

COMPTRAIN GYM

LESSON PLANS | 03.25-03.31

MONDAY | 03.25 MEDULLA OBLONGATA

Strict Press
Max repetitions of Strict Press @
85%

"Medulla Oblongata"
On the 1:30 x 10 Rounds:
30 Double Unders
10 Kettlebell Swings (70/53)
Max Calorie Bike Erg

TUESDAY | 03.26 DOWN WITH THE SICKNESS

5 Rounds for time:
400m Run
12 Thrusters (75/55)
12 Burpees
12 Pull-ups

WEDNESDAY | 03.27 SUGAR SHACK

Deadlift
Max repetitions of Deadlifts @ 85%

"Sugar Shack"
For Time:
500/450 Meter Row
Directly Into...
21-15-9:
Box Jumps (30/24")
Deadlifts (225/155)
Directly Into...
500/450 Meter Row

THURSDAY | 03.28 SITTING ROOM

8 Rounds For Time:
400 Meter Run
25 AbMat Sit-ups
2 Rope Climbs (15')

Rest 1 Minute Between Rounds

FRIDAY | 03.29 REBAR

Back Squat
Max repetitions of Back Squats @
85%

"Rebar"
21-15-9:
Front Squats
Bike Erg Calories
Power Cleans
Bike Erg Calories

Barbell: (135/95)

SATURDAY | 03.30 3 BEST FRIENDS

6 Rounds For Time:
600 Meter Run (Each Athlete Runs
200 Meters)
45 Dumbbell Dumbbell Push Press
(50/35)
30 Toes to Bar
15 Burpee Box Jumps (24"/20")

1 Athlete Works At a Time

SUNDAY | 03.31 BALL ME BLAZER

4 Rounds
500m Row
10 Burpees over rower
15 Push ups
20 Medball squat cleans

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 | 03.25 MEDULLA OBLONGATA

Strict Press
Max repetitions of Strict Press @
85%
To technical failure

"Medulla Oblongata"
On the 1:30 x 10 Rounds:
30 Double Unders
10 Kettlebell Swings (70/53)
Max Calorie Bike Erg

Score: Total Bike Calories

KG | (32/24)

OPEN - GAMES

On the 1:30 x 10 Rounds:
30 Crossover Single Unders
5 Kettlebell Clean & Jerks (53/35)
Max Calorie Echo Bike

Score: Total Bike Calories

MINDSET MINUTE

"I want to see it, before I believe it."

We are visually oriented people.
We seem to trust our eyes more than our other senses.

It's why we call our ultimate direction our "vision". It's why in the middle of the night, if we think we hear something, we want to take a look before we feel safe enough to fall back asleep. We can hear news through the grapevine, but we doubt it until we see it.

Recognizing this, we can leverage it to our advantage. Many of us will agree that there is power in writing down our goals, and this is why. We begin to believe it that much more. It feels that much more real.

Write down our vision. Write down our goals. Write down anything that is important, not because it's a mundane task... but because we need to see it, before we believe it.

HOME WORKOUT

On the 1:30 x 10 Rounds:
30 Double Unders
12 Alternating DB hang snatch
Max Burpees

Score: Total Burpees

AFTER PARTY

3 Sets
6 DB filly press right
6 DB filly press left
Filly Press = 1 heavier DB in rack
while you press a lighter DB with
other arm



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, our max sets are to be done to "Technical Failure" - This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. In part 2, we're working for 15 minutes straight through while trying to accumulate calories means that we'll need to find a pace just under threshold that allows us to move fast and consistent. Can you find the sweet spot in round 1, so that you don't come out the gate TOO fast on our two movement buy in each round?	
Scoring	Total reps across all 10 rounds	
ELEMENT	STIMULUS	MODIFICATIONS
Double Unders	:30 or less.	<ul style="list-style-type: none">• Reduce Reps• 45 Single Unders• 30 Plate Hops• 30 Reps of Singles & Doubles (Mix of Both)• :20 On Any Machine
KB Swing	Unbroken. :30 or less.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Single Dumbbell Hang Power Snatches• Empty Barbell Hang Power Snatches• Russian Kettlebell Swings
Calorie Bike Erg	:30 or more of work each round.	Row/Ski/Air Run/Echo/Assault

The One Teaching Focus | Cylinder of strength

- For today's strict press we want to teach our athletes how to maintain a "cylinder of strength" throughout the strict press movement. By gripping the ground, squeezing the butt, squeezing the legs, and squeezing the abs the athletes will be in a strong and rigid position to execute the lift. By design, the lower back contains a lot of muscles (called erectors). We can both protect and train those muscles by maintaining an upright torso and keeping the midline engaged on the KB movements.

