

COMPTRAIN | GYM

JULY 8-14

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

JULY 8 - 14

MONDAY

JULY 8

Bench Press
Heavy Set of 20

"Spin Move"
5 Rounds For Time:
50 Double Unders
25-20-15-10-5 Dumbbell Snatch (50/35)
15/12 Calorie Row

Time Cap: 18 Minutes

KG | (22.5/15)

TUESDAY

JULY 9

"The 99"
For Time:
99 Calorie Bike Erg
99 Wallballs (20/14)
99 Burpees

* Partition However You'd Like

Time Cap: 25 Minutes

KG | (9/6)

WEDNESDAY

JULY 10

Sumo Deadlift
Heavy Set of 20

"Intentional Walk"
5 Rounds:
100 Meter Run
10 Deadlifts (225/155)

Directly Into...

5 Rounds:
100 Meter Run
10 Toes to Bar

KG | (102/70)

THURSDAY

JULY 11

"Let Loose"
5 Rounds:
30 Kettlebell Swings (53/35)
30 Hand Release Push-ups
30/24 Calorie Bike Erg

Rest 2 Minutes Between Rounds

Time Cap: 35 Minutes

KG | (24/15)

FRIDAY

JULY 12

Front Squat
Heavy Set of 20

"Mini-Me"
For Time:
1,000/900 Meter Row
50 Thrusters
30 Pull-ups
500/450 Meter Row
25 Thrusters
15 Pull-ups

Barbell: (45/35)

KG | (20/15)

SATURDAY

JULY 13

"Separation Anxiety"
[TEAMS OF 3]
4 Rounds:
60 Burpee Box Jump Overs (24"/20")
30 Synchro AbMat Sit-ups

Directly Into....

4 Rounds:
400 Meter Team Run
20 Synchro Single Dumbbell Hang Clean & Jerks*

Dumbbell: (50/35)

KG | (22.5/15)

SUNDAY

JULY 14

"Hot and Ready"
AMRAP 40
15/12 Calorie Bike Erg
15/12 Calorie Row
150' DB Farmers Carry (50/35)
15 Burpees

"Sunday Runday"
Run 6-7 Miles

NEWS & INFO

- Join the CompTrain Gym FB group for owners & coaches. [Group link](#)
- [Next Monthly Call w/ Ben Link](#)
- [CTG Benchmarks Link](#)
- [CTG Resource Drive Link](#)

DAILY VIEW

DAILY VIEW

MONDAY JULY 8

CORE

Bench Press
Heavy Set of 20

"Spin Move"
5 Rounds For Time:
50 Double Unders
25-20-15-10-5 Dumbbell Snatch (50/35)
15/12 Calorie Row

Time Cap: 18 Minutes

KG | (22.5/15)

OPEN | GAMES

5 Rounds For Time:
50 Double Unders
15-12-9-6-3 Dumbbell Squat Snatch
(70/50)
15/12 Calorie Row

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Killer Core
3-5 Sets For Quality:
10 Weighted Sit-ups
20 V-Ups
40 Second Banded Front Plank

COACHING RESOURCES

- [Teaching the Bench Press](#)
- [Triaging the Bench Press](#)
- [Teaching the Double Under](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. In part 2, Doubles, dumbbells and rowing, oh my! We’re looking at three grippy movements today that will start to impact each other as the workout progresses. With that, we also have less reps to complete each round as we work, so today is all about pacing to keep our breathing and heart rate in check so we can try to pick up speed as we go.

SCORE

Time to complete work. Add 1s per rep not completed if time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|-----------------|--|--|--|
| Double Unders | <ul style="list-style-type: none">About :30 of work, no longer than :45 at our rope today. | <ul style="list-style-type: none">Reduce LoadingReduce RepsHang Power Snatches | <ul style="list-style-type: none">50 Reps of Singles & Doubles (Mix of Both):30 Effort On Any Machine |
| Dumbbell Snatch | <ul style="list-style-type: none">Unbroken sets should be the goal here today. | <ul style="list-style-type: none">Reduce LoadingReduce RepsHang Power Snatches | <ul style="list-style-type: none">Kettlebell SwingsEmpty Barbell Hang Power Snatches |
| Calorie Row | <ul style="list-style-type: none">About 1:00 of work | <ul style="list-style-type: none">Reduce Reps1:00 Cap12/10 Calorie Ski | <ul style="list-style-type: none">15/12 Calorie Bike200m Run150m Air Run |
| | | | |
| | | | |

