

COMPTRAIN GYM

LESSON PLANS | 04.01-04.07

MONDAY | 04.01 ONLY FOOLS RUSH IN

Strict Press
Max Repetitions of Strict Press
To Technical Failure

"Only Fools Rush In"

AMRAP 15:

30 AbMat Sit-ups
20/15 Calorie Bike Erg
10 Hang Snatches, 95/65

KG | (43/29)

TUESDAY | 04.02 THE ADMIRAL [BENCHMARK]

3 Rounds For Time:
20 Burpee Pull-ups
20 Front Squats (155/105)
20 Box Jumps (24"/20")

Time Cap: 25 Minutes

KG | (70/47)

WEDNESDAY | 04.03 POWER UP

Deadlift
Max Repetitions of Deadlifts
To Technical Failure

"Power-Up"

10 Rounds For Time:
200 Meter Run
10-1 Power Cleans (135/95)

Time Cap: 18 Minutes

KG | (61/43)

THURSDAY | 04.04 ROPE TOE

For Time:
30-20-10 Toes to Bar
1,000/900 Meter Bike Erg

Directly Into...

3-2-1 Rope Climbs (15')
1,000/900 Meter Bike Erg

Time Cap: 28 Minutes

FRIDAY | 04.05 HAVE A BALL

Back Squat
Max Repetitions of Back Squats
To Technical Failure

"Have A Ball"

On the 3:00 x 5 Rounds:
50-40-30-20-10 Wallballs (20/14)
Max Calorie Row

KG | (9/6)

SATURDAY | 04.06 SEVERIN [HERO]

For Time:
50 Strict Pull-ups
100 Hand Release Push-ups
5k Run

Time Cap: 45 Minutes

REPEAT FROM 6.10.23

SUNDAY | 04.07 .1 REDUX

21-21-21-21
Alternating Lunges
Calorie Row
15-15-15-15
Alternating Goblet Lunges (35/20)
Calorie Bike
9-9-9-9
Alternating Double DB Front Rack
Lunges (35/20)
Calorie Row

"Sunday Run Day"
Run 2-3 Miles

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 | 04.01 ONLY FOOLS RUSH IN

Strict Press
Max Repetitions of Strict Press @
90%

To Technical Failure

"Only Fools Rush In"

AMRAP 15:

30 AbMat Sit-ups

20/15 Calorie Bike Erg

10 Hang Snatches, 95/65

KG | (43/29)

OPEN - GAMES

AMRAP 15

3 Wall Walks

15/12 Calorie Echo Bike

10 Hang Power Snatches 115/75

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

AMRAP 15:

30 AbMat Sit-ups

50 Double unders

12 Alternating DB hang snatches

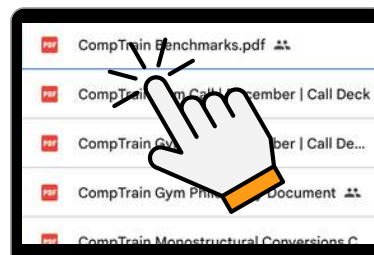
AFTER PARTY

3 Sets

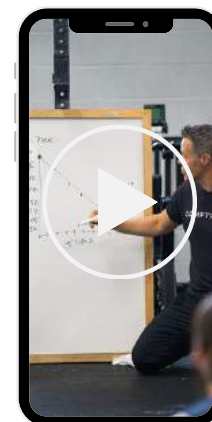
12 Alternating DB bench press

12 KB horn curls

*Keep non-working DB locked out
on bench press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, we are in week 3 our max sets. These 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. Quick moving AMRAP today with not a lot of time to stand around or rest during transitions. Movements are all pretty manageable even under fatigue, can you find and maintain a consistent but hard working pace that will allow you to give a final push in your last 2-3 minutes of work?
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Scoring	Total rounds and reps
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ELEMENT	STIMULUS	MODIFICATIONS
Sit ups	:90 or less	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks
Bike	:60	<ul style="list-style-type: none">• 20/15 Calorie Row• 15/12 Calorie Ski• 300m Air Run• 18/15 Calorie Echo/Assault Bike
Hang Power Snatches	Light. 2 sets or less.	<ul style="list-style-type: none">• Reduce Loading• Dumbbell Hang Power Snatches• Kettlebell Swings

The One Teaching Focus | Land locked out

- On the hang power snatches we want our athletes' elbows to beat their feet. When they receive the snatch in the landing position, their elbows should already be “stacked” and locked out.

