

COMPTRAIN GYM

LESSON PLANS | 03.18-03.24

MONDAY | 03.18 SAVAGERY

Strict Press
In a 10:00 Window
Max Strict Press @ 80%

"Savagery" [BENCHMARK]
AMRAP 10:
3 Power Cleans
3 Front Squats
3 Push Jerks

TUESDAY | 03.19 THE DELOREAN

5 Rounds x AMRAP 4:
15 TTB
30/24 Calorie Row
60 Double Unders
Max Calorie Row

Rest 4 Minutes Between Rounds

WEDNESDAY | 03.20 CHARLEY HORSE

Deadlift
In a 10:00 Window
Max Deadlifts @ 80%

"Charley Horse"
5 Rounds of:
200m Run
10 Deadlifts, 245/165
15 Push ups

Time Cap: 15:00

THURSDAY | 03.21 BUTTERFLIES

5 Rounds For Time:
30/24 Calorie Bike Erg
30 Russian Kettlebell Swings
(53/35)
10-20-30-40-50 Box Jumps
(24"/20")

Time Cap: 30:00

FRIDAY | 03.22 TALLADEGA NIGHTS

Back Squat
In a 10:00 Window
Max Back Squats @ 80%

"Talladega Nights"
5 x AMRAP 3
21 Wall Balls (20/14)
21/15 Cal Row
Max Strict Pull ups

No Rest Between AMRAPs

SATURDAY | 03.23 DEVIL DOGS

[TEAMS OF 3]
For Time:
1 Mile Run
50 Devil Press
50 Double Dumbbell Clean & Jerks
800 Meter Run
35 Devil Press
35 Double Dumbbell Clean & Jerks
400 Meter Run
20 Devil Press
20 Double Dumbbell Clean & Jerks

SUNDAY | 03.24 8 BALL

EMOM 8
Min 1 | Max Burpees to target
Min 2 | Max Calorie Row
Rest 4:00
EMOM 8
Min 1 | Max Alternating Single DB
devils press
Min 2 | Max Calorie Bike
Rest 4:00
EMOM 8
Min 1 | Max 25' Shuttle runs
Min 2 | Max Push Ups

NEWS + INFO

- Join the CompTrain Gym FB group for owners and coaches. [Group link](#)
- Next Monthly Call with Ben Booking [Link](#)
- CompTrain Benchmarks [Link](#)
- CompTrain Gym Resource Drive [Link](#)

MONDAY | 03.18 SAVAGERY

Strict Press
In a 10:00 Window
Max Strict Press @ 80%

Max set to technical failure.

"Savagery" [BENCHMARK]

AMRAP 10:
3 Power Cleans
3 Front Squats
3 Push Jerks

Barbell: (135/95)

KG | (61/43)

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"Pain versus Discomfort"

There is a common misconception about pain.
Pain is not what we feel inside of a conditioning workout, or the tail end of a heavy squat set.

Real pain is different.
Pain is when we are walking through the garage and stepping on a nail.

Pain is when we lose a limb.
Real pain is when we lose a loved one.

What we feel inside conditioning sets is not pain... It's discomfort.
Training isn't painful. It's uncomfortable at times, but – it's not pain.

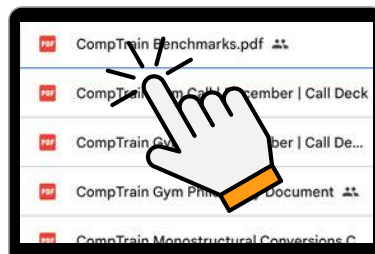
Let's use this as a perspective change as we enter today's training.
Today, we'll get uncomfortable.

HOME WORKOUT

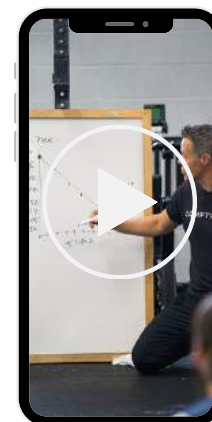
AMRAP 13:
3 DB Power Cleans
3 DB Front Squats
3 DB Push Jerks
3 Burpees

AFTER PARTY

3 Sets
10 Ring Dips
10 Chin Ups



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, our max sets are to be done to "Technical Failure" - This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. Today's barbell conditioning piece can go sideways quickly if we aren't paying attention to our breathing while we work in the early rounds. Can you find a conservative enough pace in the beginning rounds to allow you to consistently maintain or pick up the pace through the end of the clock?
Scoring	Rounds + Reps