The One Teaching Focus |Break the bar

- We’re focusing on the athlete “breaking the bar” in the bench press. This technique ensures optimal muscle activation in the chest and shoulders. Breaking the bar helps to stabilize the shoulders and elbows, reducing the risk of injury and ensuring proper alignment throughout the movement. It creates tension in the upper body, providing a solid base from which to press the weight. Verbal Cues: "Imagine you're trying to bend the bar in half with your hands." "Push outward against the bar as if you're trying to spread it apart." "Squeeze the bar as hard as you can and push outward with your hands."

Logistics

- Encourage athletes to partner and share stations for bench press. Be sure athletes know how to spot one another for safety.
- In part 2, athletes should use their own DB.

LESSON PLAN

LESSON PLAN

MONDAY JULY 8

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow 0:20 each
 - Grab DB + jump rope
 - Row
 - Spiderman
 - Downward dog + foot pedal
 - Push ups from knees
 - Row
 - Scorpions
 - Tempo push ups
 - Single unders
 - Row
 - DB crush grip floor press
 - Single-Single - double
 - Row
 - Single arm DB floor press (right)
 - Single arm DB Floor press (left)
 - Double unders

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- DB Snatch | tell, show, do, check
 - Establish set up with DB between the feet
 - 0:20 of each
 - 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

- Bench Press | tell, show, do, check
 - Establish stance, grip, & set up
 - Shoulder blades & butt on bench
 - Feet on the floor
 - Hands outside shoulders with full grip on bar
 - Eyes under barbell
 - Visible arch in lower back
 - 5 Tempo empty bar bench press
 - 3 second negative, 2 second hold
 - Focus on 45 degree angle with elbows
 - 3 Tempo empty bar bench press
 - 3 second negative, 2 second hold
 - Focus on “breaking” or “snapping” the bar throughout the movement.

3

STRENGTH // 12 MINUTES | 21:00 - 33:00

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

4

PRIMER // 6 MINUTES | 33:00 - 39:00

- Practice Round
 - 15 Double Unders
 - 6 Dumbbell Snatches
 - 5/4 Calorie Row (at workout pace, ~:20)
- Break
- Workout adjustments if needed

5

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

- Look For
 - Double Unders | Look for athletes to have a relaxed grip on the rope, in order to save grip for the rest of the workout.
 - DB Snatch | Look for proper timing, encourage athletes to jump before the pull in the DB.
 - Row | Pacing, athletes should hold a smooth pace allowing them to get off and right back to work on the next round.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

TUESDAY JULY 9

CORE

"The 99"

For Time:

99 Calorie Bike Erg

99 Wallballs (20/14)

99 Burpees

* Partition However You'd Like

Time Cap: 25 Minutes

KG | (9/6)

OPEN | GAMES

For Time:

99 Calorie Echo Bike

99 Wallballs, @wallball(20/14) to 10/9ft

99 Chest-To-Bar Pull-ups

* Partition However You'd Like

Time Cap: 25 Minutes

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs

3-4 Sets For Quality:

20 Double Dumbbell Box Step-ups,10/side - not alternating
(24"/20")

Rest 2 Minutes Between Sets

COACHING RESOURCES

- [Teaching the Bike Erg](#)
- [Bike Erg Efficiency](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Today's piece can be a little bit deceiving on paper, it seems pretty straight forward and we get to choose how we attack it. But remember, these movements all interfere with each other and they can all drive your heart rate and breathing sky high if you aren't paying attention! total reps of any round.

