

COMPTRAIN GYM

LESSON PLANS | 05.27-06.02

MONDAY | 05.27 MURPH [HERO]

For Time:

1 Mile Run

100 Pull-ups

200 Push-ups

300 Air Squats

1 Mile Run

Partition Gymnastics As Needed

Time Cap: 60 Minutes

REPEAT FROM 11/23/23

TUESDAY | 05.28 MAMBO NO. 5

Power Clean

Max Repetitions of Power Cleans @ 80%

"Mambo No. 5"

AMRAP 5:

Buy-In: 50/35 Calorie Bike Erg

9 Power Cleans (95/65)

21 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 35/25 Calorie Bike Erg

6 Power Cleans (135/95)

21 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 20/15 Calorie Bike Erg

3 Power Cleans (165/115)

21 Double Unders

WEDNESDAY | 05.29 GENTLY DOWN THE STEAM

4 Sets For Time:

*Rowing

4-3-2-1 Rounds of

20 Abmat Sit Ups

10 DB Front Rack Reverse

Lunge

*Men 1k/750/500/250

Women 900/675/450/225

THURSDAY | 05.30 BETTY

Bench Press

Max Repetitions of Bench Press @
80%

"Betty"

5 Rounds For Time:

12 Push Presses (135/95)

20 Box Jumps (24"/20")

Time Cap: 15 Minutes

REPEAT FROM 8/30/23

FRIDAY | 05.31 RANKEL [HERO]

AMRAP 20:

6 Deadlifts (225/155)

7 Burpee Pull-ups

10 Kettlebell Swings (70/53)

200 Meter Run

SATURDAY | 06.01 SWITCHING GEARS

Front Squat

Max Repetitions of Front Squats @
80%

"Switching Gears"

[TEAMS OF 2]:

On the Minute x 14 [7 Rounds]:

Minute 1: 20 Wallballs (20/14)

Minute 2: Max Bike Erg Calories

* Partners Start On Separate Stations

* Score Total Bike Calories

* Subtract Uncompleted Wallball Reps
From Final Calories

SUNDAY | 06.02 KINDA QF #2

50-40-30

Medball Squat Cleans

Burpee Box Jump Overs

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 | 05.27 MURPH [HERO]

For Time:
1 Mile Run
100 Pull-ups
200 Push-ups
300 Air Squats
1 Mile Run

Partition Gymnastics As Needed

Time Cap: 60 Minutes

REPEAT FROM 11/23/23

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"I want to see it, before I believe it."

We are visually oriented people.
We seem to trust our eyes more than our other senses.

It's why we call our ultimate direction our "vision". It's why in the middle of the night, if we think we hear something, we want to take a look before we feel safe enough to fall back asleep. We can hear news through the grapevine, but we doubt it until we see it.

Recognizing this, we can leverage it to our advantage. Many of us will agree that there is power in writing down our goals, and this is why. We begin to believe it that much more. It feels that much more real.

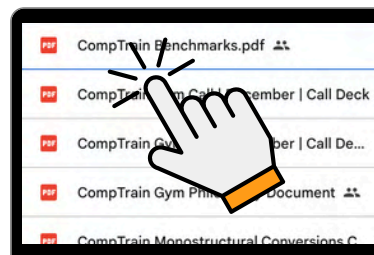
Write down our vision. Write down our goals. Write down anything that is important, not because it's a mundane task... but because we need to see it, before we believe it.

HOME WORKOUT

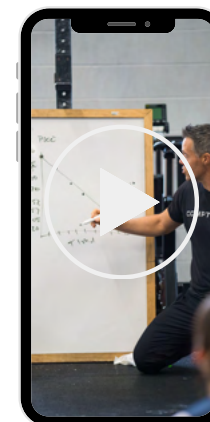
100 Alternating DB prone rows
200 Push Ups
300 Air Squats

AFTER PARTY

3 Sets For Quality:
:30 Plank Hold
15 V-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	Today’s workout and lesson plan are designed to fit into a longer than 60 minute class. The lesson plan timeline is designed to fit a 90 minute class. Adjust the time cap accordingly if you are completing Murph in a standard 60 minute class today.
Scoring	Total time. Vested and non-vested variations will both count as Rx.

