

# COMPTRAIN GYM

LESSON PLANS | 05.06-05.12

## MONDAY | 05.06 HOLY SMOKES

Max Repetitions of Strict Press @  
85%

"Holy Smokes"

10-8-6-4-2:

Dumbbell Thrusters

500/450 Meter Bike Erg

Devil's Press

500/450 Meter Bike Erg

Dumbbells: (50/35)'s  
Time Cap: 18 Minutes

## TUESDAY | 05.07 CEMENT MIXER

On the 3:00 x 7 Rounds:  
400 Meter Run  
12 Toes to Bar

\* Score Slowest Round

REPEAT FROM 12/20/22

## WEDNESDAY | 05.08 SILENT BUT DEADLY

Deadlift  
Max Repetitions of Deadlifts @  
85%

"Silent But Deadly"

AMRAP 15:

3 Deadlifts (225/155)

6 Push-ups

9 Air Squats

## THURSDAY | 05.09 KRABBY PATTY

For Time:

40/32 Calorie Bike Erg

40 Dumbbell Hang Snatches

40 AbMat Sit-ups

40 Dumbbell Step Back Lunges

40 AbMat Sit-ups

40 Dumbbell Hang Snatches

40/32 Calorie Bike Erg

\* 40 Double Unders Between Each  
Movement

Time Cap 22:00  
Dumbbell: (50/35)

## FRIDAY | 05.10 RUSH HOUR 3

Back Squat  
Max Repetitions of Back Squats @  
85%

"Rush Hour 3"

For Time

1,000 Meter Run

50/40 Calorie Row

30 Burpee Box Jumps (24"/20")

Time Cap: 15 Minutes

## SATURDAY | 05.11 HAMMER

5 Rounds For Time:  
5 Power Cleans  
10 Front Squats  
5 Push Jerks  
20 Pull-ups  
Rest 90 Seconds

Barbell: (135/95)

Time Cap: 25 Minutes

REPEAT FROM 5/27/23

## SUNDAY | 05.12 SUNBURN

"Sundburn"  
EMOM 40 (8 rounds)  
Minute 1 | 15 Medball squat cleans  
Minute 2 | 15 Push Ups  
Minute 3 | 15 V-Ups  
Minute 4 | 200m Run  
Minute 5 | Rest

"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 | 05.06 HOLY SMOKES

Strict Press  
Max Repetitions of Strict Press @ 85%  
\* To Technical Failure  
\* Add 5# From Last Attempt (2/28/24)

"Holy Smokes"  
10-8-6-4-2:  
Dumbbell Thrusters  
500/450 Meter Bike Erg  
Devil's Press  
500/450 Meter Bike Erg

Dumbbells: (50/35)'s  
Time Cap: 18 Minutes  
KG | (22.5/15)

### OPEN - GAMES

"Holy Smokes"  
10-6-6-4-2:  
Dumbbell Thrusters  
15/12 Calorie Echo Bike  
Devils Press  
15/12 Calorie Echo Bike

Dumbbells: (50/35)'s

Time Cap: 18 Minutes

### MINDSET MINUTE

"If you aren't going all the way, why go at all?" – Joe Namath

The most powerful force in the world is our full commitment. The "man-on-fire" mentality. Unyielding to any circumstance. A lack of commitment is the opposite. It's one of the most dangerous things we can live with.

If we are going to fall flat on our face in something... then we are going to fall flat on our face. All too often we can't control that outcome. If the ocean water is cold, whether we go in slow or fast, it's not going to matter. It's going to be really freaking cold. So we have two options.

Let's burn it into our mind, that no matter what, we sprint into the water. That our standard is full commitment, in everything we do. We don't just flirt with the idea of doing something. We go all in.

When we go to work, we show up to put in a championship performance.  
When we have family over for dinner, we show up to put in a championship performance.

When we go to the gym to train ourselves, we show up to put in a championship performance.