Logistics

- In part 1, make sure athletes have a clear understanding of “technical failure.” As a coach and gym owner it’s a great idea to provide the big picture view of this strength cycle. Let athletes know they’ll have the chance to retest this exact lift within the 12 weeks.
- In part 2, if you need to manage a large class and you’re limited on equipment, you can pair athletes up and allow them to start at different stations. Ideally the snatch should come last within the round of work.

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
 - Get out abmats & PVCs
 - :30 Bike
 - :30 Child's pose
 - :30 Wrist stretch
 - :30 Hollow rocks
 - :30 Bike
 - :30 Straight arm sit up
 - :30 Bike
 - :30 Abmat sit ups
 - :30 PVC around the world
 - :30 PVC pass through
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

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

- Power Snatch | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Eyes on the horizon
 - 5 Snatch dip + drive
 - Focus on speed through the middle
 - 5 Snatch deadlift + shrug
 - Focus on timing of the shrug
 - 5 Snatch high pull
 - Focus on bar close
 - 5 Snatch land
 - Focus on footwork and the elbows beating the feet.
- 5 Snatch drops
 - Focus on footwork and the elbows beating the feet.
 - 2", 4', 6'
- 3 Cued Snatch | tell, show, do, check
 - Elbows beat the feet
- Strict Press | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands just outside shoulders with full grip
 - Bar in contact with shoulders
 - Elbows slightly in front in bar
 - 3 Cued reps
 - Focus on "cylinder of strength"
 - Squeezed legs, butt, & stomach.
 - 3 Cued reps
 - Focus on chin back first.

STRENGTH
12 MINUTES | 31:00 - 37:00

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

PRIMER
6 MINUTES | 31:00 - 37:00

- Practice Round
 - 6 Abmat Sit ups
 - 6/5 Calorie Row
 - 6 Hang power snatches
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 37:00 - 52:00

- Look For
 - Abmat sit up | Full range of motion. Shoulder blades should touch the ground and pass through the hips each rep.
 - Bike | Cadence (RPM). Pay attention to pedal cadence, which is the speed at which athletes pedal. Encourage a cadence that is appropriate for the type of workout, 85-95 should be an appropriate target cadence for most athletes.
 - Hang Power Snatch | Elbows beating the feet. Cue athletes to punch hard & fast so that when their feet land, their elbows are already "stacked" or locked out. Cue athletes to keep the bar close to their body.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 04.02 THE ADMIRAL

3 Rounds For Time:
20 Burpee Pull-ups
20 Front Squats (155/105)
20 Box Jumps (24"/20")

Time Cap: 25 Minutes

KG | (70/47)

OPEN - GAMES

N/A

MINDSET MINUTE

"The only person you are destined to become is the person you decide to be." Ralph Waldo Emerson

Fate puts opportunity in front of us.
Destiny is the result of what we choose to do with it.

In turn, destiny is a choice. Not some predetermined thing of fairy tales and lore. We can sit and allow destiny to happen to us, or we can choose to have destiny happen for us.

Don't wait to be chosen. Choose.
Decisions = Destiny.

HOME WORKOUT

3 Rounds For Time:
20 Alternating single DB devils
press
20 Double DB front squats
200m run

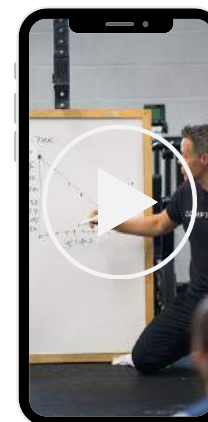
Time Cap: 25 Minutes

AFTER PARTY

4 Sets
12 Mixed rack alternating lunges
*1DB in front rack, 1 DB overhead
*2 sets with DB OH right and then
left



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

The Admiral may only be 3 rounds, but packs a serious punch! These are big sets of each of these movements and it can be easy to get carried away too early and burn into the finish gassed. This piece is one of the toughest that we do, it tests both your physical ability and your mental ability to stay focused on the task at hand and not let those big set numbers make you think you aren't moving fast enough in rounds 1 and 2. That feeling is a trap!