ELEMENT	STIMULUS	MODIFICATIONS
Power cleans	Light to moderate. Singles.	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells
Front squats	Unbroken	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells• 6 Air Squats
Push jerks	Unbroken	<ul style="list-style-type: none">• Reduce Reps/Loading• Sub Dumbbells/Kettlebells• Push-Ups• HSPU

The One Teaching Focus | Straight bar

- With the number of barbell movements today, athletes will increase performance and safety by emphasizing a straight bar path. In the shoulder to overhead, cue athletes to get their chin back & out of the way so that they're able to press the bar in a straight line from the shoulders to overhead. In both the front squat and the clean we want to guide athletes to keep the bar moving over the middle of the foot.

Logistics

- In part 1, it's important to make sure athletes understand that "max set" does not translate to "set to failure". Athletes should stop around 2 reps shy of failure on the max set.
- In part 2, some athletes may choose to treat this like an EMOM in the first half of the workout and then ease into a slightly faster pace if they feel comfortable doing so. This format will make it difficult for athletes to share barbells. If you need to manage a large class with limited barbells you can provide a partner version of the workout by increasing the time frame and allowing partners to perform full rounds you-go-I-go style.

WOD BRIEF
3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

GENERAL WARM-UP
6 MINUTES | 3:00 - 9:00

- General Flow :30 each
 - Jumping jacks
 - Torso twist
 - Air squats
 - Inchworm to push up to down dog
 - Scorpion stretch
- 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

- 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
 - 5 Cued segmented strict press
 - Pause at eyes
 - Focus on tucked chin
 - 5 Cued resetting strict press
 - Focus on shoulders staying in place
 - 5 “touch and go” strict press
 - Focus on ears in front of biceps at the top
- Complex Prep
 - 6 Cued reps each
 - Push Press
 - Focus on upright torso in dip
 - Push Jerk
 - Focus on full extension before driving under the bar
 - Front Squat
 - Focus on high elbows
 - Power Clean
 - Focus on keeping the bar close
 - Focus on sound receiving position

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
 - 3 Power Cleans
 - 3 Front Squats
 - 3 Push Jerks
- Break
- Workout adjustments if needed

WORKOUT
10 MINUTES | 37:00 - 47:00

- Look For
 - Power Clean | Receiving Position. Ensure athletes are catching the bar with the hips back, knees out, elbows high, and bar in contact with shoulders.
 - Push Jerk | Stacked joints. The ears, shoulders, hips, and ankles should be in vertical alignment when the bar is overhead.
 - Front Squat | Chest up. Athletes should keep their chest lifted throughout the squat, preventing the upper body from collapsing forward. Elbows high. Ensure that the elbows remain high, pointing forward, to maintain the front rack position.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 03.19 THE DELOREAN

5 Rounds x AMRAP 4:
15 TTB
30/24 Calorie Row
60 Double Unders
Max Calorie Row

Rest 4 Minutes Between Rounds

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"Life is like sailing. You can use any wind to go in any direction." -
Robert Brault

Are we sailing North on purpose, or is it because the wind is
taking us that way?

Life will throw its curveballs. It's unseen illnesses, injuries, and
schedule conflicts. But it is a choice to allow those to change our
cardinal direction. There is always a way to continue in the
direction we want.

When the challenge strikes, we don't adjust the goal. We adjust
the sails.

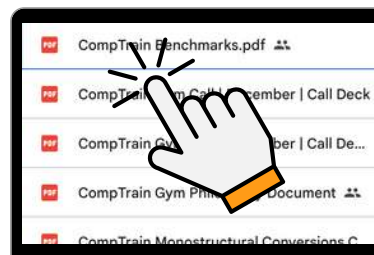
HOME WORKOUT

5 Rounds x AMRAP 4:
15 TTB
15 Burpees
60 Double Unders
Max reps burpees

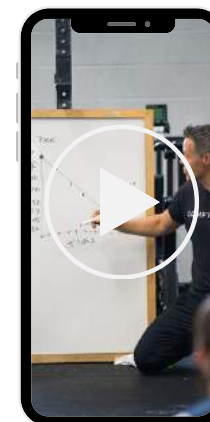
Rest 4 Minutes Between Rounds

AFTER PARTY

3 Sets
5 Goblet complex of
1 Forward lunge right
1 forward lunge left
2 squat
1 Step back lunge right
1 Step back lunge left
2 squat