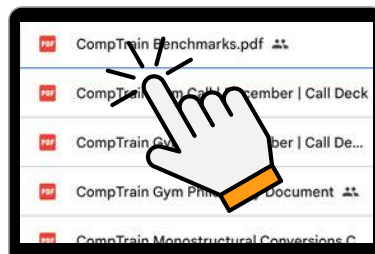
### HOME WORKOUT

10-6-6-4-2:  
Dumbbell Thrusters  
400m Run  
Devil's Press  
400m Run

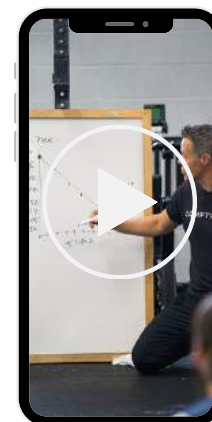
Time Cap: 18 Minutes

### AFTER PARTY

4 Sets For Quality:  
20 Band Pull-aparts  
Rest 30 Seconds 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're back with our second time through Strict Press. Athletes should be targeting 4-8 reps at #5 heavier than the load they used the first time we performed this cycle. If athletes didn't complete strict press the first time, they'll target 85%. In part 2, there is a lot of back and forth between the dumbbells and the bike. Therefore athletes should choose to pace the bike consistently for when there is not a lot of dumbbell work to break up the work on the bike.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
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Dumbbell Thrusters	Unbroken sets.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Reduce Loading</li><li>• Sub Kettlebells</li><li>• Sub Barbell</li><li>• Single Dumbbell Thrusters</li><li>• 20 Air Squats</li></ul>
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Devil's Press	Weight should allow for a consistent and controlled pace.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Reduce Loading</li><li>• Double Dumbbell Power Snatch</li><li>• Double Dumbbell Burpee Deadlift</li><li>• Single Dumbbell Devil's Press</li><li>• Burpee To Target</li><li>• Double Kettlebell Hang Clean &amp; Jerk</li><li>• Double Kettlebell Russian Swings</li></ul>
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Bike Erg	About 1:00 of work.	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• Time Cap</li><li>• 250/225m Row</li><li>• 200/180m Ski</li><li>• 200m Run</li><li>• 150/135m Air Run</li></ul>
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The One Teaching Focus | Knees out

- For our squats and thrusters, we have a great opportunity to emphasize the knees tracking the toes.
- Verbal cues | "Push your knees out in line with your toes as you squat down."  
"Imagine spreading the floor apart with your feet as you lower into the squat."  
"Keep your knees tracking over your toes throughout the entire movement."

Logistics

- Manage the room so that the DBs are close to the athletes bike, allowing for quick transition from machine to DB.

**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 0:30 of each
  - Bike
  - Inchworm + spiderman
  - Scorpions
  - No push up burpee
  - Bike
  - Bootstraps
  - Downward dog
  - Push ups
  - Bike
  - Air squats
  - Burpees

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

- DB Flow
  - 0:20 Alt. DB deadlifts
  - 0:10 DB deadlift + shrug (right)
  - 0:10 DB deadlift + shrug (left)
  - 0:10 DB push press (right)
    - Focus on timing of legs extending then pressing
    - Focus on minimal dip w/ upright torso
  - 0:10 DB push press (left)
    - Focus on timing of legs extending then pressing
    - Focus on minimal dip w/ upright torso
  - 0:20 Alt. DB snatch
    - Focus on squeezing the legs/butt to emphasize aggressive hip extension
  - 0:20 double DB front squat
  - 0:10 single arm DB thruster (right)
    - Focus on timing of legs extending then pressing
- 0:10 single arm DB thruster (left)
  - Focus on timing of legs extending then pressing
- 0:20 double DB thruster
  - Focus on DBs ending "stacked" over the body
- 0:20 double DB Devils press
  - Focus on squeezing the legs/butt to emphasize aggressive hip extension
- 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 | 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
  - 1 Round:
  - 3 Dumbbell Thrusters
  - 100m Bike Erg
  - 3 Dumbbell Devil's Press
  - 100m Bike
- Break
- Workout adjustments if needed

**WORKOUT**
**18 MINUTES | 39:00 - 57:00**

- Look For
  - DB Thruster | Knee Tracking. Knees should track in line with the toes during the squat phase, preventing excessive inward or outward movement.
  - Devils Press | Footwork. Feet flat, and outside hands
  - Bike | Breathing and Rhythm. Emphasize the importance of controlled breathing. Athletes should sync their breathing with their pedal strokes to maintain a steady rhythm. Teach breathing techniques for different intensities, such as deep diaphragmatic breathing during high-intensity efforts.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### TUESDAY | 05.07 CEMENT MIXER

On the 3:00 x 7 Rounds:  
400 Meter Run  
12 Toes to Bar

\* Score Slowest Round

REPEAT FROM 12/20/22

### OPEN - GAMES

On the 3:00 x 7 Rounds:  
400 Meter Run  
12 Toes to Bar  
4 Bar Muscle Ups

### MINDSET MINUTE

“You can’t build on top of success you don’t acknowledge.” - Dallas Travers

There’s a dark side to being so driven. We can be so focused on constantly improving that we can forget to look back. And acknowledge where we came from. I bet we can all relate to a time where we landed a PR lift, or a raise at work... where we *\*were\** psyched, but only for mere seconds. Before we know it, we’re already thinking, “what’s next?” The finish line always moves.

It’s not wrong to be passionately driven.  
That’s not where the harm comes from.  
The harm comes when we don’t celebrate our victories.

We aim to live in a state of true “blissful dissatisfaction”. Grateful for every experience that comes our way, all the while in a fiery pursuit of the next best version of ourselves. Think of it less as a “pat on the back”, and more of a foundation that we build on. to build upon. As the quote above teaches us, we can’t build on top of success we don’t acknowledge.