SCORE

Total time to complete work. Add 1s per rep not completed if time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|------------------|---|---|--|
| Calorie Bike Erg | <ul style="list-style-type: none">around a 800+ cal/hr pace on the bike erg to keep the total reps today. | <ul style="list-style-type: none">Reduce Reps99 Calorie Row89 Calorie Ski | <ul style="list-style-type: none">Calorie EchoCalorie Assault |
| Wallballs | <ul style="list-style-type: none">Weight should be something you can hold 10+ reps at. | <ul style="list-style-type: none">Reduce Reps/Loading/TargetSingle Dumbbell ThrustersEmpty Barbell Thrusters148 Air Squats | |
| Burpees | <ul style="list-style-type: none">We should be able to maintain a consistent moving pace | <ul style="list-style-type: none">Reduce Reps99 Calories On Any MachinePush-UpsNo Push-up Burpees | |
| | | | |
| | | | |

The One Teaching Focus | **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.

Logistics

- Some possible options for breaking include (but are not limited to):
 - 3 Rounds:
 - 33 Calorie Bike
 - 33 Wallballs
 - 33 Burpees
 - 9 Rounds:
 - 11 Calorie Bike
 - 11 Wallballs
 - 11 Burpees
 - 33 Calorie Bike
 - 6 Rounds:
 - 9 Wallballs
 - 9 Burpees
 - 33 Calorie Bike
 - 5 Rounds:
 - 9 Wallballs
 - 9 Burpees
 - 33 Calorie Bike
 - 11 Rounds:
 - 9 Calorie Bike
 - 9 Wallballs
 - 9 Burpees

LESSON PLAN

LESSON PLAN

TUESDAY JULY 9

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow
 - 1:00 Bike
 - 0:30 Pigeon (right)
 - 0:30 Pigeon (left)
 - 0:30 Childs pose
 - 0:45 Bike
 - 0:30 Bottom squat hold
 - 0:30 Bootstraps
 - 0:30 Bike
 - 0:30 Air squat
 - 0:30 Push ups
 - 0:30 Quick ups

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- Burpee warm up
 - 3 step back, step up burpee
 - 3 step back, jump up burpee
 - Look for feet to land flat and outside of hands
 - 3 jump back, step up burpee
 - 3 jump back, jump up burpee
 - Explain pacing by how fast your hands reach get back to the ground. See Bens video for burpee warm up.

- Wallball | 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

3

STRENGTH //

PRIMER // 6 MINUTES | 21:00 - 27:00

- Practice Round
 - 4 Calorie Bike Erg
 - 4 Wallballs
 - 4 Burpees
- Break
- Workout adjustments if needed

4

WORKOUT // 25 MINUTES | 27:00 - 52:00

- Look For
 - Bike | Look for athletes to be holding 800cal/hr+ on the bike, no matter the amount they choose.
 - Wallball | Emphasize a strong and explosive hip extension followed by a coordinated throw.
 - Burpee | Athletes should be holding a smooth pace throughout all the burpees today.

5

COOL-DOWN // 8 MINUTES | 52:00 - 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY JULY 10

CORE

Sumo Deadlift
Heavy Set of 20

"Intentional Walk"
5 Rounds:
100 Meter Run
10 Deadlifts (225/155)

Directly Into...

5 Rounds:
100 Meter Run
10 Toes to Bar

KG | (102/70)

OPEN | GAMES

5 Rounds:
25ft Handstand Walk
10 Deadlifts @weight(315/225)

Directly Into...

5 Rounds:
25ft Handstand Walk
10 Toes to Bar

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Gun Show
2-3 Sets For Quality:
7 Barbell Bicep Curls (Bottom Half)
7 Barbell Bicep Curls (Top Half)
7 Barbell Bicep Curls (Full Range)

Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Ben on the Sumo Deadlift](#)
- [Sumo Deadlift Demo](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. In part 2, We're moving fast today with short runs and lower volume sets of movements. Since there shouldn't be any points where we aren't moving, our goal is to keep our transitions minimal and smooth. How fast can you keep your running pace while also making fast work of your barbell and rig work today?