ELEMENT	STIMULUS	MODIFICATIONS
Run	Each mile should be completed in under 11 minutes.	<ul style="list-style-type: none">• Reduce Distance• 2000m Row• 4000m Bike• 1600m Ski• 1200m Air Run
Gymnastics	The pull-ups and push-ups should be able to be completed in no less than sets of 5 in order to perform this workout as prescribed. See modifications for scaling options.	<ul style="list-style-type: none">• Reduce Totals (75/150/225 or 50/100/150 reps)• 100 Push-Ups/200 Sit-Ups/300 Air Squats• 200 Push-Ups/400 Air Squats• 300 Push-Ups/300 Air Squats• 200 Sit-Ups/400 Air Squats

The One Teaching Focus | Full Range of Motion

- Today’s teaching focus is a through line across all movements.
- Pull Ups| Chin must pass over the top of the bar.
- Push-Ups| Chest must touch the floor.
- Air Squats| Hips and knees fully extend at top and hips pass below top of knee in the bottom.

Logistics

- Today’s workout and lesson plan are designed to fit into a longer than 60 minute class.
- “Rx” as programmed by CompTrain is partitioned however and completed without a weighted vest.
- There are many variations of this workout within the CrossFit community and there are many opinions on what is considered “Rx.” For our measurable and repeatable purposes, we program Murph in a partitioned format and without a vest.

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

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

GENERAL WARM-UP
8 MINUTES | 3:00 - 11:00

- General Flow
 - :15 - :20 each
 - Arm wraps
 - Arm swings
 - Knee pulls
 - Quad pulls
 - Boot straps
 - Knuckle draggers
 - Air squats
 - Downward dog w/foot pedal
 - Shoulder taps
 - Eccentric push ups
 - Push ups
 - 200m run
- Rig Flow
 - :10 each
 - Dead hang
 - Scap pull ups
 - Kips (tight)
 - Kip swings (big)
 - Jumping eccentric pull ups
 - Workout movement

SPECIFIC WARM-UP
4 MINUTES | 11:00 - 15:00

- Demonstrate full range of motion
 - Push Up
 - Pull Up
 - Air Squat

PRIMER
6 MINUTES | 15:00 - 21:00

- Practice Round
 - 200m Run
 - 5 Pull ups
 - 10 Push ups
 - 15 Air Squats
- Break
- Workout adjustments if needed

WORKOUT
60 MINUTES | 21:00 - 81:00

- Look For
 - Pull Ups| Each rep should have the chin over the bar at the top and full extension of the elbow at lockout.
 - Push-Ups| Chest should come close to or touch the ground on each repetition. Ensure a full extension of the arms at the top of each push-up.
 - Air Squats| Cue athletes to squat below parallel and stand tall each rep. Cue athletes to keep their knees tracking their toes throughout each rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 05.28 MAMBO NO. 5

Power Clean

Max Repetitions of Power Cleans @ 80%

* To Technical Failure

* Add 10# To Each Set From Last Attempt
(04.10.24)

"Mambo No. 5"

AMRAP 5:

Buy-In: 50/35 Calorie Bike Erg

9 Power Cleans (95/65)

21 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 35/25 Calorie Bike Erg

6 Power Cleans (135/95)

21 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 20/15 Calorie Bike Erg

3 Power Cleans (165/115)

21 Double Unders

OPEN - GAMES

AMRAP 5:

Buy-In: 50/40 Calorie Echo Bike

6/5 Ring Muscle-ups

6 Power Cleans, @weight(135/95)

20 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 40/32 Calorie Echo Bike

4/3 Ring Muscle-ups

4 Power Cleans, @weight(165/115)

20 Double Unders

Rest 1 Minute

AMRAP 5:

Buy-In: 30/24 Calorie Echo Bike

3/2 Ring Muscle-ups

3 Power Cleans, @weight(205/145)

20 Double Unders

MINDSET MINUTE

"If you fight for your limitations, you get to keep them." - Jim Kwik

Our harshest critic is in between our ears.

We've all been there... telling ourselves we suck. That we're simply not good enough. Too old, too young, not good looking enough, not smart enough.

Each time we tell ourselves these things, we add one more vote to become them. The mind has this incredible power to bring into this world whatever we fixate on.

Yet what can be the harshest critic, can be the most powerful ally. Let's leverage those thoughts to our best advantage.