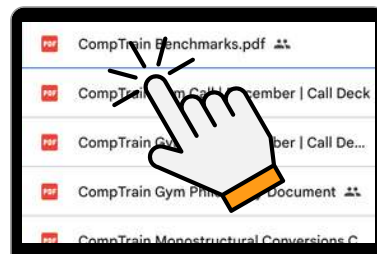
### HOME WORKOUT

On the 3:00 x 7 Rounds:  
400 Meter Run  
12 V-Ups

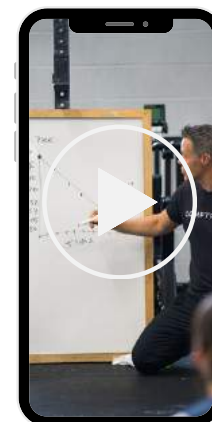
\* Score Slowest Round

### AFTER PARTY

3 Sets  
10 Spanish Squats With Dumbbells In The Hang  
10 Strict Toes To Bar  
20 Lunge Steps With Dumbbells In The Hang  
1 Minute Plank Hold



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

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

Workout Overview	While Cement Mixer is not a workout we consider a benchmark workout, it is one that we do repeat, so we want to be tracking our score each time it comes around. This familiar friend is spicy because the intervals are not very long given the amount of work we have to complete each time. Rest is earned by hard effort every single round. Athletes confident in their ability to hold a sprint pace and maintain unbroken sets on toes to bar should aim to really push the pace from 3,2,1 go. Athletes that are less confident should aim to hold a hard sustainable pace, while having a plan for the toes to bar from the beginning and sticking to it throughout the rounds.
Scoring	Slowest round.

ELEMENT	STIMULUS	MODIFICATIONS
Runs	2:00 or less.	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 2:00 Time Cap</li><li>• 500/450m Row</li><li>• 325/300m Ski</li><li>• 1000/900m Bike</li><li>• 300m Air Run</li></ul>
Toes to Bar	Ideally unbroken sets to start, up to 2 sets once we are in the thick of it.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Toes To As High As Possible</li><li>• Knees To Chest</li><li>• Sit-Ups</li><li>• V-Ups</li></ul>

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's lesson plan allows for extra time after the workout to encourage athletes to do the after party for the day.

**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**

- General flow
  - :45 reverse lunge & reach
  - :45 Downward dog w/ foot pedal
  - :45 Pigeon right
  - :45 Pigeon left
  - :45 Active spiderman
- Line drills :20 each
  - Shuttle runs
  - Quad pulls
  - Shuttle runs
  - Knuckle drags
  - Shuttle runs
  - Butt kickers
  - Shuttle runs
  - High knees
  - Shuttle runs

**SPECIFIC WARM-UP**

**8 MINUTES | 11:00 - 19:00**

- TTB | tell, show, do, check
  - :10 dead hang
  - :10 scap pull ups
  - 5 Jump to hollow
  - 5 Jump to hollow and arch
  - 5 Kips
  - 5 Press away kip swings
  - 5 Hanging knee tuck
  - 5 Full TTB or modification

**PRIMER**

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

- Practice Round
  - 1 Round:
  - 200m Run
  - 6 Toes to Bar
- Break
- Workout adjustments if needed

**WORKOUT**

**21 MINUTES | 26:00 - 46:00**

- Look For
  - Run | Breathing. Observe the athlete's breathing pattern. Encourage deep and controlled breathing.
  - 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.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up



### WEDNESDAY | 05.08 SILENT BUT DEADLY

#### Deadlift

Max Repetitions of Deadlifts @ 85%

\* To Technical Failure

\* Add 10# From Last Attempt  
(3/1/24)

"Silent But Deadly"

AMRAP 15:

3 Deadlifts (225/155)

6 Push-ups

9 Air Squats

KG | (102/70)

### OPEN - GAMES

AMRAP 15:

6 Deadlifts (275/185)

12 Handstand Push-ups

18 Single-leg Squats

### MINDSET MINUTE

"All progress depends on the irrational person."

The thought that a human could run a sub 4:00 mile was absurd. The attempts to put human beings in a giant metal tube and throw them into outer space was thought to be even more ridiculous.

When we think back to the largest accomplishments in life, it was done by those who defied the status quo. It was done by those who believed things could be done differently.

We know that change is uncomfortable. It has to be. But we welcome it, fully allowing ourselves to believe that something else is possible. In the words of Epictetus, "If you want to improve, be content to be thought foolish, and stupid."