SCORE

Time to complete work. Add 1s per rep not completed if time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|-------------|--|--|--|
| Run | <ul style="list-style-type: none">:40 or less per run | <ul style="list-style-type: none">Reduce DistanceTime Cap125m Row80m Ski | <ul style="list-style-type: none">200m Bike75m Air Run |
| Deadlifts | <ul style="list-style-type: none">Completed in 1-2 sets in less than 1:00. | <ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells | <ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift |
| Toes to Bar | <ul style="list-style-type: none">1-2 sets, these should take less than :45 to complete. | <ul style="list-style-type: none">Reduce RepsKipping Toes To As High As PossibleKipping Knees To Chest | <ul style="list-style-type: none">Sit-UpsV-Ups/Alternating V-Ups |
| | | | |
| | | | |

The One Teaching Focus | **Knees Over Toes**

- The sumo deadlift will expose this fault in athletes more then most movements. Look for athletes to be actively driving the knees out to keep them tracking over the toes.

Logistics

- Spend a little extra time introducing the Sumo deadlift if needed today. Be sure to watch Bens videos on teaching the sumo deadlift!
- Be sure to have the 100m route planned to where athletes can transition smoothly without running into one another.

LESSON PLAN

LESSON PLAN

WEDNESDAY JULY 10

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow 0:20 each
 - 100m Run
 - Quad pulls
 - Knuckle draggers
 - Forward and back leg swings (right)
 - Forward and back leg swings (left)
 - Left to right leg swings (right)
 - Left to right leg swings (left)
 - 100m run
 - Body weight staggered stance goodmornings (right)
 - Body weight staggered stance goodmornings (left)
 - Sit ups
 - Glute bridge
 - V ups
 - Scale to single leg v ups

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

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

- Sumo Deadlift | tell, show, do, check
 - Establish stance, grip, & set up
 - Double shoulder width stance
 - Toes Slightly pointed out
 - Arms hang straight down (hand inside knees)
 - Shoulders directly over bar
 - Knees track over toes
 - Chest pulled up & eyes on the horizon
 - 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

3

STRENGTH // 12 MINUTES | 21:00 - 33:00

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

4

PRIMER // 6 MINUTES | 33:00 - 39:00

- Practice Round
 - 100m Run
 - 4 Deadlifts
 - 100m Run
 - 4 Toes to Bar
- Break
- Workout adjustments if needed

5

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

- Look For
 - Run | Fast effort. Encourage athletes to push the pace on these shorter runs.
 - Deadlift | Look for athletes to be pulling the bar into the body to keep it close throughout the reps.
 - Toes to bar | Encourage athletes to push down on the bar, to get the chest out of the way for their knees to tuck.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

THURSDAY JULY 11

CORE

"Let Loose"
5 Rounds:
30 Kettlebell Swings (53/35)
30 Hand Release Push-ups
30/24 Calorie Bike Erg

Rest 2 Minutes Between Rounds

Time Cap: 35 Minutes

KG | (24/15)

OPEN | GAMES

5 Rounds For Total Time:
30 Kettlebell Swings @kettlebell(53/35)
30 Hand Release Push-ups
30/24 Calorie Bike Erg

Rest 2 Minutes Between Rounds

Time Cap: 35 Minutes

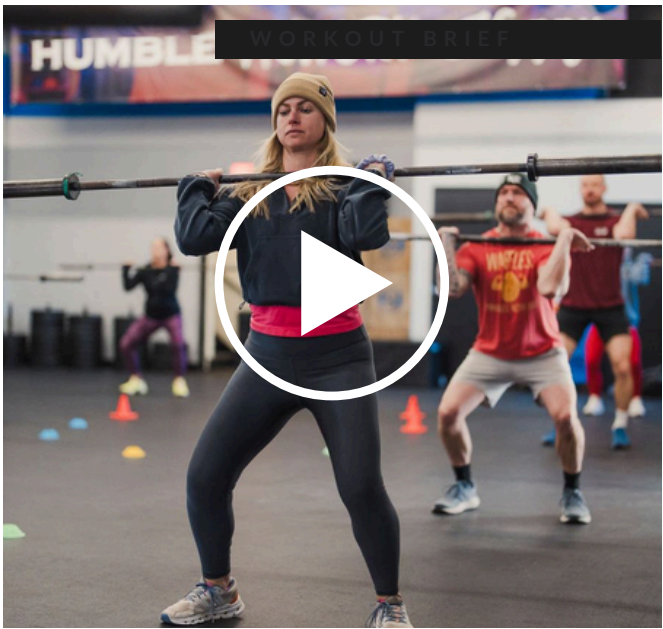
ACCESSORY WORK

(formerly 'After Party')