HOME WORKOUT

AMRAP 5 x 3

400m run

9 DB Power Cleans

21 Double Unders

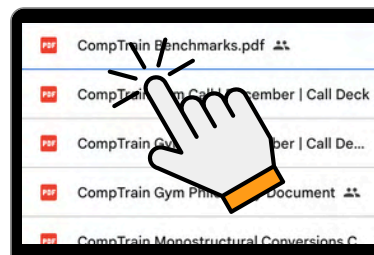
AFTER PARTY

4 Sets:

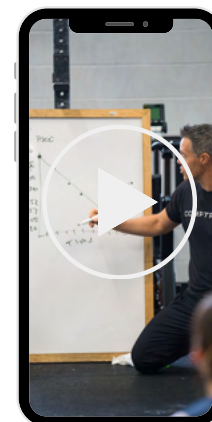
12 Banded goodmornings

10 Heavy double DB deadlifts

Rest 2 Minutes 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 Power Clean. Athletes should be targeting 6-12 reps at #10 heavier than the load they used the first time we performed power cleans during this cycle. If athletes didn't complete power cleans the first time, they'll target 80%. In part 2, Today's piece will require a lot of attention to our breathing if we're going to arrive at our barbell and be able to work all the way until the end of each round. We all love a good barbell cycling day, but when it's combined with two other movements meant to spike your breathing quickly and keep your heart rate high, we also want to be sure we're strategizing our barbell work.
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Scoring	Total rounds plus reps completed.
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ELEMENT	STIMULUS	MODIFICATIONS
Bike	About 3:00, 2:00 and 1:00 of work each round respectively.	<ul style="list-style-type: none">• Reduce Reps• 4:00/2:30/1:15 Time Cap• Same Calorie Row• 40/28, 28/20, 16/12 Calorie Ski• 600/400/200m Run
Power clean	1-3 sets or fast singles	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells
Double unders	No more than :30 at our rope.	<ul style="list-style-type: none">• Reduce Reps• 32 Single Unders• Plate Hops• Reps of Singles & Doubles (Mix of Both)• :15 Sprint On Any Machine

The One Teaching Focus | Power clean catch

- Teach the receiving position of the power clean as
 - Butt back
 - Feet flat
 - Knees out
 - Elbows up

Logistics

- Athletes can partner up and share bars in part 1.
- In part 2, athletes need to have their weights ready to lead in the 1 min rest between AMRAPs.

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

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

GENERAL WARM-UP
8 MINUTES | 3:00 - 11:00

- General Flow
 - 0:20 Bike
 - 0:20 Scorpions
 - 0:20 Downard dog
 - 0:20 Forearm stretch
 - 0:20 Alternating worlds greatest
 - 0:20 Jumping jacks
 - 0:20 Bootstraps
 - 0:20 Bend and reach
 - 0:20 Line hops (side to side)
 - 0:20 Air squats
 - 0:20 Lunge + reach
 - 0:20 Line hops (front to back)
 - 0:20 Squat jumps
 - 0:20 Push ups
 - 0:20 Bike
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts

SPECIFIC WARM-UP
12 MINUTES | 11:00 - 23:00

- 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
- Power Clean | tell, show, do, check
 - Establish stance, grip, & set-up
 - Hip-width stance
 - Hands just outside shoulders with full grip on the bar
 - Bar in contact with shins
 - Hips down
 - Shoulders slightly over the bar
 - Teach receiving position
 - Feet flat, butt back, knees out, elbows high
 - 5 cued reps position 1 (mid thigh / hip)
 - Focus on full extension before pulling and catching
 - Hold landing position
 - 5 Cued reps position 2 (above knee)
 - Focus on keeping the bar close throughout
 - Hold landing position
 - 3 Cued reps position 3 (mid shin)
 - Focus on butt down, and bar tight
 - Hold landing position
 - Add lightweight
 - 2 Cued reps
 - Focus on set up
 - Focus on full extension before pulling and catching
 - Focus on receiving position

STRENGTH
12 MINUTES | 23:00 - 35:00

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

PRIMER
6 MINUTES | 35:00 - 41:00

- Practice Round
 - 5/4 Calorie Bike Erg
 - 3 Power Cleans (weight 3)
 - 21 Double Unders
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 41:00 - 58:00

- Look For
 - Bike | Look for pacing. If athletes are significantly off the target distance, encourage modifying the distance.
 - Power clean | Catch position. Cue butt back, feet flat, knees out, and elbows up. Cue "fast elbows".
 - Double under | Continue to look for good positioning. Athletes hands should be down and slightly in front of them. Cue athletes to spin quick with the wrists. Cue athletes to jump straight up and keep from tucking or piking their feet.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 05.29 GENTLY DOWN THE STEAM