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Big rest between matching time intervals of work means holding the same intensity or trying to increase our intensity as we go. Do you choose a hard effort pace on the first row to gain more time on the second or do you hit the first row at a sustainable pace to be able to hit the second time hard? The choice is yours.
------------------	--

Scoring	Reps accumulated over all 5 rounds.
---------	-------------------------------------

ELEMENT	STIMULUS	MODIFICATIONS
Toes to Bar	1-2 Sets in :30 or less.	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups
Calorie Row	2:00 or less.	<ul style="list-style-type: none">• Reduce Reps• 1:30 Time Cap• 25/20 Calorie Ski• 30/24 Calorie Bike Erg• 25/20 Calorie Echo/Assault Bike
Double Unders	:45 or less.	<ul style="list-style-type: none">• Reduce Reps• 90 Single Unders• 60 Plate Hops• 60 Reps of Singles & Doubles (Mix of Both)• :45 On Any Machine

The One Teaching Focus | Row sequence

- In your warm up and coaching emphasize the 4 segments of the rowing stroke sequence. The execution of all 4 are required for efficient rowing.
 - 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

- With a fully 1:1 interval format you can manage a large class by separating the class into 2 groups. Group 2 will begin the workout as group 1 starts their first rest interval.

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**

- AMRAP 5 Partner Flow
 - One partner rows 8/7 calories then alternates
 - Focus on catch, drive, finish, recover
 - Round 1: Jumping jacks
 - Round 2: Single unders
 - Round 3: Double unders
 - Round 4: Crossovers or athlete's choice

SPECIFIC WARM-UP**10 MINUTES | 9:00 - 15:00**

- TTB | tell, show, do, check
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Toes to space
 - 5 Full TTB or mod
 - Suggest single leg TTB or toes to space
 - Leg raises from the ground or hollow rocks if needed

PRIMER**6 MINUTES | 15:00 - 21:00**

- Practice Round
 - On A 2:00 Clock:
 - 7 Toes to Bar
 - 8/6 Calorie Row
 - 15 Double Unders
 - Max Calorie Row
- Break
- Workout adjustments if needed

WORKOUT**36 MINUTES | 21:00 - 57:00**

- Look For
 - Row | Sequence. Follow the catch, drive, finish, and recover. Stroke Rate. Consider the appropriate stroke rate for the training or racing goal. It's almost always the case that we should "row slow to row fast." More power per pull with a SPM of 24-28 is likely the sweet spot.
 - TTB | Neutral shoulders. Check that the shoulders remain in a neutral position, avoiding excessive shrugging or unnecessary tension in the upper traps.
 - Double Unders | Jump Height. Ensure athletes are jumping just high enough to allow the rope to pass under their feet twice. Excessive jump height can lead to fatigue and decrease efficiency.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 03.20 CHARLEY HORSE

Deadlift
In a 10:00 Window
Max Deadlifts @ 80%

Max set to technical failure.

"Charley Horse"
5 Rounds of:
200m Run
10 Deadlifts, 245/165
15 Push ups

Time Cap: 15:00

KG | (111/74)

OPEN - GAMES

5 Rounds of
200m Run
10 Deadlifts, 275/185
10 Strict HSPU

Time Cap: 15:00

MINDSET MINUTE

"There is a reason between listening, and waiting for your turn to speak." - Simon Sinek

Listening is a skill.

To not "hear" the words of another, but to truly be in the moment. To listen sincerely.

Most listen with the intent to reply. That is, as the other is speaking, they're already formulating what to say next. In these moments, they are no longer listening. We've shifted towards "hearing".

In conversations today, pay close attention to our thoughts as the other is speaking.

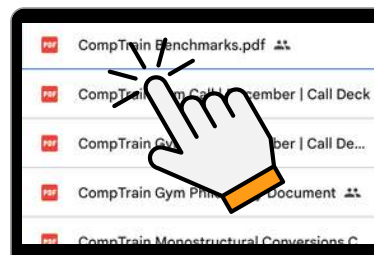
The intention is this:
Listen with the intent to understand.
Not to reply.