Logistics

- On the KBS, end range of motion is fully stacked with kettlebell in the overhead position.
- With this time domain the bike screen should stay on and accumulate reps throughout.
- If you need to manage a large class you can run two groups and begin one group behind the other. This would be best executing by using two different clocks so that your focus does not have to be on clock management.

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
 - Arm circles forward
 - Arm circles backward
 - Arm swings
 - Arm wraps
 - Trunk twists w/ feet planted
 - Trunk twists w/ rotations
 - Quad pull
 - Alternating reverse lunge w/ reach
 - Downward dog
 - Childs pose
 - Wrist stretch on floor
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- Workout Prep
 - :30 bike
 - :20 single unders
 - Focus on stacked jumping position
 - 5 KB deadlifts
 - 5 KB "hip pops"
 - Focus on loose arms and maximum power out of hips & legs
 - 5 KB russian swings
 - Focus on loose arms and maximum power out of hips & legs
 - :30 bike
 - :15 single unders
 - :10 workout movement
 - 5 KB russian swings
 - 3 KB american swings
 - Establish end range of motion
 - :30 bike
- Strict Press | tell, show, do, check
 - Establish stance & grip
 - Full grip on bar
 - Bar in contact with shoulders
 - Elbows slightly in front of the bar
 - Squeeze legs, butt, & abs
 - 3 cued strict press
 - Look for straight bar path
 - 3 strict press on athlete
 - 3 cued strict press
 - Looking for "stacked" body position and maintaining a "cylinder of strength"
 - Explain what we're looking for in with "technical failure"
 - Static focus on bar over mid foot while overhead

STRENGTH

12 MINUTES | 21:00 - 33:00

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

PRIMER

6 MINUTES | 31:00 - 39:00

- Practice Round
 - On a 1:00 Clock:
 - 15 Doubles Unders
 - 5 Kettlebell Swings
 - Max Calorie Bike Erg
- Break
- Workout adjustments if needed

WORKOUT

15 MINUTES | 39:00 - 54:00

- Jump Rope | Good 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.
- KB Swing | Arm Position. The arms should act as a lever, not as the primary force generators. The kettlebell should be swung forward by the momentum generated from the hip hinge, not lifted with the arms.
- Emphasize that the arms are relaxed, and the grip on the kettlebell is firm but not excessively tight.
- Bike | 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.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 03.26 DOWN WITH THE SICKNESS

5 Rounds for time:
400m Run
12 Thrusters (75/55)
12 Burpees
12 Pull-ups

Time Cap: 30:00

KG | (34/25)

OPEN - GAMES

5 Rounds for time:
400m Run
12 Thrusters @weight(75/55)
12 Bar-facing Burpees
6 Bar Muscle-ups

MINDSET MINUTE

"Your obsessions become your possessions." - Ed Mylett

The word "obsessed" gets a bad rap.
And there's indeed some merit to that.

But let's try to define "to be obsessed" a little further. What it's not defined by is "hours put in". That may be correlation, but not causality. One is truly obsessed with something when their passion and fire for "that thing" is so great, that their willpower will see them through even the harshest of storms. Where every other person quits... they push on. To one who is obsessed, failure is simply not an option.

Be obsessed with reaching our dreams.
Be obsessed with becoming a better husband. A better wife.
A better son, a better daughter. A better friend, a better neighbor.

Be obsessed with what we care about the most. Our fiercest willpower, pointed in the right direction, is the most powerful thing in the world.

