

COMPTRAIN GYM

LESSON PLANS | 05.13-05.19

MONDAY | 05.13 ADDERALL [BENCHMARK]

Strict Press

Max Repetitions of Strict Press @ 90%

"Adderall" [BENCHMARK]

AMRAP 10:

1 Mile Run

Max Clean and Jerks (135/95)

Rest 3 Minutes

AMRAP 7:

800 Meter Run

Max Power Snatches (115/85)

Rest 3 Minutes

AMRAP 4:

400 Meter Run

Max Thrusters (95/65)

REPEAT FROM 11/7/23

TUESDAY | 05.14 FULL CIRCLE

"Full Circle"

For Time:

1,500/1,350 Meter Row

100 Double Unders

50/40 Calorie Bike Erg

100 Double Unders

1,500/1,350 Meter Row

Time Cap: 25 Minutes

WEDNESDAY | 05.15 WHAT ARE YOU DOING?

Deadlift

Max Repetitions of Deadlifts @
90%

"What Are You Doing?"

For Time:

50 Deadlifts (205/145)

100 Wallballs (20/14)

150 AbMat Sit-ups

* Partition However You'd Like
Time Cap: 18 Minutes

THURSDAY | 05.16 SHELL SHOCKED

"Shell Shocked"

6 Rounds:

9 Strict Pull-ups

21 Kettlebell Swings (53/35)

400 Meter Run

Rest 1 Minute Between Rounds

* Score Slowest Round

Time Cap: 30 Minutes

FRIDAY | 05.17 TEAM KALSU [HERO]

"Team Kalsu" [HERO]

[TEAMS OF 2]

For Time:

100 Thrusters (135/95)

On the Minute [Starting at 0:00]:
5 Burpees

* Each Partner Does 5 Burpees On
the Minute

* Split Thrusters However You'd
Like

Time Cap: 18 Minutes

SATURDAY | 05.18 IT'S GONNA BE ME

"It's Gonna Be Me"

[TEAMS OF 3]

AMRAP 30:

75/60 Calorie Bike Erg

60 Box Jump Overs (24"/20")

45 Toes to Bar

30 Synchro Dumbbell Snatches
(50/35)

SUNDAY | 05.19 CINDYRELLA

"Cindyrella"

8 Rounds [40:00]

Min 1 | 1 Round of "Cindy

Min 2-3 | Max Calorie Bike Erg

Min 4 | 20 Walking Lunges

Min 5 | Max Shuttle Runs

*25' = 1 rep on shuttle runs

Score | Total calories + shuttle runs

"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 | 05.13 ADDERALL [BENCHMARK]

Strict Press

Max Repetitions of Strict Press @ 90%

* To Technical Failure

* Add 5# To Each Set From Last Attempt
(3/6/24)

"Adderall" [BENCHMARK]

AMRAP 10:

1 Mile Run

Max Clean and Jerks (135/95)

Rest 3 Minutes

AMRAP 7:

800 Meter Run

Max Power Snatches (115/85)

Rest 3 Minutes

AMRAP 4:

400 Meter Run

Max Thrusters (95/65)

REPEAT FROM 11/7/23

KG |
(61/43)
(52/380)
(43/29)

OPEN - GAMES

Same as class

MINDSET MINUTE

"How much do you care about getting better?"

Sounds like a silly question, but most don't think about this.

When we truly care about getting better, our view on things change. We see events as means to grow... truly chances to improve ourselves. The opposite is when we view everything as a test.

When we find ourselves comparing against others, stuck on the thought of viewing "X" as a measuring stick against our goals, remind ourselves of this question. How much do we care about getting better?

HOME WORKOUT

AMRAP 10:

1 Mile Run

Max DB Clean and Jerks

Rest 3 Minutes

AMRAP 7:

800 Meter Run

Max Alternating DB Power Snatches

Rest 3 Minutes

AMRAP 4:

400 Meter Run

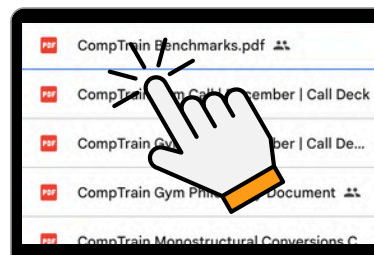
Max DB Thrusters

AFTER PARTY

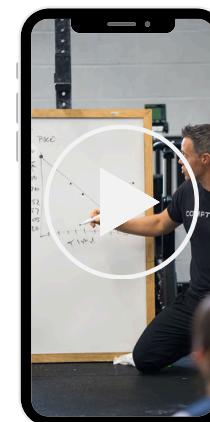
3 Sets

12-20 Band-assisted Pull-ups

*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're back with our second time through Shoulder press. Athletes should be targeting 2-4 reps at #5 heavier than the load they used the first time we performed this cycle. If athletes didn't complete the shoulder press the first time through the cycle, they'll target 90%. In part 2, we have benchmark workout Adderall. We completed this last in november, if athletes completed it that day have them shoot to better their score. Athletes should be able to hold a pretty solid pace on their runs coming off of rest between each effort. While the barbell weight should be something we can cycle fresh, the goal is reps today, so fast or consistently paced singles for clean and jerks and snatches is a great strategy to let us work but also catch our breath a bit and be able to keep working to the end of the interval. Thrusters should be in sets of no less than 5 reps at a time, some will be able to hang onto this bar for 10 or more reps at a time.	
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Scoring	Enter the number of reps completed for each movement.	
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ELEMENT	STIMULUS	MODIFICATIONS
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Run	9:00 or less/4:30 or less/ 2:15 or less.	<ul style="list-style-type: none">• Reduce Distance
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Clean and Jerk	Loading should not exceed 60% of power clean.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Power Clean Only• Push Jerk Only• Sub Dumbbells• Kettlebell Swing
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Power snatch	Loading should not exceed 60% of power snatch.	<ul style="list-style-type: none">• Reduce Loading• Hang Power Snatches• Dumbbell Power Snatches• Kettlebell Swings (Eye Level or Overhead)
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Thruster	Sets of 5 or more.	<ul style="list-style-type: none">• Reduce Loading• Sub Dumbbells/Kettlebells• Front Squats• Push Presses
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The One Teaching Focus | Bar Path

- Begin with the end in mind. Keep the thing close and finish all reps stacked over the back of the shoulders. Should be able to hold that position for a long time if it's in the right spot.

Logistics

- All athletes should have their own barbell, and change weights in rest time.
- Be sure to have a designated set up for extra plates to stay to keep the room organized.
- Since this is a benchmark, encourage athletes to check previous scores.
- A workout like this one shouldn't require any significant logistical considerations. However, you will want to consider the run route for the day and ensure that all your classes run the same route. For most gyms, a 400m loop run 4/2/1 times will likely be the best option 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
5 MINUTES | 3:00 - 8:00

- Run 200 meters
- Barbell Warm Up
 - :15 RDL
 - :15 Muscle clean
 - :15 Elbow rotations
 - :15 Front squat
 - :15 Press & reach
 - :15 Back rack elbow rotations
 - :15 Good mornings
 - :15 Back squats
- Run 400 meters
 - goal to finish by 2:00-2:15

SPECIFIC WARM-UP
7 MINUTES | 8:00 - 15:00

- Clean and Jerk | tell, show, do, check
 - 3 Clean and strict press
 - Look for "shoulder shelf"
 - 3 Clean and push press
 - 3 Clean and jerk
 - Focus on timing "elbows beat the feet"
- Power Snatch | tell, show, do, check
 - 3 position 1 - high hang
 - Focus on strong hip extension
 - 3 position 2 - hang
 - Focus on timing "elbows beat the feet"
 - 3 position 3 - mid shin
- Thruster | tell, show, do, check
 - 3 cued reps pausing in squat and OH
 - Elbows high in the bucket
 - Timing in the press, knees and hips extend then press
- Add thruster workout weight and grab loads needed for other two movements
- 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 | 15:00 - 27:00

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

PRIMER
6 MINUTES | 27:00 - 33:00

- Practice Round
 - AMRAP 1 x 3 Rounds
 - 100 meter run
 - RD 1 | thruster
 - RD 2 | power snatch,
 - RD 3 | clean and jerk
 - change weights
- Break
- Workout adjustments if needed

WORKOUT
27 MINUTES | 33:00 - 55:00

- Look For
 - Run | Timing/pacing. Scaling mid-workout is often discouraged but if athletes seem that they'll miss the targeted stimulus due to the run distance encourage them to pull that distance back a bit in order to get to the barbell.
 - Barbell Movements | Look for the teaching focus of the bar path. The athlete will benefit significantly from maintaining a straight bar path in all 3 of these movements.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 05.14 FULL CIRCLE

"Full Circle"

For Time:

1,500/1,350 Meter Row
100 Double Unders
50/40 Calorie Bike Erg
100 Double Unders
1,500/1,350 Meter Row

Time Cap: 25 Minutes

OPEN - GAMES

For Time:

1,500/1,350 Meter Row
100 Double Unders
50/40 Calorie Echo Bike
100 Double Unders
1,500/1,350 Meter Row

Time Cap: 25 Minutes

MINDSET MINUTE

"To succeed in life, you need three things: a wishbone, a backbone and a funny bone." - Reba McEntire

As we start our day, let's think about these three.