For Time:
1,000/900 Meter Row

4 Rounds:
20 AbMat Sit-ups
10 Dumbbell Front Rack Reverse Lunges

750/675 Meter Row

3 Rounds:
20 AbMat Sit-ups
10 Dumbbell Front Rack Reverse Lunges

500/450 Meter Row

2 Rounds:
20 AbMat Sit-ups
10 Dumbbell Front Rack Reverse Lunges

250/225 Meter Row

1 Round:
20 AbMat Sit-ups
10 Dumbbell Front Rack Reverse Lunges

Dumbbells: (50/35)'s

HOME WORKOUT

10 Rounds:
20 AbMat Sit-ups
10 Dumbbell Front Rack Reverse Lunges
200m Run

OPEN - GAMES

For Time:
1,000/900 Meter Row

4 Rounds:
15 V-Ups
10 Double Dumbbell Front Rack Walking Lunge Steps

750/675 Meter Row

3 Rounds:
15 V-Ups
10 Double Dumbbell Front Rack Walking Lunge Steps

500/450 Meter Row

2 Rounds:
15 V-Ups
10 Double Dumbbell Front Rack Walking Lunge Steps

250/225 Meter Row

1 Round:
15 V-Ups
10 Double Dumbbell Front Rack Walking Lunge Steps

Dumbbells: @dumbbell(50/35)'s

AFTER PARTY

Bent Over Row
3 Sets of 12
Rest 1-2 Minutes Between Sets

MINDSET MINUTE

“If failure is not an option, neither is success.”

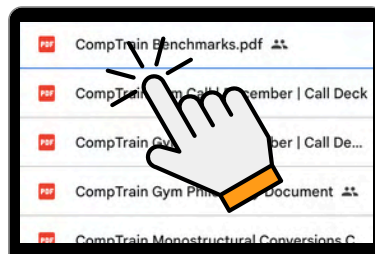
We fear the one who is willing to lose it all. The one who is willing to play full out with no reserves. The one who swings for the fences.

That’s a dangerous person. Dangerous enough... to accomplish something great.

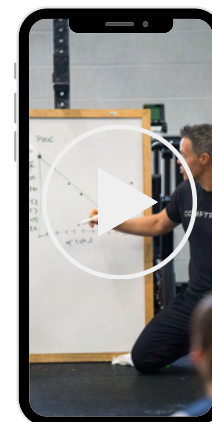
We all have a comfort zone. A status quo. It’s warm, cozy, and familiar. But it’s a box, with a ceiling and walls that we can see and touch. It’s a world that cannot grow further than what it’s already grown to.

If we want to grow, we have to climb out of that world into the unknown. To face that chance that we may fall flat on our face, because we’re walking in new ground. Yet, as much as a “swing and a miss” may sting a bit, there’s something far worse. Worse than any of that is the pain of knowing that we didn’t try.

Life is so short.
There’s no time to bunt.
Let’s swing for the fences.



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Row, row, row your boat athletes! Larger and longer conditioning piece today with a descending rep scheme, which we love to see. We have a big opportunity today to practice some smart pacing in our bigger opening rounds with the intention to be able to burn it down when we get into our final pieces of work at the end.
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Scoring	Time to complete all work.
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ELEMENT	STIMULUS	MODIFICATIONS
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Row	5:00, 4:00, 3:00, 2:00 time caps respectively.	<ul style="list-style-type: none">• Reduce Distances• 5:00/4:00/3:00/2:00 Time Caps• 800/600/400/200M, 720/540/360/180M Ski• 2000/1500/1000/500M, 1800/1350/900/450M Bike• 800/600/400/200M Run• 600/450/300/150m Air Run
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Sit Ups	Less than 1:00 of work each set.	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks
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Lunges	About :30 of work	<ul style="list-style-type: none">• Reduce/Remove Loading• Reduce Reps• Dumbbell Suitcase Lunge• Single Dumbbell• Sub Kettlebells• Sub Barbell• Forward Lunges
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The One Teaching Focus | Stroke Rate (SPM)

- 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. Adjustments may be needed based on the workout objectives.
- Ensure athletes are capable of maintaining a consistent stroke rate without sacrificing form.

Logistics

- A second group of athletes can start 5:00 behind if your class is short on rowers. Today's lesson plans accounts for extra time to run two groups if needed.

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

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

GENERAL WARM-UP
9 MINUTES | 3:00 - 12:00

- “Rowling” Game
 - 3 Rounds
 - Athletes attempt to row exactly 100m.
 - Athletes place the handle of the rower back down in order to indicate they’re finished with their pulls.
 - The athlete completes the number of burpees equal to the number of meters they were above or below the 100m mark.
- General Flow 0:20 of each
 - Tall plank
 - Alternating Spiderman
 - Pigeon (right)
 - Downward dog
 - Pigeon (left)
 - Hollow Rocks
 - Scorpions
 - Straight leg sit ups

SPECIFIC WARM-UP
12 MINUTES | 12:00 - 24:00

- DB Flow | tell, show, do, check
 - 0:20 of each
 - Alternating single DB single leg deadlift
 - Double DB deadlift
 - Double DB hang clean
 - Double DB front squat
 - Single DB alternating reverse lunge
 - Double DB alternating reverse lunge
- 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
 - Explain SPM and 500m/split and tell athletes where to look on the screen
 - :30 Easy row
 - Establish an easy 500m/split number
 - :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
 - Row slow to row fast – help athletes understand that this is the most efficient way to complete the row today.

