jumps
 - Focus on landing tall

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

- Practice Round
 - 1:00 Bike
 - :30 Box Jumps
 - 100m Run
- Break
- Workout adjustments if needed

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

- Look For
- Bike | Breathing and Rhythm:Emphasize the importance of controlled breathing. Athletes should sync their breathing with their pedal strokes to maintain a steady rhythm.
- Run | Completing within time frame. If athletes are struggling to complete the run with time left to transition to the next movement, encourage reducing the distance.
- Box jumps | Landing tall. Athletes should be landing with the legs nearly locked out on the box.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 03.15
OPEN WORKOUT 24.3

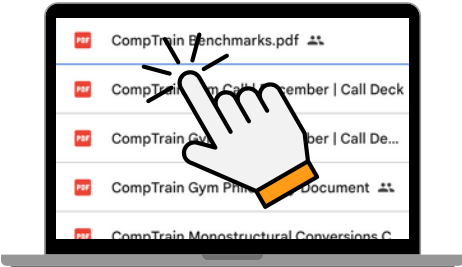
TBD

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 |

-

Logistics

-

WOD BRIEF

GENERAL WARM-UP

SPECIFIC WARM-UP

STRENGTH

PRIMER

WORKOUT

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 03.16 TRI SPRINT INTERVALS V3

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

Rest 4 Minutes Between Rounds

OPEN - GAMES

N/A

MINDSET MINUTE

“Comparison is the death of joy.” - Mark Twain

We are indeed out to destroy someone’s standards.
Our own, of yesterday.

The opposite of comparison isn’t forfeit, failure, or complacency.
It’s participation.
It’s the act of joining arms with other like-minded individuals in
the pursuit of our *own next best version*.

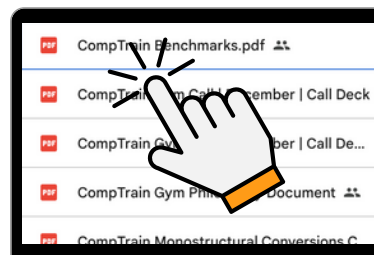
HOME WORKOUT

5 Rounds:
AMRAP 4:
20 25’ Shuttle Runs
20 Burpees
Max Double Unders

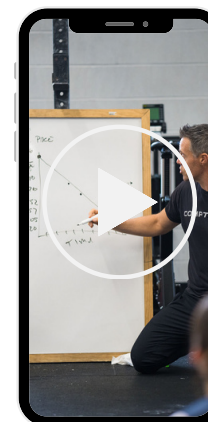
Rest 4:00 Between Rounds

AFTER PARTY

3 Sets
6 Goblet Bulgarian split squats
each leg
6 Single DB RDLs each leg



**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.
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Scoring	Lowest round of shuttle run reps.
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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

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

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

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.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 03.17 BODY ARMOR ENDURACE V3

EMOM 28 (7 rounds)
Complete 8-12 Reps of each
Min 1 | Half kneeling DB shoulder press right
Min 2 | Half kneeling DB shoulder press left
Min 3 | Alternating DB hang clean
Min 4 | Burpees
Rest exactly :30 between sets.
Athletes will likely use 1 DB load for the press and a heavier load for the clean

OPEN - GAMES

N/A

MINDSET MINUTE

“Integrity is not a noun. It’s a verb.”

Just about everyone “knows” right from wrong. And if one knows right from wrong, they could be said to “have integrity”, as they possess the requisite knowledge. Yet, we know that’s not what real integrity is...

The paradigm shift is as powerful as it is simple: every day we are given the chance to live a life of integrity. For some, this may be the sustainment and building upon yesterday. To others, it’s a new chance. A new chance to begin again, and to change the course of what “was”, to what “is”.

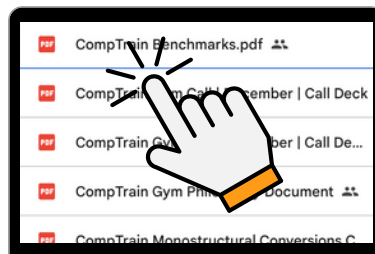
Integrity is an every-day-thing. It’s a lens we live our lives through. Yesterday matters, but not nearly as much as right now.

HOME WORKOUT

EMOM 28 (7 rounds)
Complete 8-12 Reps of each
Min 1 | Half kneeling DB shoulder press right
Min 2 | Half kneeling DB shoulder press left
Min 3 | Alternating DB hang clean
Min 4 | Burpees
Rest exactly :30 between sets.
Athletes will likely use 1 DB load for the press and a heavier load for the clean

AFTER PARTY

8 Rounds
:20 on / :10 off
Row for calories



**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.
- 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.

Scoring

Total Reps Completed

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 spidermans
- 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 swing
 - :20 half kneeling DB shoulder press right
 - :20 half kneeling DB shoulder press left
 - :20 DB bent row right
 - :20 DB bent row left
 - :20 alternating DB hang clean
 - :20 burpees

PRIMER

4 MINUTES | 14:00 - 18:00

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

WORKOUT

28 MINUTES | 18:00 - 46:00

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up