Scoring

Total time to complete work

ELEMENT

STIMULUS

MODIFICATIONS

Burpee Pull Ups

3:00 or less

- Reduce Reps/Bar Height
- Burpees to A Target
- Regular Burpees
- 2:00 Effort on Any Machine

Front Squats

Moderate to Heavy. 3 Sets or less

- Reduce Loading
- Reduce Reps
- Sub Dumbbells
- 40 Air Squats

Box Jumps

2:00 or less

- Reduce Reps
- Reduce Box Height
- Box Step-Ups
- 30 Squat Jumps
- Reverse Lunges

The One Teaching Focus | Elbows high

- The teaching focus for today's workout is to maintain high elbows throughout the front squats. By doing so, athletes will improve the efficiency and safety of their movement. High elbows will serve to keep the torso upright and the bar over the frontal plane.

Logistics

- If you have a large class and need to manage limited space, you can allow athletes to share rig space, barbells, or boxes by starting them at varied stations. However, it's ideal to maintain the stimulus of the workout by performing it in the originally designed order. To do this, you can also run multiple heats and stagger start times by around 2:30-3:00.

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
 - Bootstrap
 - Downward dog
 - Pigeon right
 - Downward dog
 - Pigeon left
 - Step ups
 - Air squats
 - Quick ups (no push up burpee)
 - Quicks w/ max vertical jump
 - Box jump
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP

10 MINUTES | 9:00 - 19:00

- Burpee Pull Up | tell, show, do, check
 - :10 Deadhang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - Demonstrate efficient burpee pull up
 - Jump to kipping option
 - Jump into strict pull up option
 - 3 Workout reps
- 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 high elbows in set up and hold
 - 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
 - Build to workout weight

PRIMER

6 MINUTES | 21:00 - 27:00

- Practice Round
 - 5 Burpee pull ups
 - 5 Front squats
 - 5 Box jumps
- Break
- Workout adjustments if needed

WORKOUT

25 MINUTES | 27:00 - 52:00

- Look For
 - Burpee Pull Up | Efficiency. Guide athletes to be as efficient as possible by their step up out of the burpee being the step into their jumping pull up.
 - Front Squats | Elbows high. Focus on the performance point of lifting the elbows throughout the front squat. Cue athletes to lead with their elbows as they stand.
 - Box Jumps | Landing tall. Cue athletes to land tall on the box rather than landing in a deep squat position.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 04.03 POWER UP

Deadlift

Max Repetitions of Deadlifts @ 90%
To Technical Failure

"Power-Up"

10 Rounds For Time:
200 Meter Run
10-1 Power Cleans (135/95)

Time Cap: 18 Minutes

KG | (61/43)

OPEN - GAMES

Same as class

MINDSET MINUTE

A short story to share.

Pablo Picasso, the famous Spanish artist, was walking through the market one day when a young woman spotted him and ran over. She asked with great excitement and admiration for him to draw a picture for her as she handed over a piece of paper. Pablo smiled, and obliged. He quickly drew a small, but beautiful, piece of art on the tiny piece of paper.

Absolutely stunned by the speed of such quality drawing, she asks – “But, Mr. Picasso, how is that possible? That only took you thirty seconds to draw this masterpiece!” Pablo smiled again, and replied “My good woman, it took me 30 years to draw that masterpiece in thirty seconds.”

As we grow, give ourselves permission to create “junk”. Give ourselves permission to laugh off mistakes, and get better through their lessons learned. We all want to thrive and do well, 100% of the time... but we also all know it can't be that way.

Our own judgment can become our worst enemy, so let's combat that.

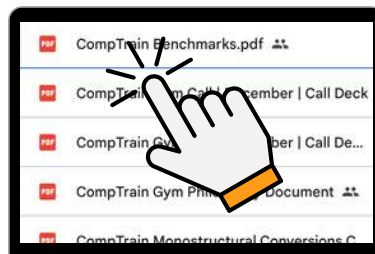
Judge less. And practice more. That's the secret sauce.