### HOME WORKOUT

AMRAP 15:

3 Double DB Squat Cleans

6 Push-ups

9 Air Squats

### AFTER PARTY

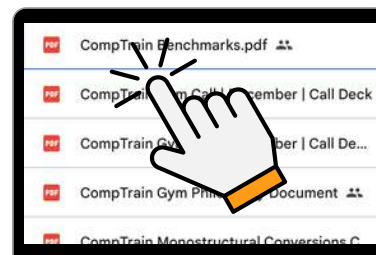
3 Sets:

15 V-Ups

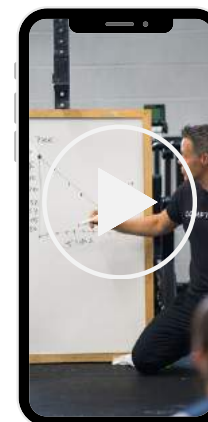
20 Banded Goodmornings

30 Second L-Sit Hold

Rest :60



**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 back with our second time through Deadlift. Athletes should be targeting 4-8 reps at #10 heavier than the load they used the first time we performed this cycle. If athletes didn't complete the deadlift the first time, they'll target 85%. In part 2, This triplet is very similar to our benchmark workout The Chief. Rounds are cyclical and very fast, so how athletes start will most likely dictate how they finish, meaning they want to make sure they are pacing to hit the end of the clock hard. Athletes should aim to find a consistent and fast, but sustainable pace and stay there for the first 8-10 minutes with the goal of turning it up a notch and pushing the pace through the end of the clock.	
Scoring	Total rounds + reps	
ELEMENT	STIMULUS	MODIFICATIONS
Deadlifts	Unbroken sets.	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Reduce Reps</li><li>• Sub Dumbbells or Kettlebells</li><li>• Good Mornings</li><li>• Kettlebell Sumo Deadlift</li></ul>
Push-ups	1-2 sets.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Hand Release Push-Ups</li><li>• Box/Bench Push-Ups</li><li>• Dumbbell Bench Press</li></ul>
Air Squats	Less than :30.	<ul style="list-style-type: none"><li>• Air Squat to Target</li><li>• Lunges</li><li>• :15 Plate Squat Hold ["Bus Drive Squat Hold"]</li></ul>

The One Teaching Focus | Flat back

- Today, we're emphasizing maintaining the lumbar curve in the deadlift. Athletes should seek to maintain the natural curve in the lower spine throughout the entire rep.

Logistics

- If you are short on barbells, athletes can share and start on a different movement.
- Set up the room so that athletes can do their push ups and air squats next to our barbell, so that it allows for quick transitions.

**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 0:20 of each
  - Arm circles
  - Arm swings
  - Trunk twists
  - Quad pulls
  - Knuckle draggers
  - Plank shoulder taps
  - Reverse lunge with reach
  - Knee push ups
  - Tempo air squats
  - Tempo push ups
  - Air squats
  - Push ups
- CT Barbell Flow :15 - :20
  - Goodmornings
  - Back squats
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts

**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
    - Shoulders and hips rise together until bar passes knee

**STRENGTH**
**12 MINUTES | 19:00 - 31:00**

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

**PRIMER**
**6 MINUTES | 31:00 - 37:00**

- Practice Round
  - 1 Round:
  - 3 Deadlifts
  - 6 Push-ups
  - 9 Air Squats
- Break
- Workout adjustments if needed

**WORKOUT**
**30 MINUTES | 37:00 - 52:00**

- Look For
  - Deadlift | "Engage Your Hips" Cue athletes to initiate the movement by engaging their hip muscles. Emphasize the hip hinge, pushing the hips back while maintaining a neutral spine.
  - Push-up | Head and Neck Alignment: Keep the head in a neutral position. Avoid dropping or lifting the head excessively.
  - Air Squat | Posture: Monitor athletes' posture, focusing on maintaining an upright torso throughout the squat. The chest should be up, shoulders back, and core engaged to support the spine and prevent rounding of the back.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### THURSDAY | 05.09 KRABBY PATTY

For Time:

- 40/32 Calorie Bike Erg
- 40 Dumbbell Hang Snatches
- 40 AbMat Sit-ups
- 40 Dumbbell Step Back Lunges
- 40 AbMat Sit-ups
- 40 Dumbbell Hang Snatches
- 40/32 Calorie Bike Erg
- \* 40 Double Unders Between Each Movement

Time Cap 22:00

Dumbbell: (50/35)

KG | (22.5/15)

### OPEN - GAMES

Same as class

### 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

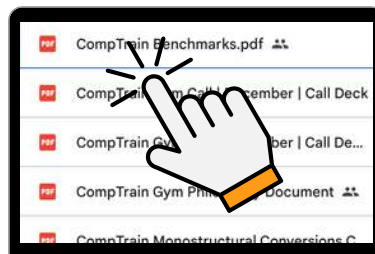
For Time:

- 40 Burpees
- 40 Dumbbell Hang Snatches
- 40 Sit-ups
- 40 Dumbbell Step Back Lunges
- 40 Sit-ups
- 40 Dumbbell Hang Snatches
- 40 Burpees
- \* 40 Double Unders Between Each Movement