HOME WORKOUT

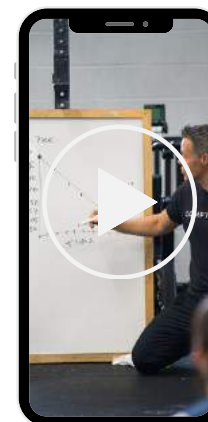
5 Rounds of:
200m Run
10 Double DB Devils press
15 Push ups

AFTER PARTY

4 Sets
8 Bent over barbell row
12 DB crush grip curls



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, our max sets are to be done to "Technical Failure" - This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. Reps should be completed unbroken. Bar may rest at the hips but not on the floor. In part 2, this workout requires pacing and smart breaks in the opening rounds to fight off the fatigue and maintain our intensity through the end. Do you know your strengths and weaknesses well enough to decide where to push and where to pull back a bit in this piece?
------------------	--

Scoring	time to complete work.
---------	------------------------

ELEMENT	STIMULUS	MODIFICATIONS
---------	----------	---------------

Run	1:00 or less.	<ul style="list-style-type: none">• Reduce Distance• 1:00 Time Cap• 250m Row• 160m Ski• 400m Bike• 150m Air Run
-----	---------------	--

Deadlifts	Moderate. 2 sets or less.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
-----------	---------------------------	--

Push-ups	1-3 sets.	<ul style="list-style-type: none">• Reduce Reps• Hand Release Push-Ups• Box Push-Ups• Dumbbell Bench Press
----------	-----------	---

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. Cue "legs first, back second"

Logistics

- Athletes should have plenty of time to share bars and change weights as needed for part 1.
- Set up your room so that athletes are able to transition safely and quickly from the run directly to the deadlifts and push ups.

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**

- Get out barbells
- General Flow
 - Line drills or in place
 - :30 Knuckle draggers
 - :30 Quad walk
 - :30 Forward lunge and reach
 - :30 Scorpions
 - :30 Bootstraps
 - :30 Jog
 - 200m run
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

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

- | | |
|---|---|
| <ul style="list-style-type: none"> • Deadlift tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance, grip, & set up <ul style="list-style-type: none"> ▪ Bar over middle of foot ▪ Bar in contact with shins ▪ Shoulders over bar ▪ Eyes forward ◦ 5 Cued reps hips to above knee <ul style="list-style-type: none"> ▪ Hips back first in the descent ▪ Bar close | <ul style="list-style-type: none"> ◦ 5 Cued reps above knee to mid shin <ul style="list-style-type: none"> ▪ Knees out of the way ◦ 5 Cued reps mid shin to standing <ul style="list-style-type: none"> ▪ Driving with the legs ▪ Shoulders and hips rise together until bar passes knee ◦ 3 cued lightweight reps <ul style="list-style-type: none"> ▪ Driving with legs ▪ Shoulders and hips rise together until bar passes knee |
|---|---|

STRENGTH**17 MINUTES | 19:00 - 36:00**

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

PRIMER**6 MINUTES | 36:00 - 42:00**

- Practice Round
 - 100m Run
 - 5 Deadlifts
 - 5 Push-ups
- Break
- Workout adjustments if needed

WORKOUT**15 MINUTES | 42:00 - 55:00**

- Look For
 - Deadlift | Shoulder Position. Check that the shoulders are directly over or slightly in front of the bar at the start of the lift. This helps maintain a more vertical bar path.
 - Run | Arm Swing. Arms should swing naturally in coordination with the opposite leg. Elbows should be bent at approximately 90 degrees. Hands should lightly and relaxed, not clenched.
 - Push ups | Elbow Position. Elbows should be at a 45-degree angle to the body. Avoid flaring elbows outward or tucking them too close to the body.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 03.21 BUTTERFLIES

5 Rounds For Time:
30/24 Calorie Bike Erg
30 Russian Kettlebell Swings
(53/35)
10-20-30-40-50 Box Jumps
(24"/20")

Time Cap: 30:00

KG | (24/15)

OPEN - GAMES

N/A

MINDSET MINUTE

"You'll miss the best things if you keep your eyes shut" - Dr. Suess

This quote is worth reading twice.

We are creatures of habit. We enjoy our routines. From the morning rituals, to the way we warm up for a workout, to our regimented diets and food plans.

Although dialing in the routine is a great thing, it's important that we remind ourselves to "keep our eyes open." What Dr. Suess's quote alludes to is an open mind. Even when we feel we've found exactly what works for us, we must resist the urge to close our eyes and ears to new ideas.

There is so much to learn, experience, and challenge ourselves with. That is, if we only keep our eyes open to do so.