Aerobic Capacity
AMRAP 20
21 Calorie Row
150' Heavy Farmers carry
9 Burpee box jump overs

COACHING RESOURCES

- [Teaching the KB Swing](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Don't let the two minutes of rest between rounds fool you, this triplet packs a punch! Kettlebell swings are lighter and faster, while the push-ups will bring the pace down a bit in the middle to let you catch your breath, and the bike erg will be sure to spike that heart rate again before we get into our rest period. Smart breaks of work are key today!

SCORE

Time to complete work, including rest. Add 1s per rep if we are time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|-----------------------|---|---|---|
| Kettlebell Swings | <ul style="list-style-type: none">Completed in 1-2 sets across the workout, 1:00 or less. | <ul style="list-style-type: none">Reduce LoadingReduce RepsSingle Dumbbell Hang Power Snatches | <ul style="list-style-type: none">Empty Barbell Hang Power SnatchesRussian Kettlebell Swings |
| Hand Release Push-ups | <ul style="list-style-type: none">Hard cap of 2:00 of work | <ul style="list-style-type: none">Reduce RepsRegular Push-UpsBox/Bench Push-Ups | <ul style="list-style-type: none">Dumbbell Bench PressDumbbell Floor Press |
| Calorie Bike Erg | <ul style="list-style-type: none">About 2:00 of work each round. | <ul style="list-style-type: none">Reduce Reps2:00 Time Cap30/24 Calorie Row27/21 Calorie Ski | <ul style="list-style-type: none">27/21 Calorie Echo/Assault Bike400m Run300m Air Run |
| | | | |
| | | | |

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.

Logistics

- If athletes need to share bikes, have a group start 2:00 behind the first group.

LESSON PLAN

LESSON PLAN

THURSDAY JULY 11

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow
 - 0:30 bike
 - 0:30 Alternating spiderman
 - 0:30 Scorpions
 - 0:30 Bodyweight goodmornings
 - 0:30 bike
 - 0:30 Tall plank
 - 0:30 Downward dog
 - 0:30 up down planks
 - 0:30 bike
 - 0:20 hand release push ups from knees
 - 0:20 Tempo push ups
 - 0:20 Hand release push ups

2

SPECIFIC WARMUP // 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.

3

STRENGTH //

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

- Practice Round
 - 5 Kettlebell Swings
 - 5 Hand Release Push-ups
 - 10/8 Calorie Bike Erg
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 25:00 - 60:00

- Look For
 - KB Swing | Athletes should be generating power from the hips.
 - Hand release push up | Tight midline. Everything should move as a unit. Cue athletes to squeeze their quads before pressing off the floor.
 - Bike | Look for athletes to be completing the calories in 2:00 or less, otherwise encourage them to scale.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY JULY 12

CORE

Front Squat
Heavy Set of 20

"Mini-Me"
For Time:
1,000/900 Meter Row
50 Thrusters
30 Pull-ups
500/450 Meter Row
25 Thrusters
15 Pull-ups

Barbell: (45/35)

KG | (20/15)

OPEN | GAMES

For Time:
1,000/900 Meter Row
50 Thrusters
30 Bar Muscle-ups

Barbell: @weight(95/65)

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Bullet Proof Shoulders
3-4 Sets For Quality:
20 Banded Front Raises
20 Banded Face Pulls
20 Banded Z-Press

COACHING RESOURCES

- [Teaching the Front Squat](#)
- [Front Squat P.O.P](#)
- [Teaching the Row](#)
- [Row Efficiency](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. In part 2, We’ve got a little Mini Me action today, with Jackie to start and a little mini Jackie to finish. If you’re familiar with Jackie, you know she’s fast and spicy on the grip and forearms. Since we are wrapping back around to do half Jackie in this piece, we should adjust our usual strategy down a notch so that we have gas left to sprint through the end.