PRIMER
6 MINUTES | 24:00 - 30:00

- Practice Round
 - 175/150m Row
 - 10 Sit-ups
 - 6 Dumbbell Front Rack Reverse Lunges
- Break
- Workout adjustments if needed

WORKOUT
28 MINUTES | 30:00 - 58:00

- Look For
 - Row | Cue athletes to control their strokes per minute cadence with a slight pause at the back of each pull. Cue athletes to drive hard through the legs to create power on the rower.
 - Sit Ups | Range of Motion Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rip.
 - DB Lunge | Knees & Toes. The knee should point in the same direction as the toes, avoiding any inward (valgus) or outward (varus) deviation.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 05.30 BETTY

Bench Press
Max Repetitions of Bench Press @
80%

* To Technical Failure
* Add 5# To Each Set From Last
Attempt (04.08.24)

"Betty"
5 Rounds For Time:
12 Push Presses (135/95)
20 Box Jumps (24"/20")

Time Cap: 15 Minutes

REPEAT FROM 8/30/23

OPEN - GAMES

5 Rounds For Time:
12 Handstand Push-ups
20 Box Jumps (24"/20")

Time Cap: 15 Minutes

MINDSET MINUTE

"75% Emotional, 25% Physical"

It's said that the hardest part about anything is starting. And that once we just take that first step, the successive action seems to just fall into place. And there's absolutely merit to that... an object in motion tends to stay in motion (Newton).

But beyond the surface we want to recognize the truth about us as human beings... that we are emotional creatures. And that our ultimate success is less dependent on the physical actions we take, and more on the emotional backings behind them.

We can conceptualize "successful action" in this way: 25% of it is the physical side. The actual hands in the dirt, grunt work. This stuff matters, of course. But these specific and granular "whats" only account to a quarter of the recipe.

75% of it is the emotional side. The story that plays between our ears as we're underway. We're going to hit bumps in the road, and how we internalize obstacles determines our path forward more than anything else. How do we respond when it's a "bad day?", and we're missing every single snatch attempt?

When we think about it that way, successful action isn't just about what we're doing, and far more about how we're doing it. Despite the battle being in our hands, it's won in our mind.

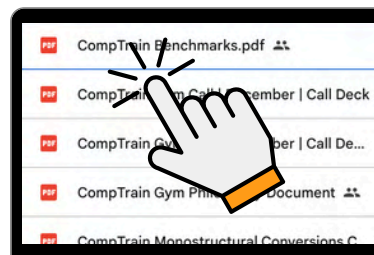
HOME WORKOUT

5 Rounds For Time:
12 DB Push Presses
20 Burpees

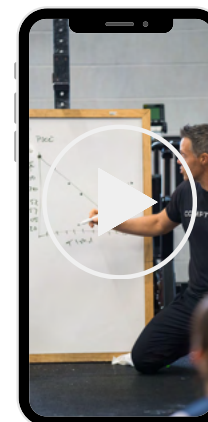
Time Cap: 15 Minutes

AFTER PARTY

For Time:
40 Double Dumbbell Box Step
Overs



**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 Bench Press. Athletes should be targeting 6-12 reps at #5 heavier than the load they used the first time we performed bench press during this cycle. If athletes didn’t complete bench press the first time, they’ll target 80%. In part 2, Today athletes will be challenged to hold onto the barbell for unbroken sets each round. That being said, the box jumps should be a fast but sustainable pace, allowing us to catch our breath a little bit but too slow to where we are losing time. Finding a balance between these two movements will help us crush this piece.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Push Press	1:00 or less	<ul style="list-style-type: none">• Reduce Loading• Sub Kettlebells or Dumbbells• Sub Strict Press• Kipping HSPU
Box Jump	1:00 or less	<ul style="list-style-type: none">• Reduce Box Height• Reduce Reps• Box Step-Ups• 30 Squat Jumps

The One Teaching Focus | Explosive hip drive

- Look for a powerful extension of the hips and knees, transferring force vertically to lift the barbell.