Wishbone - Nothing is too great, or out of reach. Faith and doubt are both self-fulfilling prophecies.

Backbone - The unbreakable will to give our best, regardless of the circumstances. Through the lens of the growth-mindset, every outcome is an opportunity to become better.

Funny Bone - We do life for one reason: to enjoy it. If we aren't enjoying what we're doing, we need to find something else. As Oscar Wilde writes, "Life is too short to take things seriously." Let's enjoy the ride.

HOME WORKOUT

For Time:

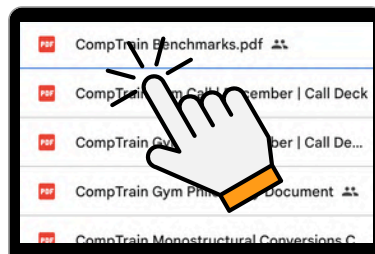
1200m Run
100 Double Unders
150 Alternating Lunges
100 Double Unders
80 Burpees

Time Cap: 25 Minutes

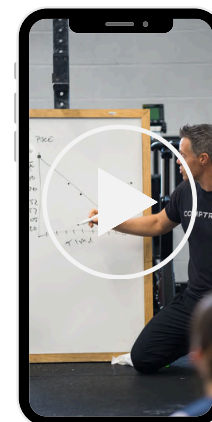
AFTER PARTY

3 Sets

10 reps/side Bulgarian Split Squats
20 Jumping Lunges
Accumulate 1:00 in a Wall-sit
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	We have an awesome monostructural workout planned today with two sets on the rower and double unders with the bike in-between. Today's target for our athlete's is to encourage them to manage their pace in a way that allows for continuous, consistent work with no forced rest. A win today would be getting to the final rower with the ability to push the effort and row the second split on the rower faster than the first.	
Scoring	Total time to complete work	
ELEMENT	STIMULUS	MODIFICATIONS
Row	Around 6:00.	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 1200/1000m Ski• 3000/2700m Bike• 1200m Run• 900/800m Air Run
Double Unders	2:00 or less.	<ul style="list-style-type: none">• Reduce Reps• 150 Single Unders• Plate Hops• Reps of Singles & Doubles (Mix of Both)• 1:15 On Any Machine
Bike	3:30 or less.	<ul style="list-style-type: none">• Reduce Reps• 4:00 Time Cap• 50/40 Calorie Row• 45/36 Calorie Ski• 600m Run

The One Teaching Focus | Row sequence

- Catch | Start with the rower's shins vertical, arms fully extended, and the torso leaning slightly forward from the hips. Grip the handle with both hands, keeping wrists flat.
- Maintain a relaxed grip to avoid unnecessary tension.
- Drive | Initiate the drive phase by pushing through the legs, engaging the legs and glutes. Simultaneously, lean the torso back, maintaining a straight back. Continue to keep the arms extended , moving the handle horizontally from the catch position.
- Finish | At the end of the drive, the legs are fully extended, and the rower is leaning back slightly. The handle is pulled to the upper chest, just below the sternum. Keep the wrists flat, and the elbows should be pointing slightly behind the body.
- Recover | Release the arms first, allowing them to fully extend while maintaining a straight back. Once the hands have cleared the knees, begin to bend the knees, sliding the seat forward.The torso follows, leaning forward from the hips.

Logistics

- If you are short on rowers or bike, you can start a second heat 6:00 behind. The lesson plan accounts for extra time if needed.
- If athletes need to cap themselves on the first row, encourage them, to try and target the same distance on the second row.