HOME WORKOUT

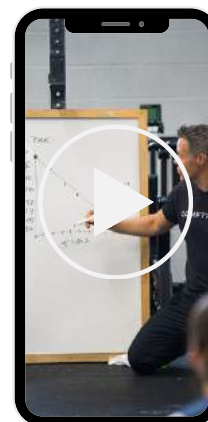
12 Rounds For Time:
200 Meter Run
12-1 DB Power Cleans

AFTER PARTY

3 Sets
:20 Chin over bar pull up hold
:20 Ring support (at lockout)
Max set unbroken ring dips
*Use band assistance as needed



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, we're moving into week 3 of our max reps strength cycle. Athlete's should aim to go heavier than last week and target 2+ reps. In part 2, as the power cleans decrease in this piece, the run distance stays the same. Can you find a smooth enough pace on the big sets of cleans that allows you to hold a tough but consistent pace on the runs to start each round? The end turns into a lung burner with much more running than time at the barbell, don't get pulled out early in this one!
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Scoring	total time
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ELEMENT	STIMULUS	MODIFICATIONS
Run	Around :60	<ul style="list-style-type: none">• Reduce Distance• 1:00 Time Cap• 250m Row• 160m Ski• 400m Bike• 150m Air Run
Power Cleans	Light. Fast cycle rate.	<ul style="list-style-type: none">• Reduce load• Reduce volume• Hang power clean• Sub DBs

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

- In part 1, make sure athletes have a clear understanding of “technical failure” for the max set. For the deadlift you can look for rounding in the back and bar speed as indicators of technical failure.
- In part 2, set up your room so that athletes can transition very quickly from the run to the barbell and back onto the run. Ensure that they can safely complete the transition without interfering with other athletes.

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
 - General flow :30 each
 - 100m run
 - Lunge and reach
 - Lateral lunge and reach
 - Quad pull
 - Knee pull
 - Knuckle draggers
 - Alternating spidermans
 - Downward to upward dog
- 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
 - 3 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 3 Cued reps above knee to mid shin
 - Knees out of the way
 - 3 Cued reps mid shin to standing
 - Driving with the legs
 - Shoulders and hips rise together until bar passes knee
- Power Clean | tell, show, do, check
 - Establish stance, grip, & set-up
 - Hip-width stance
 - Hands just outside shoulders with full grip on the bar
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Establish catch position
 - Butt back
 - Feet flat
 - Knees out
 - Elbows up
 - 3 Cued reps position 1 (mid thigh)
 - Focus on catch position
 - 3 Cued reps position 2 (above knee)
 - Focus on catch position
 - 3 Cued reps position 3 (mid shin)
 - Focus on catch position

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
 - 3 Power cleans
 - 200m run
 - 3 Power cleans
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 39:00 - 57:00

- Look For
 - Run | Posture. Check for an upright posture with a slight forward lean from the ankles. Avoid excessive forward bending at the waist or leaning back.
 - Power Clean | Catch position. Cue butt back, feet flat, knees out, and elbows up. Cue “fast elbows”.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 04.04 ROPE TOE

For Time:
30-20-10 Toes to Bar
1,000/900 Meter Bike Erg

Directly Into...

3-2-1 Rope Climbs (15')
1,000/900 Meter Bike Erg

Time Cap: 28 Minutes

OPEN - GAMES

Same as class

MINDSET MINUTE

"If you know your opponent, but not yourself, you will lose
100% of the time." – Samurai Proverb

To "keep up with the Jones" is an old expression about competitive neighbors. A power struggle - or perhaps better said popularity struggle - of status on the block. To "keep up", one must be on top of their investigative game, predicting the next big move so they can outmatch. That may be a nicer lawn or a fancier family Christmas card.

As we visualize these friendly rivals battling it out on the block, it's safe to say that both sides... will lose. There won't be a winner there.

We can study our competition to great length. And, we will indeed learn some absolutely beneficial statistics. But all the external statistics in the world won't move us forward until we turn the investigative glasses to: ourselves.

HOME WORKOUT

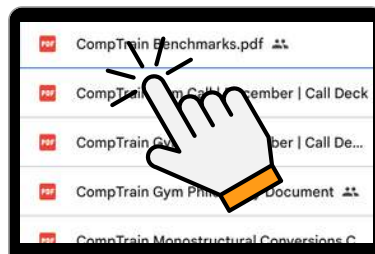
For Time:
30-20-10 V-ups
400m Run

Directly Into...

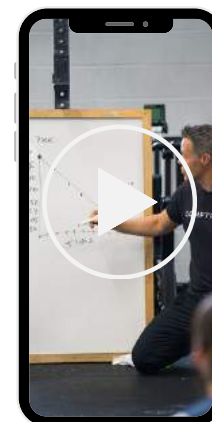
8-6-4 Devils press
400m Run

AFTER PARTY

3 Rounds
10 Strict pull ups
100' Heavy farmers carry



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	We've got a really fun gymnastics and cardio pairing today with big volume on that midline and grip! Since there is no rest between each couplet we should try to find a sustainable pace out the gate and maintain or build on that as we get deeper into this one.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
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Toes to Bar	4/3/2 sets or less respectively.	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups
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Rope Climbs	Around :60	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 500m Row• 400m Ski• 400m Run• 300m Air Run
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Bike Erg	Around 2:00	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 500m Row• 400m Ski• 400m Run• 300m Air Run
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The One Teaching Focus | Rope Climb Sequence.