Logistics

- Athletes can partner up in part one, and spot another.
- In part two if athletes need share boxes, they can use the “you go i go method”

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-:30 Each
 - Step Ups
 - Arm Swings
 - Arm Wraps
 - Trunk Twists
 - Inchworm to Spiderman
 - Scorpions
 - Vertical Jumps
 - Bootstraps
 - Plank Shoulder Taps
 - Knee Push Ups
 - Push Ups
 - Box Jumps
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

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

- | | |
|---|--|
| <ul style="list-style-type: none"> • Push Press tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance & grip <ul style="list-style-type: none"> ▪ Feet hip width apart ▪ Hands just outside shoulders with full grip ▪ Bar in contact with shoulders ▪ Elbows slightly in front in bar ◦ 3 Cued dip and hold <ul style="list-style-type: none"> ▪ Focus on upright torso ◦ 3 Cued dip hold fast stand <ul style="list-style-type: none"> ▪ Focus on hard extension of knees and hips ◦ 3 Cued push press <ul style="list-style-type: none"> ▪ Focus on extending the hips and knees before pressing ▪ Hold top position, look for stacked position overhead | <ul style="list-style-type: none"> • Bench Press tell, show, do, check <ul style="list-style-type: none"> ◦ Establish stance, grip, & set up <ul style="list-style-type: none"> ▪ 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 <ul style="list-style-type: none"> ▪ 3 second negative, 2 second hold ▪ Focus on 45 degree angle with elbows ◦ 3 Tempo empty bar bench press <ul style="list-style-type: none"> ▪ 3 second negative, 2 second hold ▪ Focus on “breaking” or “snapping” the bar throughout the movement. |
|---|--|

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
 - 4 Push Press
 - 4 Box Jumps
 - 2 Push Press
 - 2 Box Jumps
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 39:00 - 54:00

- Look For
 - Push Press | Timing. Look for athletes to wait until they reach full extension of the legs and hips before pressing.
 - Box Jump |Landing Technique. Emphasize a soft and controlled landing on the box to minimize impact on joints. Athletes should land with their entire foot on the box, ensuring the knees do not collapse inward.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 05.31 RANKEL [HERO]

AMRAP 20:

6 Deadlifts (225/155)

7 Burpee Pull-ups

10 Kettlebell Swings (70/53)

200 Meter Run

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"Your obsessions become your possessions." - Ed Mylett

The word "obsessed" gets a bad rap.
And there's indeed some merit to that.

But let's try to define "to be obsessed" a little further. What it's not defined by is "hours put in". That may be correlation, but not causality. One is truly obsessed with something when their passion and fire for "that thing" is so great, that their willpower will see them through even the harshest of storms. Where every other person quits... they push on. To one who is obsessed, failure is simply not an option.

Be obsessed with reaching our dreams.
Be obsessed with becoming a better husband. A better wife.
A better son, a better daughter. A better friend, a better neighbor.

Be obsessed with what we care about the most. Our fiercest willpower, pointed in the right direction, is the most powerful thing in the world.

HOME WORKOUT

AMRAP 20:

6 DB Deadlifts

7 Burpees

10 Alternating DB Hang Snatch

200 Meter Run

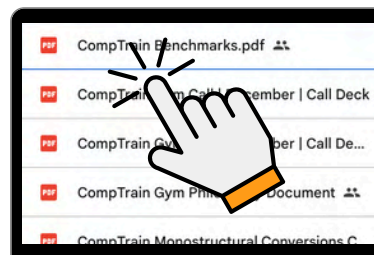
AFTER PARTY

3 Sets

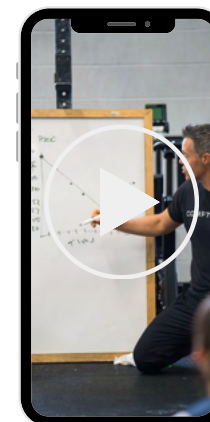
12 Dumbbell Bench Press

20 Dumbbell Side Bends Per Side

12 Dumbbell Reverse Flys



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

FOR THE COACH KEEP IT SIMPLE. COACH WITH CONFIDENCE.		
Workout Overview	We're going to be moving in a cyclical way today with smaller sets of each movement. The challenge will be to determine your breaks early so that we have a plan to keep moving, especially if we are already unsure of how well our grip will hold up for these three movements together. The run is a little break for our arms if we pace it properly and relax our arms.	
Scoring	Rounds plus reps completed.	
ELEMENT	STIMULUS	MODIFICATIONS
Deadlifts	1-2 sets.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Burpee Pull-ups	1:00 or less.	<ul style="list-style-type: none">• Reduce Reps• Jumping Pull-up From Plate/Box• Burpee to Target• Burpee Only• Jumping Pull-up Only• Burpees + Ring Rows
Kettlebell Swings	Goal should be unbroken	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Single Dumbbell Hang Power Snatches• Empty Barbell Hang Power Snatches• Russian Kettlebell Swings
Run	1:15 or less of work.	<ul style="list-style-type: none">• Reduce Distance• 1:15 Time Cap• 250/225m Row• 160/145m Ski• 500/450m Bike• 300m Air Run

The One Teaching Focus | Extend Your Knees

- In the deadlift, Instruct athletes to actively extend their knees as they lift the barbell. Emphasize the role of the quadriceps in the movement.
- In the KB swing, instruct athletes to squeeze the legs fully before moving the Kb upwards.