HOME WORKOUT

5 Rounds for time:
400m Run
12 DB Thrusters
12 Burpees
6 Devil Press

AFTER PARTY

2 Sets
8 Bulgarian split squats each leg
8 Single leg double DB deadlift
each leg



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	We have a little play on the "Beep Test" today with some running mixed in to start and break up the rounds. Finding a methodical pace and the right places to breathe that let you keep moving and working will be key out the gate .Ideally each round should be about 5:00 or less.
Scoring	Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS
Run	Around 2:00	<ul style="list-style-type: none">• Reduce Distance• 2:00 Time Cap• 500m Row• 320m Ski• 800m Bike• 300m Air Run
Burpees	:60 or less	<ul style="list-style-type: none">• Reduce Loading• Sub Dumbbells• Sub Front Squat• Sub Push Press• 24 Air Squats
Pull-ups	2 sets or less. :60 or less	<ul style="list-style-type: none">• Ring Rows• Band assisted• Jumping Pull-ups• Alternating Dumbbell Plank Rows

The One Teaching Focus | Bar on the shelf

- In the thrusters we’re encouraging athletes to keep the bar resting on the shoulder shelf for as long as possible. As athletes squat, the barbell remains on the shoulder, and it stays on the shoulders until the hips reach aggressive extension. The bar should make contact with the shoulders before the athlete squats.

Logistics

- When running in workouts, it’s ideal to create a route where all athletes end up running the same distance.
- If you need to manage a large class you can start athletes at varied stations.

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
 - Alternating spiderman
 - Downward dog
 - Pigeon right
 - Downward dog w/ foot pedal
 - Pigeon left
 - Floor wrist stretch
 - Puppy pose
- CT Barbell flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP
12 MINUTES | 9:00 - 21:00

- Workout prep
 - 3 slow, controlled burpees
 - 3 strict press
 - 3 Push press
 - Focus on legs extended before pressing
 - 3 Thrusters
 - Focus on timing of legs extending fully before pressing
 - 3 slow, controlled burpees
- Pull up | tell, show, do, check
 - 10 scapular retractions
 - (ears through biceps)
 - 10 kips
 - Focus on small, tight, controlled swings
 - 3 strict pulls
 - Modify to 5 kip swings
 - 3 workout movement
 - Establish modifications & substitutions
- Thruster | tell, show, do, check
 - 4 cued thrusters
 - Focus on bar remaining on shoulders before hips extend.
 - Static focus of straight bar overhead
 - Add workout weight
 - 4 thrusters at workout weight

PRIMER
6 MINUTES | 21:00 - 27:00

- Practice Round
 - 100m Run
 - 4 Thrusters
 - 4 Burpees
 - 4 Pull-ups
- Break
- Workout adjustments if needed

WORKOUT
30 MINUTES | 27:00 - 57:00

- Look For
 - Run | Shoulder Relaxation. Shoulders should be relaxed and not hunched. Check for symmetry in shoulder movement.
 - Thrusters | Transition from Squat to Press. Smooth transition from the squat phase to the overhead press. Ensure the hips fully extend before pressing the bar overhead.
 - Burpees | Feet. Land with the feet flat and outside the hands.
 - Pull-ups | Elbow Position. Monitor the position of the elbows during the pull-up. They should point down and slightly back, not flare out to the sides.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 03.27 SUGAR SHACK

Deadlift

Max repetitions of Deadlifts @ 85%
To technical failure

"Sugar Shack"

For Time:

500/450 Meter Row

Directly Into...

21-15-9:

Box Jumps (30/24")

Deadlifts (225/155)

Directly Into...

500/450 Meter Row

Time Cap: 15 Minutes

KG | (102/70)

OPEN - GAMES

For Time:

500/450 Meter Row

Directly Into...

21-15-9

Box Jumps (30"/24")

Deadlifts @weight(225/155)

Directly Into...

500/450 Meter Row

Time Cap: 15 Minutes

MINDSET MINUTE

"Bread today is better than cake tomorrow" - Chinese Proverb

There is a common misconception about drive. That if we pause to celebrate today, that we will lose our fire for tomorrow. We'll lose our competitive edge. And we'll be satisfied with where we are.

Something we want to recognize: Gratitude is not linked to a lack of drive. Or a lack of performance. It's actually quite the opposite.

There's a hormone in our brain called dopamine. It's the "feel good" hormone. And it's released whenever we hit that big lift, PR that workout, or just do something well. Call it the celebration hormone.

When athletes go wrong here, it's because they fail to see something:

That dopamine is incredibly, incredibly addicting.

Think back to when you were first starting CrossFit, and let's say you were in class. You're thinking and working hard on your technique, and coach walks by and catches you with marked improvement to your form. He/She says - "Hey.. freakin' nice job there. That's an incredible improvement!"