- Provide plenty of cueing to encourage the proper sequence of action on the rope climb with the
 - reach, tuck, clamp, stand.

Logistics

- If you're limited on bikes and need to manage a large class you can split athletes up into 2 groups and delay the start time, however it's likely athletes will still end up having to wait on a bike with this format. Another option would be to add in another machine (or run) and have athletes alternate which machines they use.

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
 - Bike
 - Jumping jacks
 - High knees
 - Up downs
 - Quad pull
 - Bike
 - Inchworm to push up to down dog
 - Air squats
 - Push ups
 - Bike
- Rig Prep :10 - :15 each
 - Dead hang
 - Active hang
 - Scap pull ups

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

- TTB | tell, show, do, check
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification
- Rope | 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
6 MINUTES | 19:00 - 25:00

- Practice Round
 - 5 Toes to Bar
 - 200m Bike Erg
 - 1 Rope Climb
 - 200m Bike Erg
- Break
- Workout adjustments if needed

WORKOUT
28 MINUTES | 25:00 - 53:00

- Look For
 - Bike | Hand Positioning. Instruct athletes on different hand positions on the handlebars to vary muscle engagement and reduce discomfort during longer rides.
 - Rope Climbs | Sequence. Athletes following the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.
 - TTB | Shoulder Position. Check that the shoulders remain in a neutral position, avoiding excessive shrugging or unnecessary tension in the upper traps.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 04.05 HAVE A BALL

Back Squat
Max Repetitions of Back Squats @
90%
To Technical Failure

"Have A Ball"
On the 3:00 x 5 Rounds:
50-40-30-20-10 Wallballs (20/14)
Max Calorie Row

KG | (9/6)

OPEN - GAMES

Same as class

MINDSET MINUTE

"The future belongs to those who prepare for it today." – Malcolm X

There's something intoxicating about planning for the future. It's the dream-world.

Yet when it's time to cross the bridge, from planning to execution, many lose their way. And nothing materializes.

View "preparation" as two equal parts:

1. Thought
2. Action

Without the thought behind, it's wasted energy in multiple directions.
Without action to follow thought, it's nothing but a pipe dream.

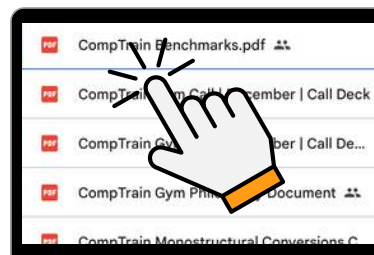
There will be the voice that tells us, "there's time to do this tomorrow".
But that brings us back to the quote we started with above. We'll take the hard road.

HOME WORKOUT

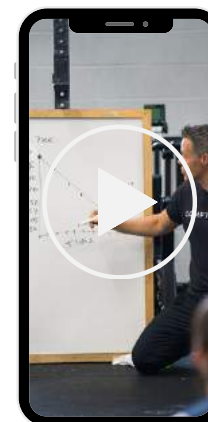
On the 3:00 x 5 Rounds:
50-40-30-20-10 Single DB thruster
Max burpees
Partition arms however

AFTER PARTY

4 Sets
8 Heavy double DB box step overs
3 Tall box jumps



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, we're in week 3 of our cycle. Athletes should target 90% for 2+ reps. If athletes have completed last week at 85% they should simply aim to go heavier this week than last. In part 2, this is gnarly interval couplet today, and the first round is a real test and push. With no rest between these intervals we've got to move through those first bigger sets of wallballs with real haste in order to earn us some time to accumulate calories on the rower. Who will get to the rower in those first couple of rounds?
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Scoring	Total calories accumulated on the rower.
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ELEMENT	STIMULUS	MODIFICATIONS
Wallballs	Highly cyclical. Quick sets.	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 75-60-45-30-15 x Air Squats
Row		<ul style="list-style-type: none">• Ski/Bike Erg/Assault/Echo

The One Teaching Focus | Grip the ground

- In both our squats and wall balls 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.