Logistics

- For today’s hero workout, it’s important to bring attention to the reason for performing hero workouts and the particular person this workout is written in honor of.

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
9 MINUTES | 3:00 - 12:00

- General flow :20 - :30 each
 - 200m run
 - Bootstrap
 - Downward dog
 - Pigeon right
 - Downward dog
 - Pigeon left
 - 100m run
 - Alternating lunge + reach
 - Air squats
 - Quick ups (no push up burpee)
 - Quick ups w/ max vertical jump
 - Burpees
 - 200m run
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP
10 MINUTES | 12:00 - 24:00

- KB Swing + Burpee Pull Up | tell, show, do, check
 - :20 each
 - KB Deadlift
 - Burpee in place (slow)
 - ¼ KB swing
 - Focus on hip hinge and squeezing the legs
 - Burpee in place (faster, soft elbow drop)
 - Russian KB swing
 - Full KB swing
 - Kip swings :20
 - Jumping pull ups :20
 - Full burpee pull ups :20
 - Establish workout stations on the rig
- Deadlift | tell, show, do, check
 - Establish stance and grip
 - Establish 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. Emphasize leg press.
 - Shoulders and hips rise together until bar passes knee
 - 3 Cued lightweight reps
 - Driving with the legs. Emphasize leg press.
 - Cue "Press the ground away through the heels"

PRIMER
6 MINUTES | 24:00 - 30:00

- Practice Round
 - 3 Deadlifts
 - 3 Burpee Pull-ups
 - 3 Kettlebell Swings
 - 100m Run
- Break
- Workout adjustments if needed

WORKOUT
20 MINUTES | 30:00 - 50:00

- Look For
 - Deadlifts | Reinforce the idea that the primary force should come from the legs, not the lower back.
 - Burpee pull up | Efficiency. Guide athletes to be as efficient as possible by their step up out of the burpee being the step into their jumping pull up.
 - KB Swing | Arm Position. The arms should act as a lever, not as the primary force generators. The kettlebell should be swung forward by the momentum generated from the hip hinge, not lifted with the arms.
 - Run | Timing. If athletes are struggling to maintain the intended stimulus, encourage them to modify the distance for the remaining rounds.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 06.01 SWITCHING GEARS

Front Squat
Max Repetitions of Front Squats @
80%

- * To Technical Failure
- * Add 10# To Each Set From Last Attempt (4/12/24)

"Switching Gears"
[TEAMS OF 2]:

On the Minute x 14 [7 Rounds]:
Minute 1: 20 Wallballs (20/14)
Minute 2: Max Bike Erg Calories

- * Partners Start On Separate Stations
- * Score Total Bike Calories
- * Subtract Uncompleted Wallball Reps From Final Calories

OPEN - GAMES

On the Minute x 15 [5 Rounds]:
Minute 1: Wallballs,
@wallball(20/14) to 10/9 ft
Minute 2: Bike Erg Calories
Minute 3: Handstand Walk For
Distance (1 rep = 10ft)

- * Score Total Reps

MINDSET MINUTE

"There will never be better you, than you."

There is a lot to be said about authenticity.
The first definition inside Merriam-Webster reads, "worthy of acceptance or belief."
If there's one sure way to find failure in something, it's through not being ourselves. It just doesn't pan out in the long run. While we always remain a student, the harm lies when we blur the lines between emulating the traits of our mentors... with trying to actually be them.

Our mentors do not wish for us to follow in their footsteps. Our mentors wish for us to go further. To blaze the path further than before.

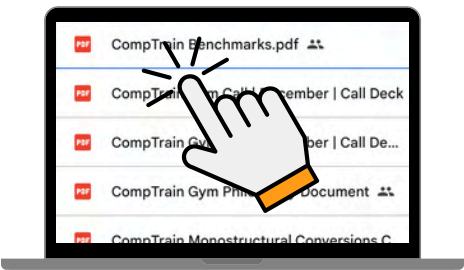
We have incredible leaders to guide us. But it is now on us to push even further. And there's no one suited better for that, than you.