SCORE

Time to complete work. Add 1s per rep not completed if time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|--------------|---|--|---|
| Row 1000/900 | <ul style="list-style-type: none">4:30 or less respectively. | <ul style="list-style-type: none">Reduce Distance4:30 Time Cap800/720m Ski2000/1800m Bike | <ul style="list-style-type: none">800m Run600m Air Run50/40 Calorie Echo/Assault |
| Row 500/450 | <ul style="list-style-type: none">2:30 or less respectively | <ul style="list-style-type: none">Reduce Distance2:15 Time Cap400/360 Ski1000/900m Bike | <ul style="list-style-type: none">400m Run300m Air Run25/20 Calorie Echo/Assault |
| Thrusters | <ul style="list-style-type: none">1-3 sets for both sets. | <ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbell(s) | <ul style="list-style-type: none">Sub Front SquatsSub Push Press100/50 Air Squats |
| Pull-ups | <ul style="list-style-type: none">1-3 sets, pull-ups should not take longer than 2:00 or 1:00 respectively. | <ul style="list-style-type: none">Reduce RepsBandedStrict (Reduce Reps) | <ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows |
| | | | |

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

- Have athletes partner or group up for part 1.
- To save space on the rig and machine, start a second group 4-5 min behind the first group if needed.

LESSON PLAN

LESSON PLAN

FRIDAY JULY 12

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow
 - Grab Barbells
 - 0:30 Alternating worlds greatest
 - 0:30 Downward + upward dogs
 - 0:30 Squat hold
 - 1:00 Row
 - 0:20 push ups
 - 0:20 Air squats
 - 0:40 Row
 - 0:20 push ups
 - 0:20 cossak squats
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Front squats
 - Push Press
 - Thruster

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- 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
- 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
 - 3 Cued lightweight rep
 - Focus on elbows high throughout the rep

3

STRENGTH // 12 MINUTES | 21:00 - 33:00

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

4

PRIMER // 6 MINUTES | 33:00 - 39:00

- Practice Round
 - 200/175m Row
 - 8 Thrusters
 - 4 Pull-ups
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | Sequence of pull, athletes should drive and extend the legs before pulling with the arms.
 - Thruster | Sequence of the thruster, athletes should extend the hips before pushing to overhead.
 - Pull Ups | Consistency in reps, athletes should use smart sets to avoid blowing up early.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

SATURDAY JULY 13

CORE

"Separation Anxiety"
[TEAMS OF 3]
4 Rounds:
60 Burpee Box Jump Overs (24"/20")
30 Synchro AbMat Sit-ups

Directly Into....

4 Rounds:
400 Meter Team Run
20 Synchro Single Dumbbell Hang Clean & Jerks*

Dumbbell: (50/35)

KG | (22.5/15)

OPEN | GAMES

4 Rounds For Time:
400 Meter Run
15 Devil Press @dumbbell(35/25)'s
25-20-15-10 Box Jump Overs (24"/20")

Time Cap: 30 Minutes

ACCESSORY WORK

(formerly 'After Party')

Gun Show
A) 5-5-5-5-5 Strict Weighted Dips
B) 3 Big Sets Close Grip Push-ups

* Perform All (A) Before (B)
* Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

We've got a good old fashioned lung burner on our hand today with a team of three. The goal should be finding a pace that lets you be moving continuously today, so we want to lock in our breathing and cadence on reps and try to maintain it all the way through.