How would you feel? Think about it for a moment. I think we would have felt proud, accomplished, and... eager for the *next one*. The next praise. Because that felt good.

And I want that next one. So I'm going to bust my ass even *harder now* to get my technique even better.

Now purely for thought - take the opposite. Pretend you never got that praise, ever.

It's only "not good enough" at all times. Fast forward 2 years. Which athlete is thriving?

Dopamine is a weapon. An absolute weapon. We just need to use it properly. Celebrate today, if for no other reason, than because it will make us even hungrier for tomorrow.

HOME WORKOUT

For Time:

400m run

Directly Into...

21-15-9:

Box Jumps (30/24")

DB deadlifts

Directly Into...

400m run

Time Cap: 15 Minutes

AFTER PARTY

3 Sets

:20 Ring support hold (lockout)

20 Hollow rocks

:20 Ring support hold (dip)



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, our max sets are to be done to "Technical Failure" - This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. Reps should be completed unbroken. Bar may rest at the hips but not on the floor. In part 2 we have a "Christine" style workout. The first row should be managed so that athletes can be aggressive with their effort going into the 21-15-9. The final row should be faster than the first. Athletes should choose a moderate load for the deadlift and a more challenging than normal box jump height or variation.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Box Jumps	Around :90/:60/:30	<ul style="list-style-type: none">• Reduce Reps• Reduce Box Height• Box Step-Ups• 30-22-14 Squat Jumps• Reverse Lunges
Deadlifts	Moderate. 3 sets. Around :90/:60/:30	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Row	2:30 or less	<ul style="list-style-type: none">• Reduce Distance• 2:00 Time Cap• 400m Ski• 800m Bike• 400m Run• 300m Air Run

The One Teaching Focus | Push the earth away

- In the deadlift, push, don't Pull. Remind athletes that the deadlift is a push movement with the legs, not a pulling movement with the back.
- The arms and back provide support, but the primary force comes from the legs.
- Cue athletes to drive their heels into the ground.

Logistics

- If you're short on rowers and need to manage a large class, you can run two heats. Beginning the second heat of athletes 2:30-3:00 behind the first should create space so that athletes can share rowers.

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
- Row
- Lunge and reach
- Lateral lunge and reach
- Row
- Box step ups
- Box step downs
- Row
- Bunny hops
- 3 x Tabata vertical jumps :20 on / :10 off
 - increasing height each round until workout height
- Box jumps

SPECIFIC WARM-UP
12 MINUTES | 9:00 - 21:00

- Row | tell, show, do, check
 - Establish catch and finish positions
 - Catch with flat back, heels down, and vertical shins.
 - Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500m split and tell athletes where to look on the screen
 - :20 @ SPM of 32-35
 - Focus on 500m/split
 - :20 @ SPM of 27-30
 - Maintain same 500m/split
 - :20 @ SPM of 23-26
 - Maintain same 500m/split
 - Help athletes understand that this is the most efficient way to complete the row today
- 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 hips to above knee deadlift
 - Focus on butt back first
 - Focus on bar close
 - 5 Cued mid shin deadlifts
 - Focus on tension in the shoulders, pulling the bar into the body
 - 5 Cued mid shin deadlifts
 - Focus on pushing the earth away to stand the bar up
 - Add lightweight
 - Talk about “check-list” before lifting
 - Feet, hands, shins, shoulders,, slack out of bar.
 - 5 cued lightweight deadlifts

STRENGTH
12 MINUTES | 21:00 - 33:00

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

PRIMER
6 MINUTES | 33:00 - 39:00

- Practice Round
 - 150m Row
 - 5 Box Jumps
 - 5 Deadlifts
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 39:00 - 54:00

- Look For
 - Row | Timing and Sequencing. Look for a synchronized and well-coordinated movement pattern between the leg drive, hip hinge, and arm pull. Ensure athletes are not rushing the recovery phase, allowing for a controlled return to the starting position.
 - Box Jump | Landing Technique. Emphasize a soft and controlled landing on the box to minimize impact on joints. Athletes should land with their entire foot on the box, ensuring the knees do not collapse inward.
 - Deadlift | Shoulder Position. Check that the shoulders are directly over or slightly in front of the bar at the start of the lift. This helps maintain a more vertical bar path.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 03.28 SITTING ROOM