HOME WORKOUT

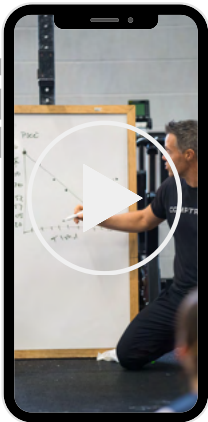
On the Minute x 14 [7 Rounds]:
Minute 1: DB Thrusters
Minute 2: Alternating Lunges
Score Total Reps

AFTER PARTY

5 Rounds
10 Strict Chin-ups
100' Farmers Carry



**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 Front Squats. Athletes should be targeting 6-12 reps at #10 heavier than the load they used the first time we performed front squats during this cycle. If athletes didn't complete front squats the first time, they'll target 80%. In part 2, Wallballs and bike erg have an opportunity today to be a great challenge for us to learn how we work best once we're under fatigue and volume. Big leg volume with a spiked heart rate and breathing means we should approach this one with a plan already in mind that we can alter on the fly once we're in the thick of it today.
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Scoring	Total reps accumulated across all rounds.
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ELEMENT	STIMULUS	MODIFICATIONS
Wallball	20+ reps when we are fresh. Goal should be 15+ reps per round.	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 30 Air Squats
Bike Erg		Sub Row/Ski/Assault/Echo/Air Run

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

- INDY VERSION
- On the Minute x 14 [7 Rounds]:
- Minute 1: Wallballs
- Minute 2: Bike Erg Calories
- Score Total Reps

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

- Genreal Flow
- Grab wallballs + light plate
 - 0:30 Spiderman
 - 0:30 downward + upward dog
 - 0:30 pigeon (right)
 - 0:30 pigeon (left)
- Partner general warm up
 - Round 1
 - P1: Bike
 - P2: 0:20 Plate squat hold + 0:20 "drive the bus" with plate
 - Round 2
 - P1: bike
 - P2: 0:20 Plate Ground to overhead + Plate squat (hold on chest)
 - Round 3
 - P1: bike
 - P2: 0:20 Plate squat (hold out with arms parallel)

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

- Wallball | tell, show, do, check
 - 3 medball deadlift
 - 3 medbal front squat
 - Look for chest up
 - 3 medball shoulder press
 - 3 medball thrusters
 - 3 wallballs
- 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
 - 1 Cued lightweight rep
 - Focus on elbows high throughout the rep
 - 1 Cued lightweight rep
 - Focus on hips initiating the squat
 - 1 Cued lightweight rep
 - Focus on weight in the heelsxt

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 - 49:00

- Practice Round
 - 8 Wallballs
 - :30 Bike Erg @ Hard Effort
- Break
- Workout adjustments if needed

WORKOUT
14 MINUTES | 39:00 - 53:00

- Look For
 - Wallball | Torso positioning. Encourage athletes to keep their chest lifted and elevated throughout the rep. Focus on proper timing. Cue the athlete to stand up all the way before throwing the ball overhead.
 - 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

SUNDAY | 06.02 KINDA QF #2

50-40-30
Medball Squat Cleans
Burpee Box Jump Overs

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"You can easily judge the character of a person by how they treat those who can do nothing for them." - Johann Wolfgang von Goethe

Cue, craving, response, reward.
In "Atomic Habits", by James Clear, this is the loop process that determines many of our actions.

A large part of the above is the final piece - the reward. We can be reward oriented beings. It's not a bad thing by itself, but we do find ourselves in trouble when it is the *only* thing.

The quote above gives us something to think about. Sometime today, we'll come across the individual who can offer us the least in return. As in, there won't be a reward for whatever action we have the option of taking. We'll know who it is when we see them.

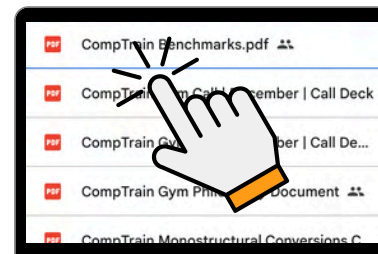
How we act inside that moment is the reality of our character.

HOME WORKOUT

50-40-30
DB Goblet Squats
Burpee Box Jump Overs

AFTER PARTY

Sprint Intervals
8 Rounds
200m Sprint
Rest 1:1



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout
Overview

Sunday programming is focused on cardio respiratory endurance. Both the workout and the programmed run is intended to focus specifically on the development of aerobic capacity.

Scoring

Time to complete work

The One Teaching Focus | Cardio Respiratory Endurance

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

WOD BRIEF**3 MINUTES | 0:00 - 3:00****GENERAL WARM-UP****6 MINUTES | 3:00 - 9:00**

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

SPECIFIC WARM-UP**5 MINUTES | 9:00 - 14:00**

- Specific flow
 - Get out medballs
 - 0:20 Step ups
 - :10 no push up burpee
 - :20 medball deadlift
 - :10 step back, step up burpee
 - :20 medball squats
 - :10 burpee
 - :20 medball thruster
 - :10 medball alternating lunges
 - :20 Sit ups
 - :10 medball squat clean
 - :20 Push ups
 - 0:20 box jumps

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 - 58:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up