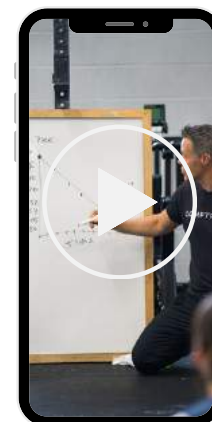
### AFTER PARTY

3 Sets

- Single Arm DB Bent row each arm
- 10 reps at @heaviest
- 15 reps at @heavy
- 20 reps at @moderate
- \* Complete sets unbroken



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

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

Workout Overview	Today we have a fast and lung heavy chipper. Athletes should look to pace the first bike to save some in the tank for the rest of the workout. Athletes will use a single dumbbell held in the front rack for the lunges. For the dumbbell snatch athletes switch hands every 5 reps.	
Scoring	Time to complete work.	
ELEMENT	STIMULUS	MODIFICATIONS
Bike Erg	3:00 or less.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• 3:00 Time Cap</li><li>• 40/32 Calorie Row</li><li>• 35/28 Calorie Ski</li><li>• 500m Run</li><li>• 400m Air Run</li></ul>
DB Hang Snatch	1:30 or less. 2 Sets or less.	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Reduce Reps</li><li>• 30 Dumbbell Power Snatches</li><li>• 30 Kettlebell Swings</li><li>• Empty Barbell Hang Power Snatches</li></ul>
Abmat Sit Ups	1:30 or less	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Hollow Rocks</li></ul>
Lunges	1:30 or less. 2 Sets or less.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Reduce/Remove Load</li><li>• Forward Lunges</li><li>• Sub Empty Barbell</li></ul>
Double Unders	:30 or less	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• 60 Single Unders</li><li>• Plate Hops</li><li>• Reps of Singles &amp; Doubles (Mix of Both)</li><li>• :25 On Any Machine</li></ul>

The One Teaching Focus | Hips to hands

- In the DB snatch athletes should reach full extension of the knees and hips before pulling the DB overhead. Cue "Hips First, Then Pull", "Extend Before You Bend", "Jump and Shrug", "Drive Through Your Heels", "Float the Dumbbell".

Logistics

- If you are short on bikes, you can start a second group 2:00 behind, to ensure everyone can go through the order it is written. The lesson plan spare an extra 2:00 incase you need to run two heats.

### 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 0:20 of each
  - Bike
  - Arm swings
  - Quad pulls
  - Upward dog press ups
  - Bike
  - Inchworm + push up
  - Spiderman
  - Downward dog + foot pedal
  - Bike
  - Jumping jacks
  - Push ups
  - Hollow rocks
  - Bike
  - Line hops (side to side)
  - Line hops (forward to back)
  - Sit ups

### SPECIFIC WARM-UP

**12 MINUTES | 9:00 - 21:00**

- Double-Under | tell, show, do, check
  - Establish position
    - Hold the handles of the jump rope with a relaxed grip.
    - The grip should be towards the end of the handles, allowing for better control and wrist movement.
    - Keep the elbows close to the body, pointing downward.
    - Hands should be slightly in front of the body so that you can see them in your peripheral vision while looking forward.
  - :20 High Singles
    - Focus on timing wrist speed
  - :20 Fast Singles:
    - Focus on wrist rotation and quicken the pace of the jump rope
  - :20 Alternating Feet:
    - Focus on enhance footwork and coordination.
- :20 Single-Single-Double
  - Focus on speeding up the wrist for the double
- :30 Practice
- DB Hang Snatch | tell, show, do, check
  - Establish set up with DB between the feet
  - Alternating DB deadlift + shrug
    - Focus on timing of squeezing legs and glutes then shrugging
  - Alternating hang DB high pull
    - Focus on timing of full extension before pull the the elbow high and outside
  - Alternating DB push press
    - Focus on timing of fully extending the legs and hips before driving the DB overhead
    - Pause in OH position to check DB position
  - Alternating hang DB snatch
    - Focus on timing and DB position

### PRIMER

**6 MINUTES | 21:00 - 27:00**

- Practice Round
  - 6/4 Calorie Bike Erg
  - 5 Double Unders
  - 4 Dumbbell Hang Snatches [2 Each Side, Not Alternating]
  - 5 Double Unders
  - 4 AbMat Sit-ups
  - 5 Double Unders
  - 4 Dumbbell Reverse Lunges
- Break
- Workout adjustments if needed

### WORKOUT

**10 MINUTES | 45:00 - 55:00**

- Look For
  - DB Snatch | Timing of the pull. Cue athletes to finish the jump before pulling and punch the DB overhead. Cue "Extend Before You Bend", "Jump and Shrug", "Drive Through Your Heels", "Float the Dumbbell".
  - Bike | Look for pacing. If athletes are significantly off the target distance, encourage modifying the distance.
  - 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.
  - DB Reverse Lunge | Creating a sound and solid base with the lunge. Cue athletes to step back and out, not just straight back.

### COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

### FRIDAY | 05.10 RUSH HOUR 3

Back Squat  
Max Repetitions of Back Squats @  
85%

\* To Technical Failure  
\* Add 10# From Last Attempt  
(2/26/24)

"Rush Hour 3"  
For Time  
1,000 Meter Run  
50/40 Calorie Row  
30 Burpee Box Jumps (24"/20")

Time Cap: 15 Minutes

### OPEN - GAMES

"Rush Hour 3"  
For Time  
1 Mile Run  
50/40 Calorie Row  
30 Burpee Box Jump Overs  
(30"/24")

Time Cap: 15 Minutes

### MINDSET MINUTE

"All progress depends on the irrational person."

The thought that a human could run a sub 4:00 mile was absurd. The attempts to put human beings in a giant metal tube and throw them into outer space was thought to be even more ridiculous.

When we think back to the largest accomplishments in life, it was done by those who defied the status quo. It was done by those who believed things could be done differently.

We know that change is uncomfortable. It has to be. But we welcome it, fully allowing ourselves to believe that something else is possible. In the words of Epictetus, "If you want to improve, be content to be thought foolish, and stupid."

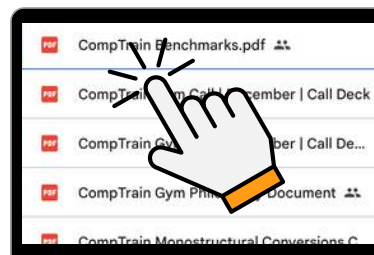
### HOME WORKOUT

For Time  
1,000 Meter Run  
100 Alternating DB Sumo Deadlift  
High Pulls  
30 Burpees to target

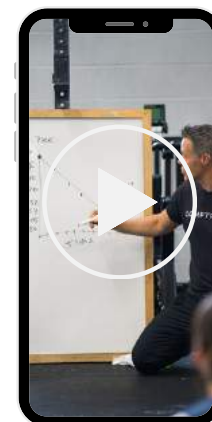
Time Cap: 15 Minutes

### AFTER PARTY

3 Rounds For Quality:  
10 Alt Goblet Lunges  
20 Push-ups  
25 Band Pull-aparts  
30 Hollow Rocks  
Rest As Needed Between Rounds



**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 back with our second time through Back Squat. Athletes should be targeting 4-8 reps at #10 heavier than the load they used the first time we performed this cycle. If athletes didn't complete the back squat the first time through the cycle, they'll target 85%. In part 2, we have a Chipper style conditioning piece today, meaning we don't get to partition our work as we please. Since we only hit each movement one time we can give each of them a pretty hard effort. Finding the balance of effort and sustainability will be key from 3, 2, 1 go!	
Scoring	Time to complete work.	
ELEMENT	STIMULUS	MODIFICATIONS
Run	About 5:00 of work.	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 5:00 Time Cap</li><li>• 1250/1125m Row</li><li>• 800/720m Ski</li><li>• 2200/2000m Bike</li><li>• 750m Air Run</li></ul>
Row	5:00 or less.	<ul style="list-style-type: none"><li>• Reduce Calorie</li><li>• 5:00 Time Cap</li><li>• 40/32 Calorie Ski</li><li>• 50/40 Calorie Bike Erg</li><li>• 1000m Run</li><li>• 750m Air Run</li></ul>
Burpee Box Jumps	5:00 or less.	<ul style="list-style-type: none"><li>• Reduce Box Height</li><li>• Burpee Box Step-Ups</li><li>• Burpees Only</li><li>• Box Jumps Only</li><li>• Burpee Box Jump Overs</li></ul>

The One Teaching Focus | Hip Hinge and Descent

- Emphasize a controlled hip hinge during the descent. Athletes should push their hips back and bend at the knees simultaneously to lower into the squat.
- Check that the descent is controlled, and athletes maintain balance throughout the movement.

Logistics

- If you are short on boxes or rowers, you can start a second group 5:00 behind. This will allow group one to move on from the rower or box. The lesson plan will give time to run two heats, if needed.