Always a student.

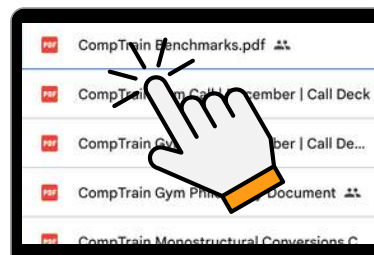
HOME WORKOUT

5 Rounds For Time:
60 Alternating Reverse Goblet
Lunges
30 Alternating DB hang snatch
30-40-50-60-70 Double unders

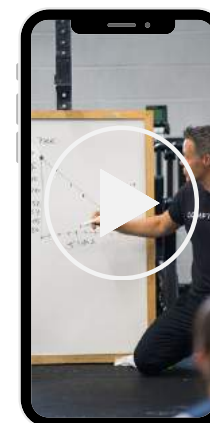
Time Cap: 30:00

AFTER PARTY

3 Sets
8 Goblet bulgarian split squats
each leg
10 Double DB alternating box step
ups



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	We have an ascending ladder today of a second explosive hip movement means we should approach the first 3 rounds with a little caution so that we can maintain a similar and consistent pace even when arriving at the larger sets of box jumps in the later rounds.
------------------	--

Scoring	Time to complete work.
---------	------------------------

ELEMENT	STIMULUS	MODIFICATIONS
Bike Erg	2:00 or less.	<ul style="list-style-type: none">• Reduce Reps• 2:00 Time Cap• 30/24 Calorie Row• 25/20 Calorie Ski• 400m Run• 300m Air Run
Russian Kettlebell Swings	1-2 sets.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Eye Level Dumbbell Swing
Box Jumps	Full extension of hip and knees on top of the box.	<ul style="list-style-type: none">• Reduce Reps• Reduce Box Height• Box Step-Ups• 15-30-45-60-75 Squat Jumps• Reverse Lunges

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

- If you're short on bikes, KBs, or boxes you can allow athletes to start this workout at varied stations. Start one group on the bike and one group on the KB swings.
- Teach athletes how to share boxes if necessary.

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 :15-20 each
 - Get out KBs
 - Arm circles forward
 - Arm circles backward
 - Arm swings(Up & Over)
 - Arm wraps
 - Trunk twists planted
 - Trunk twists w/ rotation
 - Quad pull
 - Knuckle draggers
 - Alternating spidermans
 - Downward Dog
 - Alternating lunge w/ calf raise

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

- Specific Flow
 - :45 Bike easy effort
 - Eval Cal/Hr
 - :30 KB deadlift
 - Focus on relaxed arms and squeezing the legs & glutes
 - :30 Step ups
 - :30 Bike moderate effort
 - Increase Cal/Hr
 - :30 KB hip pop
 - Focus on relaxed arms and creating max height through the hips
- :30 Heel rock to tuck jump
 - Focus on tucking the knees toward the chest, not sending the heels toward the butt.
- :30 Bike workout effort
 - Targeting workout Cal/Hr
- :30 KB swings
 - Focus on hips, not hands creating elevation on the KB
- Box jumps
 - Focus on landing as tall as possible on the box

PRIMER
6 MINUTES | 19:00 - 25:00

- Practice Round
 - 8/6 Calorie Bike Erg
 - 10 Russian Kettlebell Swings
 - 5 Box Jumps
- Break
- Workout adjustments if needed

WORKOUT
30 MINUTES | 25:00 - 55:00

- Look For
 - Bike | Pedal Technique. Emphasize a smooth and circular pedal stroke. Athletes should apply force not only during the downstroke but also through the entire pedal revolution.
 - Encourage pulling up on the pedals during the upstroke to engage the hamstrings and recruit more muscle groups.
 - KB Swing | Hips, not hands. Cue the athletes to “snap” the hips by squeezing the legs and glutes in order to maximize power on the KB swing. The KB should travel upward due to the force created by the hips, not by lifting the arms.
 - Box Jumps | Straight Line at the Top. Athletes should be in a straight line from head to heels at the top of the jump. Cue “Fully extend your hips and knees before tucking and landing.”

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 03.22 TALLADEGA NIGHTS

Back Squat
In a 10:00 Window
Max Back Squats @ 80%

Max set to technical failure.