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
 - Bike
 - Alternating spiderman
 - scorpions
 - Scap push ups
 - Bike
 - Downward dog + foot pedal
 - Floor forearm stretch
 - Inchworm + push up
 - Bike
 - Toe walk
 - Line hops forward and back
 - Line hops side to side

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

- 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-High Single
 - Focus on controlling the cadence and wrist speed
 - :20 Single-Single-Double
 - Focus on speeding up the wrist for the double
 - :30 Practice
- 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
 - 0:20 Legs only row
 - Focus on heels down and vertical shins
 - 0:20 Arms only row
 - Focus on flat back and Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500/m 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

PRIMER
6 MINUTES | 19:00 - 25:00

- Practice Round
 - 1 Round
 - 150m Row
 - 15 Double Unders
 - 5 Calorie Bike Erg
- Break
- Workout adjustments if needed

WORKOUT
10 MINUTES | 45:00 - 55:00

- Look For
 - Row | Sequence of pull. Cue the athlete to finish the extension at the leg before pulling with the arms. Pay attention to the athlete's stroke rate. Help them be efficient with an appropriate balance of power per pull with an appropriate stroke rate.
 - Double Unders | Keeping the hands down and in front of the athlete. Keeping the jump as minimal as possible.
 - Bike | Look for pacing. If athletes are significantly off the target distance, encourage modifying the distance.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 05.15 WHAT ARE YOU DOING?

Deadlift

Max Repetitions of Deadlifts @ 90%

* To Technical Failure

* Add 10# To Each Set From Last Attempt (3/8/24)

"What Are You Doing?"

For Time:

50 Deadlifts (205/145)

100 Wallballs (20/14)

150 AbMat Sit-ups

* Partition However You'd Like

Time Cap: 18 Minutes

KG |

Deadlift (93/65)

Wallball (9/6)

OPEN - GAMES

For Time:

50 Deadlifts (255/175)

100 Wallballs (20/14)

75 GHD Sit-ups

* Partition However You'd Like

Time Cap: 18 Minutes

MINDSET MINUTE

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

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

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

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

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

HOME WORKOUT

For Time:

50 DB Deadlifts

50 Devils Press

150 AbMat Sit-ups

* Partition However You'd Like

Time Cap: 18 Minutes

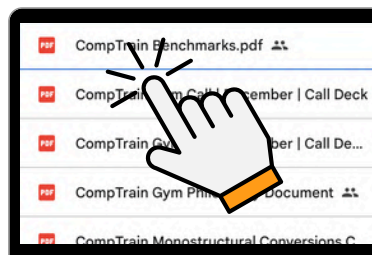
AFTER PARTY

3 Sets:

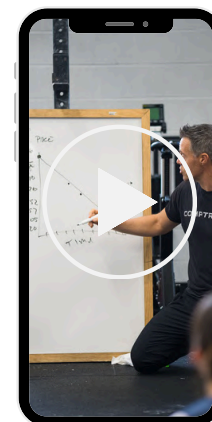
8-12 Straight Arm Band Pull-downs

8-12 Bentover Barbell Row

*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	Today we're choosing our own adventure through this conditioning piece. Keep in mind that we've got full body push and pull with a large number of sit-ups to heat up that core and spike our breathing. We should be finding a set scheme that allows each of us to continuously work with as little transition and rest as possible.
Scoring	Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS
Deadlift	sets of at least 10 when fresh.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Wallballs	consistent sets of 10 or more.	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 150 Air Squats
Sit-ups	consistent movement	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks

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.
- In the wallball, focus on driving through the legs to get a great hip extension for the throw.

Logistics

- Athletes can partition the workout however they would like. Some examples:
 - 2 rounds: 25/50/75
 - 5 rounds: 10/20/30
 - 10 rounds: 5/10/15

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 circles
 - Arm swings
 - Trunk twists
 - Quad pulls
 - Knuckle draggers
 - Scorpions
 - Spiderman
 - Downward dog
 - Pigeon (right)
 - Pigeon (left)
 - Bootstraps
 - Cossack squats
 - Reverse lunge + reach
 - Air squats
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts

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

- Wallball | tell, show, do, check
 - Establish stance, grip, & set up
 - Squat stance
 - Arms length away from wall
 - Hands on outside of medball
 - Medball in front rack
 - Elbows down
 - 0:20 of each
 - Medball deadlifts
 - Medball front squat
 - Focus on chest up
 - Medball shoulder press
 - Medball thruster
 - Focus on aggressive hips out of the squat
 - Medball dip + throw
 - Focus on hips to hands to throw the medball
 - Wallballs
 - Focus on chest up in the squat
- 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
10 MINUTES | 21:00 - 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
 - 3 Deadlifts
 - 6 Wallballs
 - 9 AbMat Sit-ups
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 37:00 - 55:00