Logistics

- Athletes will get most of their time on the rower in the back half of these intervals, choosing smart but consistent wallball sets is key to keeping things under control in the beginning so you've got some gas towards the end.

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” tourney
 - Provide teaching that focuses on sequence of pull.
 - Catch, drive, finish, recover.
 - Cue athletes to target this throughout the game.
 - 3 Rounds each
 - Close eyes at 50m
 - Partner furthest from target does 10 reps
 - Round 1 | Air squat
 - Round 2 | Medball squat
 - Round 3 | Medball thruster
- OR General flow of :30 each
 - Get out medballs
 - Medball deadlifts
 - Air Squats
 - Medball press
 - Boot straps
 - Medball squats
 - Alternating spidersmans
 - Medball thruster

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

- Wall Ball | tell, show, do, check
 - Establish set-up
 - Feet shoulder-width apart.
 - Hold the medicine ball at chest height with both hands on the sides of the ball.
 - Elbows pointing down.
 - 5 medball squat
 - Focus on foot arch and gripping the ground
 - 5 medball push press
 - Focus on timing of hips and legs extending then pressing the ball
 - 3 Medball thruster
 - Focus on squat mechanics, foot arch, and gripping the ground
 - 3 Medball thruster
 - Focus on timing of hips and legs extending then pressing the ball overhead
 - 5 Wall balls
- Back Squat | tell, show, do, check
 - Establish stance, grip, & set-up
 - Feet shoulder width apart
 - Bar on traps with full grip on bar
 - Arms pressing into bar
 - Stomach squeezed
 - 5 Goodmornings
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - “Squat and hold”
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - “Squat and hold”
 - Focus on an upright torso in the squat
 - Cue athletes to press up into the bar with the arms to control the load
 - Move to rack & teach sound un-rack and re-rack

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
 - On a 1:30 Clock:
 - 15 Wallballs
 - Max Calorie Row
- Break
- Workout adjustments if needed

WORKOUT**15 MINUTES | 39:00 - 54:00**

- Look For
 - Wall Ball | Throw Timing. Emphasize a strong and explosive hip extension followed by a coordinated throw. The ball should leave the hands at the peak of the jump.
 - 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

SATURDAY | 04.06 SEVERIN

For Time:
50 Strict Pull-ups
100 Hand Release Push-ups
5k Run

Time Cap: 45 Minutes

REPEAT FROM 6.10.23

OPEN - GAMES

Complete workout with weighted vest. (#20/#14)

MINDSET MINUTE

“Pursue one great decisive aim with force and determination.” –
Carls Von Karlsrich

Are we trying to do too much?

We are an ambitious group. The growth mindset. The hunger mindset. It is rare for us to come up short on effort. But the emphasis of this quote is not on the back, but the front. “One great decisive aim”. What it hones in on, is the factor of choice.

To be able to stand in a room with a thousand doors, and be able to close 999 of them.

It can be ironically be far more challenging to *not* do something... than to do it.

Together let's take a step back today, and boil things down the basics. What are we after?

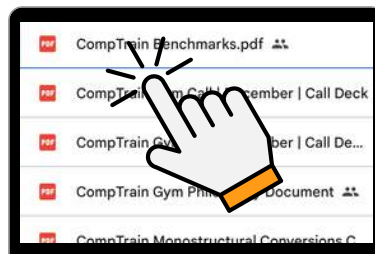
Sometimes less can be more.

HOME WORKOUT

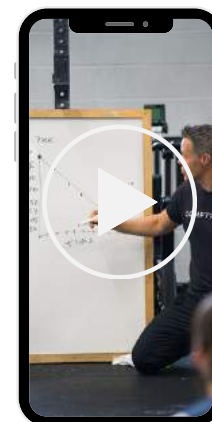
For Time:
50 Alternating DB plank rows
100 Hand Release Push-ups
5k Run

AFTER PARTY

Mobility Flow
2:00 pigeon each side
2:00 couch stretch each side
2:00 forward fold



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Athletes will need to complete the workout in order. The first 2 movements will come down to stamina while the run will come down to proper pacing. This is a repeat from 6.28.22.
Scoring	Total Time.