SCORE

Time to complete work. Add 1s per rep if we are time capped.

| ELEMENT | STIMULUS | MODIFICATIONS | |
|--------------------------------------|---|--|--|
| Burpees Box Jump Overs | <ul style="list-style-type: none">4:00 of work or less, respectively. | <ul style="list-style-type: none">Reduce RepsReduce Box HeightRegular BurpeesBox Jump Overs | <ul style="list-style-type: none">Burpee Box Step-OversBurpee Box JumpsBox Jumps |
| Sit Ups | <ul style="list-style-type: none">Goal is 1:00 or less | <ul style="list-style-type: none">Reduce RepsHollow RocksKnee Tucks | |
| Runs | <ul style="list-style-type: none">Aiming for 2:15 or less on time here today. | <ul style="list-style-type: none">Reduce Distance2:15 Time Cap500/450m Row400/360m Ski | <ul style="list-style-type: none">1000/900m Bike300m Air Run25/20 Calorie Echo/Assault |
| Single Dumbbell Hang Clean and Jerks | <ul style="list-style-type: none">1-3 sets, trying to minimize rest between sets. | <ul style="list-style-type: none">Reduce LoadingReduce RepsPower Clean OnlyPush Jerk Only | <ul style="list-style-type: none">Sub KettlebellSub Empty BarbellKettlebell Swing |
| | | | |

- The One Teaching Focus | **Burpee Box Jump Over Cadence**
- Athletes should look to step up from the burpee before going into the box jump over so that they have better control of their heart rate throughout the reps.
- Logistics
- For today, the only part that is not in sync with our team is our burpee box jump overs. So be sure teams know what to look for in our synchro movements.

LESSON PLAN

LESSON PLAN

SATURDAY JULY 13

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow
 - 0:30 Samson (right)
 - 0:30 Samson (left)
 - 200m run
 - 0:20 quad pulls
 - 0:20 high knees
 - 0:20 knuckle draggers
 - 0:20 butt kickers
 - 0:20 air squats
 - 0:20 broad jumps
 - 200m run

2

SPECIFIC WARMUP // 10 MINUTES | 9:00 - 19:00

- Burpee Box Jump Over | Tell, show, do, check
 - 3 jump back, step up burpees
 - 3 burpee box step up overs
 - 3 box jump overs
 - 3 burpee box jump overs
- Single DB Hang Clean and Jerk | tell, show, do, check
 - 0:20 alternating DB deadlift
 - 0:20 alternating DB hang cleans
 - 0:20 DB push press (right)
 - 0:20 DB push press (left)
 - 0:20 Alternating DB hang clean and jerk
 - 0:20 Synchro DB hang clean and jerk

3

STRENGTH //

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

- Practice Round
 - 200m Run (together)
 - Waterfall Reps:
 - 4 Single Dumbbell Hang Clean & Jerks (2 Each Arm)
 - 2 Burpee Box Jump Overs
 - 8 AbMat Sit-ups
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 25:00 - 60:00

- Look For
 - Burpee Box Jump Over | Look for athletes to try and step up from the burpee to control the heart rate in the BBJO.
 - Sit Ups | Smooth pace throughout reps with the team. Athletes should use the sit ups to catch their breathe and have a break from the box.
 - Run | Pacing, athletes need to have a steady pace on the run, finishing the runs in around 2:00 each time.
 - DB hang clean and jerks | Look for athletes to use a strong hip extension in the clean and in the jerk.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY JULY 14

CORE

“Hot and Ready”
AMRAP 40
15/12 Calorie Bike Erg
15/12 Calorie Row
150’ DB Farmers Carry (50/35)
15 Burpees

"Sunday Runday"
Run 2-3 Miles

KG | N/A

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Core Killer
3 Rounds
30 Hollow Rocks
:30 Hollow Hold
Rest 2:00

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY JULY 14

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.

SCORE

Rounds plus reps

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.

LESSON PLAN

LESSON PLAN

SUNDAY JULY 14

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- Tabata flow. :20/on :10/off
 - No push up burpees
 - Jumping jacks
 - Knuckle draggers
 - Quad pulls
 - Knee pulls
 - Active spidersmans
 - Plank shoulder taps
 - Push ups

2

SPECIFIC WARMUP // 5 MINUTES | 9:00 - 14:00

- Specific flow
 - :30 bike
 - :30 row
 - :20 Farmers carry
 - :20 burpees
 - :20 bike
 - :20 row
 -

3

STRENGTH //

PRIMER // 4 MINUTES | 14:00 - 18:00

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

4

WORKOUT // 40 MINUTES | 18:00 - 58:00

5

COOL-DOWN // 2 MINUTES | 58:00 - 60:00