- Look For
 - Deadlift | Engaging the 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.
 - Wallball | 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.
 - Sit Ups | Full range of motion. Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 05.16 SHELL SHOCKED

"Shell Shocked"

6 Rounds:

9 Strict Pull-ups

21 Kettlebell Swings (53/35)

400 Meter Run

Rest 1 Minute Between Rounds

* Score Slowest Round

Time Cap: 30 Minutes

KG | (24/15)

OPEN - GAMES

Same as class

MINDSET MINUTE

"Most of the time we feel tired not because we've done too much, but because we've done too little of what makes us come alive." - Jim Kwik

We're not going to pretend the hard times go away. And that we won't need to do things that we'd rather not. We have commitments, obligations, and bills to pay. But when we find ourselves in a daily loop of non-stop "work"... we won't feel like ourselves.

But it's not the time we put in at work that causes this. It's the time we don't put in on the other things. Our passions. The reason why we get out of bed in the morning. Yet in the furious pace of our lives, we let it fall to the wayside because we need to get "back to work."

The times where we are the most unhappy, are the times where we are the most untrue to ourselves. Redefine to ourselves what sets us on fire. What makes us come alive. And literally schedule it on your calendar as if it's a life-saving doctor's appointment. Because in truth... it is.

HOME WORKOUT

6 Rounds:

8 Alternating DB Prone Row

21 Alternating DB snatch

400 Meter Run

Rest 1 Minute Between Rounds

AFTER PARTY

3 Sets:

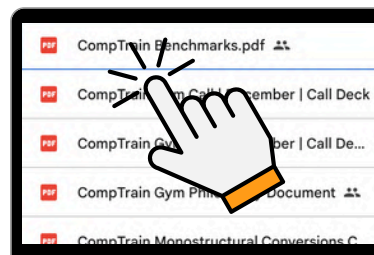
10 Strict Toes To Bar

1:00 Side Plank Right

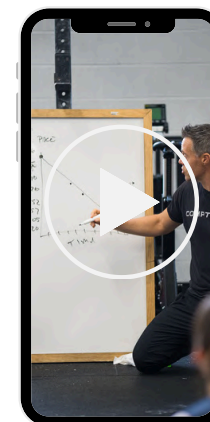
1:00 Side Plank Left

25 Russian Twists (over and back
= 1 rep)

*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	We've got some higher volume strict pull-ups paired with kettlebell swings, meaning we want to think of the best way to break up the work in order to hold off the forearm fatigue as long as possible today. Yes, there is rest between each round but it is going to pass fast and we'll be right back to the pull-up bar.
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Scoring	Time to complete work.
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ELEMENT	STIMULUS	MODIFICATIONS
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Strict pull up	1:00 or less of work	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 500m Row• 400m Ski• 1000/900m Bike• 300m Air Run
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KB Swing	1:00 or less in 1-2 sets.	<ul style="list-style-type: none">• Reduce Pull-Ups• Banded Strict Pull-Ups• Ring Rows• Alternating Dumbbell Plank Rows
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Run	About 2:00 of work each round.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Single Dumbbell Hang Power Snatches• Empty Barbell Hang Power Snatches• Russian Kettlebell Swings
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The One Teaching Focus | Swing with the hips, not the hands

- The arms should act as a lever, not as the primary force generators. The kettlebell should be swung 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.

Logistics

- There shouldn't be logistics issues with today, unless you have athletes needing to share a KB. In that case, have athletes start on different sections.
- Score today is the slowest round, so athletes will need to keep track of how long each round takes.

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
 - 200m run
 - 0:30 Samson stretch (right)
 - 0:30 Samson stretch (left)
 - 0:15 Quad pulls
 - 0:15 Knuckle draggers
 - 0:15 Knee Pulls
 - 0:15 A skips
 - 0:15 Butt kicks
 - 0:15 High knees
 - 0:15 Bunny Hops
 - 0:15 Broad Jumps
 - 200m run