"Talladega Nights"
5 x AMRAP 3
21 Wall Balls (20/14)
21/15 Cal Row
Max Strict Pull ups

No Rest Between AMRAPS
Score is total Strict Pull ups

KG | (9/6)

OPEN - GAMES

5 x AMRAP 3
21/15 Cal Row
15 Wall Balls (30/20)
Max Strict Pull ups
Score is total Strict Pull ups

MINDSET MINUTE

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." - Scott Adams

How does an echo start?

With a tiny sound. One that in and of itself, might not even be noticeable. But shortly thereafter that soft sound, comes its echo. Still maybe nothing to turn heads. Yet, this echo builds upon its previous. And again. And then again. Before we know it, it's impossible to ignore.

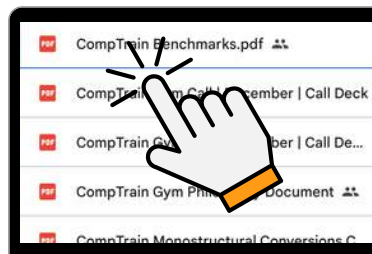
It's called the "changing of the echos", and it starts with a single tiny noise. Will we start one today?

HOME WORKOUT

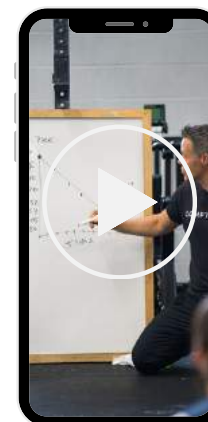
5 x AMRAP 3
21 Single DB thrusters
200m run
Max Strict Pull ups

AFTER PARTY

30-20-10
Unbroken barbell curls
Unbroken barbell bent row
Unbroken barbell supinated strict press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1, our max sets are to be done to "Technical Failure" - This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. In part 2, we have back to back AMRAPs with some redundant movements and strict gymnastics that are sure to burn out quickly if we're not careful from the start. Fatigue and breathing will quickly play a large role in how successful we are at the end of each AMRAP.
------------------	--

Scoring	Total strict pull ups
---------	-----------------------

ELEMENT	STIMULUS	MODIFICATIONS
Wallballs	:60 or less. 2 sets or less.	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 32 Air Squats
Calorie Row	Around :60.	<ul style="list-style-type: none">• Reduce Reps• 1:00 Time Cap• 15/12 Calorie Ski• 21/15 Calorie Bike Erg• 200m Run
Strict Pull-ups	Aim for at least :30.	<ul style="list-style-type: none">• Banded Strict Pull-Ups• Ring Rows• Jumping Pull-ups• Alternating Dumbbell Plank Rows

The One Teaching Focus | Grip the ground

- In both our back squats and wall balls we want to target grip and twist the ground with the feet. This will emphasize the knees tracking the toes and the use of the posterior chain throughout squatting movements.

Logistics

- Athletes should not go to failure on their pull-ups in the first few rounds, choose a number of reps that is sub maximal and try to maintain a consistent number of reps each round.
- Those less confident in their ability to hold onto the wallball under fatigue at this weight and height may consider scaling down to maintain a higher intensity pace.
- In part 1, make sure athletes have a clear understanding of what it means to go to “technical failure.” Pair athletes up in groups and call them to lift on alternating minutes so that you can see, correct, and cue each athlete throughout the sets.
- In part 2, you can manage a large class by staggering start times and beginning one group behind the other. You can also allow some athletes to begin on the wallballs and others to begin on the rower.

WOD BRIEF
3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

GENERAL WARM-UP
6 MINUTES | 3:00 - 9:00

- “Rowling” tourney
 - Provide teaching that focuses on sequence of pull.
 - Catch, drive, finish, recover.
 - Cue athletes to target this throughout the game.
 - 3 Rounds each
 - Close eyes at 50m
 - Partner furthest from target does 10 reps
 - Round 1 | Air squat
 - Round 2 | Medball squat
 - Round 3 | Medball thruster

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

- Wall balls | 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
- Pull ups | tell, show, do, check
 - :15 each
 - Scap retractions
 - Kip swings
 - Jumping eccentric
 - Modify to eccentric ring rows if necessary
 - Pull ups
 - Modify to workout movement

STRENGTH
17 MINUTES | 19:00 - 36:00

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

PRIMER
6 MINUTES | 36:00 - 42:00

- Practice Round
 - 7 Wallballs
 - 7/5 Calorie Row
 - 1-3 Strict Pull-ups
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 42:00 - 55:00