8 Rounds For Time:
400 Meter Run
25 AbMat Sit-ups
2 Rope Climbs (15')

Rest 1 Minute Between Rounds

Time Cap: 40 Minutes

OPEN - GAMES

N/A

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

8 Rounds For Time:
400 Meter Run
25 Sit-ups
4 Devil press

Rest 1 Minute Between Rounds

Time Cap: 40 Minutes

AFTER PARTY

3 Sets
10 DB crush grip bench press
8 DB bent row each arm



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Today's piece should immediately get us thinking about how we want to pace and where we want to recover our breathing and heart rate during our work. One minute of rest is not much time so we need to be careful not to come out too hot, while not coming out so slow that we will not make it under the time cap. A delicate balancing act from start to finish!
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Scoring	Time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
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Run	Around 2:00	<ul style="list-style-type: none">• Reduce Distance• 2:00 Time Cap• 500m Row• 320m Ski• 800m Bike• 300m Air Run
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AbMat Sit-ups	:60 or less	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks
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Rope Climbs	:60 or less.	<ul style="list-style-type: none">• Reduce Height• Reduce Reps• 2 Lay to Stand Rope Climb• 3 Strict Pull-Ups = 1 Rope• 4 Alternating Dumbbell Plank Rows = 1 Rope• 5 Ring Rows = 1 Rope• 5 Toes To Bar = 1 Rope
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The One Teaching Focus | Rope climb sequence

- Teach the sequence of reach, tuck, clamp, stand.

Logistics

- Logistics informationWith a workout like today you should be able to manage a large class by allowing athletes to begin on different stations or by running the workout in heats.
- Team variation
- 8 Rounds
- 400m run, together
- 25 Synchro sit ups
- 4 Rope Climbs (split)
- No rest between rounds

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 out 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
 - High knees
 - Butt kickers
 - 200m run

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

- Rope Climb | tell, show, do, check
 - Progression
 - 4 Reps ring rows
 - 2 Reps stand to stand
 - 4 Reps jumping rope pull ups
 - 4 Reps jumping rope pull up with knee tuck
 - 5 rep Reach
 - Standing to reach and grasp
 - 5 rep Tuck
 - Grasp and tuck knees to chest
 - 5 rep Clamp
 - Grasp, tuck knees, clamp feet
 - 5 rep Stand
 - Grasp, tuck knees, camp feet, stand tall
 - 2 Reps workout movement

PRIMER
4 MINUTES | 15:00 - 19:00

- Practice Round
 - 100m Run
 - 10 AbMat Sit-ups
 - 1 Rope Climb
- Break
- Workout adjustments if needed

WORKOUT
40 MINUTES | 19:00 - 59:00

- Look For
 - Run | Arm Swing. Arms should swing naturally in coordination with the opposite leg. Elbows should be bent at approximately 90 degrees. Hands should be light and relaxed, not clenched.
 - Abmat Sit ups | Range of Motion. Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rip.
 - Rope Climb | Sequence. Provide plenty of cueing to encourage the proper sequence of action on the rope climb with the reach, tuck, clamp, stand.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 03.29 REBAR

Back Squat
Max repetitions of Back Squats @
85%
To technical failure

"Rebar"
21-15-9:
Front Squats
Bike Erg Calories
Power Cleans
Bike Erg Calories

Barbell: (135/95)

Time Cap: 15 Minutes
KG | (61/43)

OPEN - GAMES

21-15-9:
Front Squats
Echo Bike Calories
Power Cleans
Echo Bike Calories

Barbell: @weight(135/95)

Time Cap: 15 Minutes

MINDSET MINUTE

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

Imagine we're owing. 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

21-15-9:
DB Front Squats
Burpees
DB Power Cleans
Step back lunges each leg

Time Cap: 15 Minutes

AFTER PARTY

4 Sets
25' Double DB front rack walking
lunge
Rest 1:00 between sets



**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 week 2 of our max repetitions cycle. Help athletes understand the intent of today's strength portion with both a rep target and by providing a clear understanding of "technical failure." Today's piece is a lighter to moderate weight barbell with a moderate amount of cardio on the bike between our bar movements. Moving well on each of these movements to pace smart and hold off fatigue will help you maintain your breathing in the beginning so that you can push harder as the workout progresses.
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Scoring	Time to complete work.
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ELEMENT	STIMULUS	MODIFICATIONS
Front Squats	Light to moderate. 2 sets or less.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells• Sub Barbell• 42-30-18 Air Squats
Bike Erg Calories	1:30/1:10/:45	<ul style="list-style-type: none">• Sub Row/Ski Calories• Sub Assault/Echo Bike Calories
Power Cleans	Light to moderate. Fast singles.	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells

The One Teaching Focus | Grip the ground

- In both our back squats and front squats we want to target a grip and twist of ground with the feet. This will create an arch in the midfoot and recruit the muscles of the posterior chain as athletes squat. As athletes grip the ground you can cue "knees out" to encourage efficient mechanics.

Logistics

- In part 1, make sure athletes have a very clear understanding of what it means to perform to "technical failure." You can encourage them to look at torso position and bar speeds and metrics of technical quality.
- In part 2, if you're short on bikes you can add a machine and have athletes alternate between the bike and the other machine rather than completing the bike for both monostructural sections of this workout.

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 out barbells
 - Bike
 - Down dog to up dog
 - Spiderman and reach
 - Samson stretch Right
 - Samson stretch left
 - Bootstraps
 - Down dog w/ foot pedal
 - Quad pulls
 - Cossack squats
 - Air squats
 - Bike
- CT Barbell Flow :15-:20 each
 - Goodmornings
 - Back Squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP
12 MINUTES | 9:00 - 21:00

- Power Clean | tell, show, do, check
 - Establish stance & grip
 - Hip-width stance
 - Hands just outside shoulders with full grip on the bar
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - 3 cued reps position 1 (thigh)
 - 3 cued reps position 2 (above knee)
 - 3 cued reps position 3 (mid shin)
- Front Squat | tell, show, do, check
 - Establish stance & grip
 - 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 gripping the ground with the foot
 - 3 cued ¼ Squat & hold
 - Focus on hip initiated squat while gripping the ground with the foot
 - 3 cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - 2 Cued Squat & Hold
 - Focus on leading with the elbows as the athlete stands

STRENGTH
12 MINUTES | 21:00 - 33:00

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

PRIMER
6 MINUTES | 33:00 - 39:00

- Practice Round
 - 4 Front Squats
 - 6 Bike Erg Calories
 - 4 Power Cleans
 - 6 Bike Calories
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 39:00 - 54:00

- Bike | 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.
- Front Squat | Chest up. Athletes should keep their chest lifted throughout the squat, preventing the upper body from collapsing forward. Elbows high. Ensure that the elbows remain high, pointing forward, to maintain the front rack position.
- Power Clean | Catch. Butt back, feet flat, elbows high, bar on shoulders in the receiving position.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 03.30 3 BEST FRIENDS

6 Rounds For Time:
600 Meter Run (Each Athlete Runs
200 Meters)
45 Dumbbell Dumbbell Push Press
(50/35)
30 Toes to Bar
15 Burpee Box Jumps (24"/20")

1 Athlete Works At a Time

Time Cap: 42:00

KG | (22.5/15)

OPEN - GAMES

On The Minute x 40 Minutes:
Min 1: 6 Burpee Box Jump Overs,
30/24"

Min 2: 6/5 Bar Muscle-ups
Min 3: Single Dumbbell Overhead
Walking Lunge, @dumbbell(70/50)

Min 4: 12/10 Calorie Row
Min 5: 50 Crossover Single Unders

Min 6: 50ft Handstand Walk
Min 7: 1 Seated Legless Rope
Climb (12ft)

Min 8: 12/10 Calorie Ski

MINDSET MINUTE

"Your mind is not your shoe size." - Jim Kwik

Have you ever taken an "IQ Test"?

Chances are you have of some sort. A test that claimed to tell us our capacity in life. Where the resulting score is the equivalent of looking into a crystal ball on how successful we'll be.

As ridiculous as that sounds, it's a nightmare that comes to life for many. A self-fulfilling prophecy that can cut potential at the knees.

The truth of it all however, is that we know so very little about how the mind *actually* works. It's still such a mystery to us. Yet, we can find ourselves building an imaginary ceiling over our heads.

In regards to one of life's greatest mysteries, there's one thing we can bank on... that our mind is not our shoe size.