SPECIFIC WARM-UP

10 MINUTES | 9:00 - 19:00

- KB Swing Prep | tell, show, do, check
 - :20 Alternating Single Leg Deadlifts
 - Focus on hinging at the hips while maintaining a flat back.
 - :20 Kettlebell Deadlifts
 - Focus on hip hinge movement and driving through the heels to stand tall, keeping the kettlebell close to the body.
 - :20 KB Hip Hinge & Pop
 - Focus on violent hip extension, driving the hips forward forcefully to propel the kettlebell upwards.
 - :20 KB Russian Swings
 - Focus on generating power from the hips, allowing the kettlebell to swing to chest level while maintaining a tight core and straight arms.
 - :20 KB American Swings
 - Focus on locked-out elbows and the bottom of the kettlebell facing the ceiling.
- Strict Pull up | tell, show, do, check
 - 10 scap retractions
 - 5 Dead hang to lat active pulls
 - Focus on keeping the elbows locked out and simply pulling the bar forward to activate the lat.
 - 5 Jumping negative pull ups
 - Focus on a slow and controlled negative
 - Mod to ring rows if needed
 - Establish pull up modifications and workout movement

PRIMER

6 MINUTES | 19:00 - 25:00

- Practice Round
 - 2 Strict Pull-ups
 - 6 Kettlebell Swings
 - 100m Run
- Break
- Workout adjustments if needed

WORKOUT

30 MINUTES | 25:00 - 55:00

- Look For
 - Strict Pull Up | Elbow Position. Review the position of the elbows during the pull-up. They should point down and slightly back, not flare out to the sides.
 - KB Swing | Hip Extension. Focus on the explosive hip extension at the top of the swing. The power should come from the hips, and the movement should finish with a straight line from the head to the heels. Check that the glutes are engaged at the top of the swing, with the pelvis fully pushed forward.
 - Run | Hip Movement: Hips should remain level and stable. Avoid excessive hip rotation or tilting.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 05.17 TEAM KALSU [HERO]

Back Squat

Max Repetitions of Back Squats @ 90%

* To Technical Failure

* Add 10# To Each Set From Last Attempt
(3/4/24)

"Team Kalsu" [HERO]
[TEAMS OF 2]

For Time:

100 Thrusters (135/95)

On the Minute [Starting at 0:00]:

5 Burpees

* Each Partner Does 5 Burpees On the
Minute

* Split Thrusters However You'd Like

Time Cap: 18 Minutes
KG | (61/43)

OPEN - GAMES

For Time:

50 Thrusters (135/95)

On the Minute [Starting at 0:00]:

5 Bar-facing Burpees

Time Cap: 15 Minutes

MINDSET MINUTE

"Adversity causes some to break. For others, it breaks records."

Adversity can really, really hurt. Let's not create an illusion that it's all sunshine and rainbows. It will try our values, test our patience, and challenge who we are as human beings. It's no warm cup of cocoa on a winter morning.

But a warm cup of cocoa doesn't make us better. A picture perfect day doesn't make us better. We learn when we make mistakes. When we miss, trip up, face plant, and get caught off guard. At our very basic biological level, this is how we adapt. It's encoded in us... and it's seriously like a secret sleeping super power.

That is, of course, if we use them to our advantage. The nature of a mistake is not to tell us we suck. That we failed. That we're not good enough. The nature of a mistake is to educate us. To give us the ammunition we need to become better. To take the challenge to earn greatness, out of something that once was not.

Adversity is not in the way to greatness.
Adversity is the way to greatness.
This is the championship mindset.

HOME WORKOUT

For Time:

50 DB Thrusters

On the Minute [Starting at 0:00]:

5 Burpees

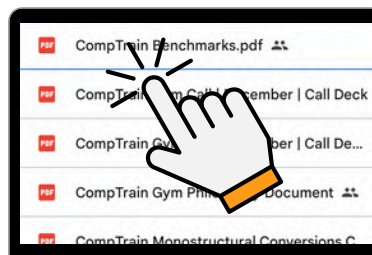
Time Cap: 15 Minutes

AFTER PARTY

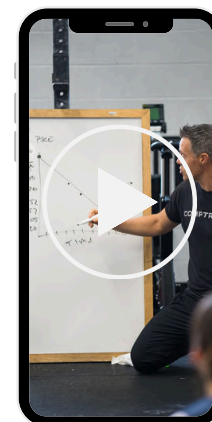
3 Sets:

Max Reps of Strict Dips
10-15 Dumbbell Z-Presses

*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	In part 1, we're back with our second time through Back Squat. Athletes should be targeting 2-4 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 90%. In part 2, we have a partner conditioning piece with a lot of full body pushing. While we want to be strategic, we also want to try and get as much work done early in this piece so that we can settle into a strategy as our fatigue and heart rate start to spike. Both partners have to complete the burpees every min, but get to split the work on the barbell however they want. Bigger planned sets in the first 3 min will allow athletes get a big chunk of work done early and then settle into conservative pace for the remainder of the workout.
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Scoring	Total time to complete 50 thrusters.
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ELEMENT	STIMULUS	MODIFICATIONS
Thrusters	sets of 5 or more.	<ul style="list-style-type: none">• Reduce Loading• Sub Dumbbells• 100 Air Squats
Burpee over bar	About :20 or less of work each minute.	<ul style="list-style-type: none">• Reduce Reps• Time Cap• 5/4 Cals On Any Machine• Push-Ups

The One Teaching Focus | Press from the shelf

- To maximize efficiency on the thrusters, we want to emphasize the barbell resting on the shoulder shelf throughout the squat and drive portion of the thruster. The bar should remain on the shoulders until the athlete reaches full extension of the legs and hips before driving the bar overhead. The athlete should then bring the bar back to the shoulders before squatting.

Logistics

- INDY VERSION
 - "Half Kalsu"
 - For Time:
 - 50 Thrusters (135/95)
 - On the Minute [Starting at 0:00]:
 - 5 Burpees
 - Time Cap: 15 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
 - Pigeon (right)
 - Pigeon (left)
 - Alternating worlds greatest
 - Boot straps
 - Squat hold
- Burpee Prep
 - Ben's Burpee Progression
 - <https://www.youtube.com/watch?v=DpBLv2XCYiM>
 - 3 step back, step up burpees
 - 3 step back, jump up burpees
 - Focus on feet landing flat, outside the hands
 - 3 jump back, jump up burpees
 - 3 jump back, step up burpees
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- Thruster | tell, show, do, check
 - Establish stance & grip
 - Shoulder width stance
 - Full grip on bar
 - Bar on shoulders with full grip
 - Elbows high
 - 5 Zombie tempo squats
 - Establish & teach "shoulder shelf" position here
 - 5 Front squat
 - With thruster grip
 - 5 Strict press
 - 5 Push press
 - Focus on full extension of legs and hips before pressing
 - 3 Thruster
 - Focus on timing of press. Maintaining the bar on the shoulders the entire time until full extension of the legs and hips is reached
- 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
 - 5 Thrusters
 - 3 Burpees
 - 3 Thrusters
- Break
- Workout adjustments if needed

WORKOUT

18 MINUTES | 39:00 - 57:00

- Look For
 - Thruster | Timing. Look for athletes to wait until they reach full extension of the legs and hips before pressing.
 - Burpee over bar | Footwork. Athletes should increase their efficiency by having their step out of the burpee be the step into their jump over the bar, avoiding unnecessary steps.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 05.18 IT'S GONNA BE ME

"It's Gonna Be Me"

[TEAMS OF 3]

AMRAP 30:

75/60 Calorie Bike Erg

60 Box Jump Overs (24"/20")

45 Toes to Bar

30 Synchro Dumbbell Snatches
(50/35)

KG | (22.5/15)

OPEN - GAMES

AMRAP 18:

30 Dumbbell Snatches (70/50)

30/24 Calorie Row

20 Box Jump Overs (24"/20")

20 Toes to Bar

MINDSET MINUTE

"Most of the time we feel tired not because we've done too much, but because we've done too little of what makes us come alive." - Jim Kwik

We're not going to pretend the hard times go away. And that we won't need to do things that we'd rather not. We have commitments, obligations, and bills to pay. But when we find ourselves in a daily loop of non-stop "work"... we won't feel like ourselves.

But it's not the time we put in at work that causes this. It's the time we don't put in on the other things. Our passions. The reason why we get out of bed in the morning. Yet in the furious pace of our lives, we let it fall to the wayside because we need to get "back to work."

The times where we are the most unhappy, are the times where we are the most untrue to ourselves. Redefine to ourselves what sets us on fire. What makes us come alive. And literally schedule it on your calendar as if it's a life-saving doctor's appointment. Because in truth... it is.