- Look For
 - Wall Ball | Timing. Cue athletes to extend the hips and legs fully before throwing the ball.
 - Calorie Row | Timing and sequence. Cue athletes to extend the hips and legs fully before pulling the handle.
 - Strict Pull Ups | 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.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 03.23 DEVIL DOGS

[TEAMS OF 3]

For Time:

1 Mile Run

50 Devil Press

50 Double Dumbbell Clean & Jerks

800 Meter Run

35 Devil Press

35 Double Dumbbell Clean & Jerks

400 Meter Run

20 Devil Press

20 Double Dumbbell Clean & Jerks

Dumbbells (50/35)

Run Together As a Team

Split Dumbbell Work As You'd Like

Time Cap: 35:00

KG | (22.5/15)

OPEN - GAMES

On The Minute x 30:

Min 1: 15/12 Calorie Echo Bike

Min 2: 7 Devil Press (50/35)'s

Min 3: 15/12 Calorie Row

Min 4: 7 Sandbag To Shoulder
(150/100)

Min 5: Rest

MINDSET MINUTE

"Well done is better than well said." - Benjamin Franklin

Talk is cheap.

Anyone can talk.

Only the few choose to DO.

There will be a point today where we will feel compelled to express our thoughts to someone. Maybe it's how something could be done better.

Press pause at that moment. "Ductus Exemplo" is a Latin phrase that translates to: "Lead by Example". Actions will always speak louder than any words.

HOME WORKOUT

For Time:

1 Mile Run

20 Devil Press

20 Double Dumbbell Clean & Jerks

800 Meter Run

15 Devil Press

15 Double Dumbbell Clean & Jerks

400 Meter Run

10 Devil Press

10 Double Dumbbell Clean & Jerks

Dumbbells (50/35)

AFTER PARTY

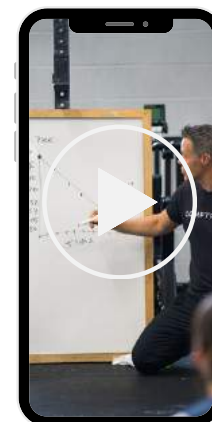
Tabata Floor press

8 Sets :20 on / :10 off

Max reps double DB floor press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout
Overview

Team work makes the dream work for today's piece! Break the dumbbell work as you like but don't forget your teammates when you head out the door on your team runs.

Scoring

Time to complete work

ELEMENT

STIMULUS

MODIFICATIONS

Runs

Around 10:00/7:00/3:00

- Reduce Distance
- 10/5/3 Minute Time Caps
- 2000/1000/500m Rows
- 1280/640/320m Skis
- 3200/1600/800m Bike Ergs
- 1200/600/300m Air Runs

Devil
Press

Moderate load. Quick, small sets

- Reduce Reps
- Reduce Loading
- Double Dumbbell Power Snatch
- Double Dumbbell Burpee Deadlift
- Single Dumbbell Devil's Press
- Burpee To Target
- Double Kettlebell Hang Clean & Jerk
- Double Kettlebell Russian Swings

DB Clean
& Jerks

Moderate load. Quick, small sets.

- Reduce Loading
- Reduce Reps
- Power Clean Only
- Push Jerk Only
- Kettlebell Swing

The One Teaching Focus | No rounded backs!

- In the Devil Press, Set your back before pulling off the ground. Drop the hips, lift the chest.

Logistics

- If necessary, allow athletes to utilize different loads on the DBs rather than requiring all 3 athletes to use the same loads.
- Athletes should try to find a pace on their runs that allow them to start working at their dumbbells once they return.

WOD BRIEF
3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

GENERAL WARM-UP
6 MINUTES | 3:00 - 9:00

- General Flow :20 each
 - Arm circles forward
 - Arm circles backward
 - Arm swings(Up & Over)
 - Arm wraps
 - Trunk twists planted
 - Trunk twists w/ rotation
 - Quad pull
 - Knuckle draggers
 - Alternating spidersmans
 - Downward Dog
 - Alternating lunge w/ calf raise

SPECIFIC WARM-UP
8 MINUTES | 9:00 - 17:00

- 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
- Dumbbell Flow
 - :10 Alternating DB deadlift
 - :10 Alternating DB deadlift + shrug
 - :10 DB swings right arm
 - :10 DB swings left arm
 - :10 DB push press right arm
 - :10 DB push press left arm
 - :10 DB hang snatch right arm
 - Focus on full extension of the hips and legs before pulling.
 - :10 DB hang snatch left arm
 - Focus on full extension of the hips and legs before pulling.
 - :10 DB snatch right arm
 - Focus on keeping the DB close
 - :10 DB hang clean & Jerk right
 - :10 DB hang clean & jerk left
 - 3 DB Clean & jerks
 - 3 Devil Press