HOME WORKOUT

6 Rounds For Time:
200 Meter Run
15 DB push press
10 V-ups
5 Burpees over DB
Rest 2:00 between rounds

AFTER PARTY

3 Sets
30 Banded tricep pull downs
30 Banded curls



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Today we have a fun piece for the 3 Best Friends that anyone could have! Find two fit friends and decide how you want to split the work amongst yourselves.	
Scoring	Time to complete work	
ELEMENT	STIMULUS	MODIFICATIONS
Run	:60 per teammate. 3:00 total	<ul style="list-style-type: none">• Reduce Distance• 1:00 Time Cap• 250m Row• 160m Ski• 400m Bike• 150m Air Run
Double Dumbbell Push Press	:90 or less	<ul style="list-style-type: none">• Reduce Loading• Sub Kettlebells• Sub Barbell• Dumbbell Strict Presses• Kipping HSPU
Toes to Bar	:90 or less	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups
Burpee Box Jumps	:60 or less	<ul style="list-style-type: none">• Reduce Box Height• Burpee Box Step-Ups• Burpees Only• Box Jumps Only• Burpee Box Jump Overs

The One Teaching Focus | Kipping Timing.

- Timing is crucial in the TTB, and athletes should coordinate the hip swing with the leg raise. Reach the full height of the kip before kicking. This timing applies to the knee raise as well.

Logistics

- Today is a long, grindy team workout. In order provide your class with the full time necessary for this workout you'll need to come prepared with an efficient and timely warm up.
- Allow athletes to use different loads on DBs and to modify the workout individually so that all 3 team members are not required to complete the

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
 - Line drills - 25'
 - Knuckle draggers
 - Quad walk
 - Lunge and reach
 - Toe walk
 - Heel walk
 - Broad jumps
 - Shuttle run slow
 - Shuttle run moderate
 - Shuttle run fast

SPECIFIC WARM-UP

5 MINUTES | 6:00 - 11:00

- DB Flow
 - :15 Double DB deadlift
 - :15 Alternating DB hang clean
 - :15 Alternating DB hang clean and jerk
 - Focus on keeping the biceps close to the ears
 - :15 Double DB hang clean and jerk
 - Focus on keeping the biceps close to the ears
- TTB | tell, show, do, check
 - :10 dead hang
 - :10 scap pull ups
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification

PRIMER

6 MINUTES | 11:00 - 17:00

- Practice Round
 - 100m Team Run
 - 5 Double Dumbbell Push Press [Each]
 - 5 Toes to Bar [Each]
 - 2 Burpee Box Jumps [Each]
- Break
- Workout adjustments if needed

WORKOUT

17 MINUTES | 42:00 - 59:00

- Run | Knee Lift. The athlete should execute an adequate knee lift with each stride.
- Double DB push press | Timing. Reaching full extension of the hips and legs before pressing the DBs overhead.
- TTB | Kipping Timing. Timing is crucial, and athletes should coordinate the hip swing with the leg raise. Reach the full height of the kip before kicking. This timing applies to the knee raise as well.
- Burpee Box Jumps | Cadence. Cue athletes to have their step up out of their burpee be the launching position of their box jump.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 03.31 BALL ME BLAZER

4 Rounds
500m Row
10 Burpees over rower
15 Push ups
20 Medball squat cleans

OPEN - GAMES

N/A

MINDSET MINUTE

“No one was ever wise by chance.” – Seneca

Let's pretend we have two individuals out hiking in the woods.

The first trips over a root, and after scrambling back to his feet, kicks the root in frustration and storms off. The second individual trips over the very same root as well, but has a different response. After gathering himself, he looks around, refreshing himself of the importance to scan the path ahead. He then moves on, now paying closer attention to the ground in front of him.

One took the effort to learn from it, one did not.
Wisdom isn't by chance. It is by choice.

HOME WORKOUT

4 Rounds
400m Run
10 Burpees
15 Push ups
20 Alt single db squat cleans

AFTER PARTY

Tabata Echo bike for calories
8 Rounds of :20 on / :10 off



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout
Overview

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

Time to complete work.

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****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 medballs
 - :30 row
 - :10 no push up burpee
 - :20 medball deadlift
 - :10 step back, step up burpee
 - :20 medball squats
 - :10 burpee
 - :20 medball squat clean
 - :10 burpee over rower
 - :30 row

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