**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
  - 1:00 row
  - 0:20 bootstraps
  - 0:20 bend and bows
  - 0:20 downward dog
  - 0:40 row
  - 0:20 samson (right)
  - 0:20 samson (left)
  - 200m run

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

- Burpee Box Jump | tell, show, do, check
  - 0:20 calf raises
  - 0:20 toe raises
  - 0:20 box step ups
  - 0:20 step downs (right)
  - 0:20 step down (left)
  - 0:20 bunny hops
  - 0:20 vertical jumps
  - 0:20 box jumps
  - 0:20 burpee box jump
- 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 | 19:00 - 31:00**

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

**PRIMER**
**6 MINUTES | 31:00 - 37:00**

- Practice Round
  - 100m Run
  - 8/6 Calorie Row
  - 2 Burpee Box Jumps
- Break
- Workout adjustments if needed

**WORKOUT**
**15 MINUTES | 37:00 - 52:00**

- Look For
  - Run | Hip Movement: Hips should remain level and stable. Avoid excessive hip rotation or tilting.
  - Row | Hip Hinge: Look for a clear hip hinge during the initial part of the stroke. The hips should hinge back before the knees bend, maximizing the engagement of the powerful hip and leg muscles.
  - Burpee 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.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### SATURDAY | 05.11 HAMMER

5 Rounds For Time:  
5 Power Cleans  
10 Front Squats  
5 Push Jerks  
20 Pull-ups  
Rest 90 Seconds

Barbell: (135/95)

Time Cap: 25 Minutes

**REPEAT FROM 5/27/23**

**See Logistics for team version**

### OPEN - GAMES

Same as class

### MINDSET MINUTE

"What is important is seldom urgent, and what is urgent is seldom important."  
- Dwight Eisenhower

Dwight Eisenhower lived one of the most productive lives you can imagine. It comes with no surprise that his methods for time management have been studied by many.

He creates for us a divide between two categories – urgent tasks, and important tasks.

Urgent tasks are things that you feel like you need to react to. Emails, phone calls, texts, "the news". Meanwhile, important tasks are things that contribute to our long-term goals.

Said another way, urgent things often distract us from important things. They attempt to pull the veil over our eyes and \*seem\* like the things we should be doing right now.

If we can cut the fluff – the wasted minutes – and apply those towards what actually moves us forward... we're in for a great ride. The opposite is also true. If we get caught up in only the urgent tasks, we can go through a whole day, busy-as-ever, and feel like we got \*nothing\* done by its end.

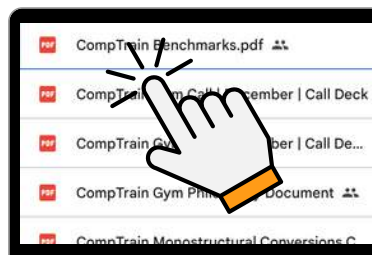
Let's take note of what we do today with a critical eye. Let's cut the fluff.

### HOME WORKOUT

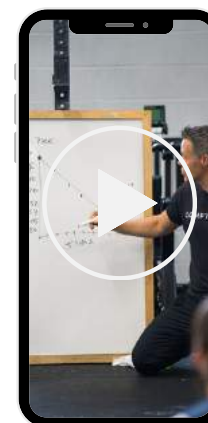
5 Rounds For Time:  
5 DB Power Cleans  
10 DB Front Squats  
5 DB Push Jerks  
20 Alt DB Plank Rows  
Rest 90 Seconds

### AFTER PARTY

3 Sets:  
1 Minute Plank  
30 Second Side Plank Right  
30 Second Side Plank Left  
Rest 1 Minute Between Sets



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

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

Workout Overview	<p>"Hammer" is a significant test of barbell conditioning with a dose of gymnastics included. Much of this workout feels very "DT-esque" and will require athletes to be tactful about how to address the sets and reps of the barbell movements. The athlete's strategy here should most certainly be "break before you're broken". We should encourage a managed effort and pacing that allows athletes to take controlled, planned rest. With that being the case, the :90 included rest should allow athletes to be more aggressive on this workout than they would be with something like a standard "for time" barbell workout like "DT."</p>	
Scoring	Score   Time to complete work.	
ELEMENT	STIMULUS	MODIFICATIONS
Power Clean	Moderate. Quick singles.	<ul style="list-style-type: none"><li>• Reduce Loading/Reps</li><li>• Hang Power Cleans</li><li>• Sub Dumbbells</li></ul>
Front Squats	Moderate. 2 sets or less.	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Reduce Reps</li><li>• Sub Dumbbells</li><li>• Sub Barbell</li><li>• 20 Air Squats</li></ul>
Push Jerks	Moderate. Unbroken.	<ul style="list-style-type: none"><li>• Reduce Reps/Loading</li><li>• Sub Dumbbells/Kettlebells</li><li>• Push-Ups</li><li>• HSPU</li></ul>
Pull Ups	3 sets or less.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Jumping Pull-ups</li><li>• Banded</li><li>• Strict (Reduce Reps)</li><li>• Ring Rows</li><li>• Alternating Dumbbell Plank Rows</li></ul>

The One Teaching Focus | Jump first

- For the power clean as well as the push jerk, our teaching focus is to finish the "jump", meaning the full extension of the legs & hips before pulling the power clean or pressing in the push jerk.