ELEMENT	STIMULUS	MODIFICATIONS
Strict Pull-Ups	Completed in 5:00 or less.	<ul style="list-style-type: none">• Reduce Reps• 5:00 Time Cap• Banded Strict Pull-ups• Ring Rows• Alternating Dumbbell Rows
Hand-Release Push-Ups	Completed in 7:00 or less.	<ul style="list-style-type: none">• Reduce Reps• 7:00 Time Cap• Elevate Hands (Regular Push-Ups)
Run	Completed in 30:00 or less.	<ul style="list-style-type: none">• Reduce Distance• 30 Minute Cap• 6,250m Row• 5,000m Ski• 12,500m Bike (Any Bike)• 3,750m Air Run

The One Teaching Focus |

- With today’s 5K run, you’ll want to create the most efficient run route possible for your athletes It’s best to target at least 1 mile loops that your athlete can complete, but you’ll want to make sure you’re able to keep eyes on your athletes throughout the run.

Logistics

- Note: This hero workout is traditionally done with a weight vest but we will do it without one today.

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**8 MINUTES | 3:00 - 11:00**

- Progressive Warm Up :15-:20 each
 - Arm wraps
 - Arm swings
 - Quad pulls
 - Knee pulls
 - High knees
 - Shoulder taps
 - Upward dog press ups
 - Alternating spiders
 - Inchworms with a push up
 - Dead hang from rig
 - Scap pull ups
 - Jumping negative pull ups
 - Modify to ring rows
 - Strict pull ups
 - Modify to ring rows
 - 100m Run

SPECIFIC WARM-UP

Primer serves as specific warm up

PRIMER**4 MINUTES | 11:00 - 15:00**

- Practice Round
 - 5 Strict Pull-Ups
 - 5 Hand-Release Push-Ups
 - 200m Run
- Break
- Workout adjustments if needed

WORKOUT**45 MINUTES | 15:00 - 60:00**

- Look For
 - Strict pull ups | Elbow. Send the elbows back and down, not out and wide.
 - Hand release push ups | Position. In the HRP, the hips should leave the ground first. It should not be a “rolling” or “worm” push up.
 - Run | Cadence. With the volume of today’s run, help athletes modify the distance appropriately. If they want to challenge themselves and complete the full 5K, but struggle with the distance, encourage a run/walk/run cadence.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 04.07 .1 REDUX

21-21-21-21
Alternating Lunges
Calorie Row
15-15-15-15
Alternating Goblet Lunges (35/20)
Calorie Bike
9-9-9-9
Alternating Double DB Front Rack
Lunges (35/20)
Calorie Row

KG | (15/9)

"Sunday Run Day"
Run 2-3 Miles

OPEN - GAMES

N/A

MINDSET MINUTE

"We are what we repeatedly do. Excellence then, is not an act, but a habit." - Aristotle

There are habits we can see, and habits we cannot.

There's the physical side of habits which are easier to identify. Do we wake up at the same time every day? Do we show up to the gym consistently to train? Do we hold true to the nutrition plan we set out?

What's more challenging is to look further inward. And seek out the invisible habits. To reflect on the way we think.

When we missed the lift, what were our immediate thoughts?
When we were cut off on the road by another car, how did we feel?
When the gossip arrived in the locker room, what were our first thoughts?

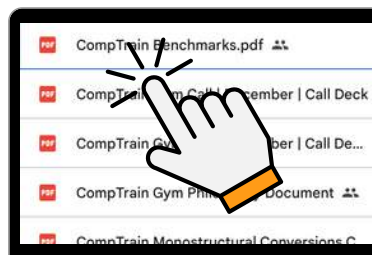
If our thoughts become actions, this must be where we start.

HOME WORKOUT

21-21-21-21
Alternating Lunges
2x Double unders
15-15-15-15
Alternating Goblet Lunges (35/20)
Burpees
9-9-9-9
Alternating Double DB Front Rack
Lunges (35/20)
2X Double unders

AFTER PARTY

Tabata Hollow Rocks
8 Rounds :20on/:10off
...into
Max set unbroken hollow rocks



**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

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 DBs
 - :20 Row
 - :10 Bike
 - :10 DB deadlift right
 - :20 Alternating lunge
 - :10 DB deadlift left
 - :20 Alternating goblet lunge
 - :10 Alternating DB clean
 - :10 Alternating front rack lunge
 - :10 Bike
 - :20 Row

PRIMER**4 MINUTES | 9:00 - 14:00**

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

WORKOUT**40 MINUTES | 18:00 - 60:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up