HOME WORKOUT

AMRAP 18:

30 Alternating DB Snatch

30 Burpees

20 Tuck Jumps

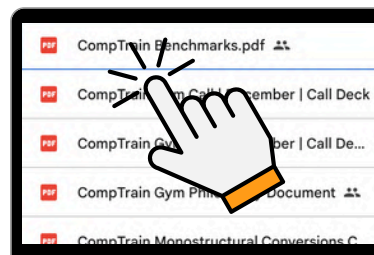
20 V-ups

AFTER PARTY

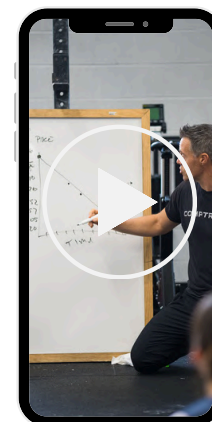
3 Sets

12 Back Rack Lunges

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	Today we have a fun team of three workout, with some work to share and synchro work. We're working both legs and arms for volume during today's piece. Therefore, it is important to choose sets your team can maintain for the 30 min.	
Scoring	Rounds plus reps.	
ELEMENT	STIMULUS	MODIFICATIONS
Dumbbell Snatches	1-2 sets in 1:30 or less.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Hang Power Snatches• Kettlebell Swings• Empty Barbell Hang Power Snatches
Calorie Bike	2:00 or less of work.	<ul style="list-style-type: none">• Reduce Distance• 2:30 Time Cap• 25/20 Row• 20/18 Ski• 400m Run• 300m Air Run
Box Jump Overs	Smooth consistent pace throughout in 1:30 or less.	<ul style="list-style-type: none">• Reduce Reps• Reduce Box Height• Box Step-Overs• Box Jumps
Toes to Bar	1-3 sets in 1:00 or less.	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups

The One Teaching Focus | Timing

- In the Dumbbell 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".
- 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

- INDY VERSION
 - AMRAP 18:
 - 30 Dumbbell Snatches (50/35)
 - 25/20 Calorie Bike Erg
 - 20 Box Jump Overs
 - 15 Toes to Bar

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
 - Box step ups
 - Alternating spiderman
 - Downward + upward dogs
 - Box step ups
 - Alternating knee pulls to chest
 - Bend and reach
 - Air squat
- Jump prep 0:15 each
 - Bunny hops
 - Vertical jumps
 - Broad jumps
 - Box jumps
 - Jump overs

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

- DB 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 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 DB snatch
 - Focus on timing and DB position
- Toes to Bar | 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 | 19:00 - 25:00

- Practice Round
 - 6 Dumbbell Snatches
 - 6 Calorie Bike Erg
 - 3 Box Jump Overs
 - 3 Toes to Bar
 - Waterfall style
- Break
- Workout adjustments if needed

WORKOUT
30 MINUTES | 25:00 - 55:00

- 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".
- Box Jump over | Box Jump Over | Encourage athletes not to rebound their box jumps.
- TTB | Shoulder initiated kip. Cue athletes to squeeze the stomach and legs while pushing and pulling the rig with the arms.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 05.19 CINDYRELLA

"Cindyrella"

8 Rounds [40:00]

Min 1 | 1 Round of "Cindy"
Min 2-3 | Max Calorie Bike Erg
Min 4 | 20 Walking Lunges
Min 5 | Max Shuttle Runs
*25' = 1 rep on shuttle runs

Score | Total calories + shuttle runs

"Sunday Run Day"

Run 2-3 Miles

OPEN - GAMES

N/A

MINDSET MINUTE

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Adversity is the way to greatness.
This is the championship mindset.

HOME WORKOUT

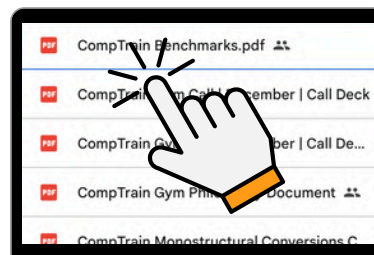
8 Rounds [40:00]

Min 1 | Max Burpees
Min 2-3 | Max Alternating Lunges
Min 4 | 20 Walking Lunges
Min 5 | Max Shuttle Runs
*25' = 1 rep on shuttle runs

Score | Total reps

AFTER PARTY

Sunday Runday



**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

Total calories + shuttle runs

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
 - :10 no push up burpee
 - :20 scap pull up
 - :10 lunges
 - :20 kip swing
 - :10 lunges
 - :20 negative pull up
 - :10 shuttle run
 - :10 pull up
 - :20 Push ups
 - :20 air squat

PRIMER**4 MINUTES | 18:00 - 58:00**

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

WORKOUT**40 MINUTES | 58:00 - 55:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up