Logistics

- "Team Hammer" [HERO]
  - [TEAMS OF 2]
  - 10 Rounds For Time:
  - 5 Power Cleans
  - 10 Front Squats
  - 5 Push Jerks
  - 20 Pull-ups
  - Barbell: (135/95)
  - \* 5 Rounds Each
  - \* Switch After Full Rounds
  - Time Cap: 30 Minutes

### 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 0:20-0:30 each
  - Arm swings
  - Arm circles
  - Quad pulls
  - Knuckle draggers
  - Scorpions
  - Downward + upward dogs
  - Inchworm + spidermans
  - Reverse lunge w/ reach
  - Push ups
  - Cossack squats
- 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

- Pull ups | 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
  - 3 Pull ups or workout mod
- Push Jerk | tell, show, do, check
  - Establish stance & grip
    - Feet with hip-width apart
    - Bar on shoulders
    - Elbows slightly in front of the bar
    - Full grip on the bar
  - 5 Dip & hold
    - Focus on upright torso
  - 5 Dip & drive
    - Focus on quick turnover from dip to drive
  - 5 Jump & land w/ hands at side
    - Focus on full extension
  - 5 Jump, Punch, & land
    - Focus on timing of jumping fully before punching the hands
  - 3 Push jerks with empty bar
- 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
    - Hips down
    - Shoulders slightly over the bar
  - Teach receiving position
    - Feet flat, butt back, knees out, elbows high
  - 5 cued reps position 1 (mid thigh / hip)
    - Focus on full extension before pulling and catching
    - Hold landing position
  - 5 Cued reps position 2 (above knee)
    - Focus on keeping the bar close throughout
    - Hold landing position
  - 3 Cued reps position 3 (mid shin)

### PRIMER

6 MINUTES | 24:00 - 49:00

- Practice Round
  - 1 Round [Workout Weight Barbell]
  - 2 Power Cleans
  - 5 Front Squats
  - 2 Push Jerks
  - 5 Pull-ups
- Break
- Workout adjustments if needed

### WORKOUT

10 MINUTES | 45:00 - 55:00

- Look For
  - Power clean | Explosive hip drive. Look for a powerful extension of the hips, with athletes driving through their heels.
  - Front squat | Elbows high. Ensure that the elbows remain high, pointing forward, to maintain the front rack position.
  - Push Jerk | Explosive hip drive. Look for a powerful extension of the hips and knees, transferring force vertically to lift the barbell.
  - Pull ups | Full range of motion. With today being a hero workout, reinforce full range of motion for all athletes whether they're completing pull ups, scaled pull up variations, or ring rows.

### COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

### SUNDAY | 05.12 SUNBURN

EMOM 40 (8 rounds)

Minute 1 | 15 Medball squat cleans

Minute 2 | 15 Push Ups

Minute 3 | 15 V-Ups

Minute 4 | 200m Run

Minute 5 | Rest

“Sunday Run Day“

Run 2-3 Miles

### OPEN - GAMES

N/A

### MINDSET MINUTE

“If you want to be truly successful at it, you cannot be content with pretty good.” – Tim Grover

“Pretty good” is decent.

“Pretty good” is average.

“Pretty good” checks the box.

“Pretty good”... is the enemy of excellence.

How we do anything is how we do everything... and there is nothing in life worth doing half-assed.

Reflecting back on this week, let's be critical with ourselves. What actions this week have been “pretty good”? It's rare for situations to happen just once. We can almost guarantee they are coming around for a second time sooner than we think. Let's take those “pretty goods”... to great.

### HOME WORKOUT

EMOM 40 (8 rounds)

Minute 1 | 15 DB squat cleans

Minute 2 | 15 Push Ups

Minute 3 | 15 V-Ups

Minute 4 | 200m Run

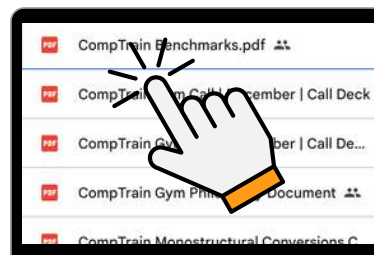
Minute 5 | Rest

### AFTER PARTY

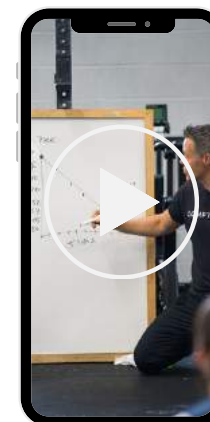
4 Rounds:

5:00 Bike

1:00 Rest



**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

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
  - 100m run
  - :10 no push up burpee
  - :20 medball deadlift
  - :10 step back, step up burpee
  - :20 medball squats
  - :10 burpee
  - :20 medball thruster
  - :10 medball alternating lunges
  - :20 Sit ups
  - :10 medball squat clean
  - :20 Push ups
  - 100m run

**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 - 48:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up