PRIMER
6 MINUTES | 17:00 - 23:00

- Practice Round
 - 200m Run
 - 3 Devil Press
 - 3 Double Dumbbell Clean & Jerks
- Break
- Workout adjustments if needed

WORKOUT
35 MINUTES | 23:00 - 58:00

- Look For
 - Run | Posture. Check for an upright posture with a slight forward lean from the ankles. Avoid excessive forward bending at the waist or leaning back.
 - Devil Press | Flat backs. Cue athletes to drop the hips, lift the chest, and drive through the legs to initiate the pull.
 - DB Clean & Jerk | Overhead position. Look for a stacked position with the DBs clearly over and not outside the shoulders. Cue athletes to keep their biceps close to their ears.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 03.24 8 BALL

EMOM 8

Min 1 | Max Burpees to target
Min 2 | Max Calorie Row

Rest 4:00

EMOM 8

Min 1 | Max Alternating Single DB
devils press
Min 2 | Max Calorie Bike

Rest 4:00

EMOM 8

Min 1 | Max 25' Shuttle runs
Min 2 | Max Push Ups

OPEN - GAMES

N/A

MINDSET MINUTE

"You've got to get up every morning with determination if you're going to go to bed with satisfaction." - George Lorimer

"Win the morning, win the day" is something we've all heard a couple times.

It's less, however, about winning the morning, and more about establishing the right habits. The most successful in life routinely draw back to a core staple of set daily habits.

Write a short list of healthy habits you believe push you forward. It could be reading, journaling, "no phone hours", or anything in between. Where consistency is king, discipline is freedom.

HOME WORKOUT

EMOM 8

Min 1 | Max Burpees to target
Min 2 | Max double unders
Rest 4:00

EMOM 8

Min 1 | Max Alternating Single DB devils
press
Min 2 | Max alternating step back lunges
Rest 4:00

EMOM 8

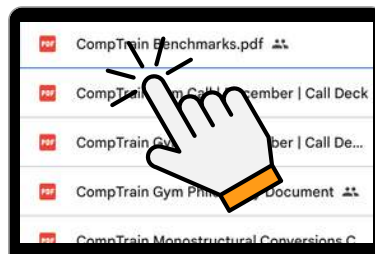
Min 1 | Max 25' Shuttle runs
Min 2 | Max Push Ups

AFTER PARTY

10 Sets

100m sprint

Rest :30 between



**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

Lowest round of each added (6 stations added together)

The One Teaching Focus | Cardio Respiratory Endurance.

- Cardiovascular Endurance training is often referred to as Long Slow Distance (LSD) or Zone 2 (Z2) training. It is performed at low intensity - essentially the point where you can still comfortably hold a conversation. This lower intensity allows for great volume of work, which increases capillary and mitochondrial densities in your muscles, increases in the strength and size of your heart muscle, increases blood plasma volume, improves endurance (you can go longer before getting tired), burns fat, and increases your ability to recover. It is easy to push zone 2 training sessions a little too fast. It is better to be on the too slow side as opposed to too fast. These runs shouldn't lead to high levels of local muscle fatigue and/or soreness, but more of a general overall fatigue. The longer runs should leave you a little sleepy and hungry, but not beat you up. We choose to do our Cardio Endurance training once per week on Sundays, and we choose running because of the carry over to real life - self-powered, bi-pedal movement across the earth (but you can use a bike or rower if you prefer). If you have 30 minutes to train you will do a 2-3 mile run. If you have 1-2 hours to train on a Sunday you will climb in distance for three weeks, then reset back one week. This "wave progression" allows you to add volume without physically or psychologically overloading.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

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

SPECIFIC WARM-UP

5 MINUTES | 9:00 - 14:00

- Specific flow
 - Get out DBs
 - :20 row
 - :20 bike
 - :20 alternating DB deadlift
 - :20 shuttle runs
 - :20 bike
 - :20 alternating DB burpee
 - :20 row
 - :20 bike
 - :20 alternating DB devils press
 - :20 shuttle runs

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 - 60:00

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up