

COMPTRAIN GYM

LESSON PLANS | 04.29-05.05

MONDAY | 04.29 GOODY TWO -SHOES

Strict Press
Max Repetitions of Strict Press @
80%

* To Technical Failure
* Add 5# From Last Attempt
(2/21/24)

"Goody Two-Shoes"
On the 1:30 x 10 Rounds:
10-1 Dumbbell Hang Clean & Jerks
Max Calorie Bike Erg

Dumbbells: (50/35)'s

TUESDAY | 04.30 BARBARA [BENCHMARK]

5 Rounds For Time [40 Minute
Cap]:

20 Pull-ups
30 Push-ups
40 AbMat Sit-ups
50 Air Squats

Rest 3 Minutes

REPEAT FROM 4/25/23

WEDNESDAY | 05.01 PICK-ME-UP

Deadlift
Max Repetitions of Deadlifts @
80%

"Pick-Me-Up"
For Time
Buy-In: 1,500/1350 Meter Row
60 Box Jumps (24"/20")
30 Deadlifts (245/165)

* Partition Box & Deadlift However
Time Cap 15:00

THURSDAY | 05.02 DUBSTEP

3 Rounds:
80 Double Unders
800 Meter Run
3 Rope Climbs (15')

Time Cap: 25 Minutes

FRIDAY | 05.03 LIGHTS OUT

Back Squat
Max Repetitions of Back Squats @
80%

"Lights Out"
For Time:
75 Hang Power Snatches
Every 2 Minutes [Starting at 0:00]:
15 Thrusters

Barbell: (75/55)
Time Cap: 15 Minutes

SATURDAY | 05.04 GREAT SUCCESS!

AMRAP 25:
[3 Rounds Each]:
P1: 500/450 Meter Row
P2: 30 Toes to Bar
P3: 15 Power Cleans (155/105)

Time Remaining:
Max Bar-Facing Burpees

SUNDAY | 05.05 CINDY CYCLES

"Cindy Cycles"
10 Rounds
Min 1 | 15/12 Calorie Bike
Min 2-3 | 1 Round of "Cindy"
Min 4 | Rest

*"Cindy"
5 Pull ups
10 Push ups
15 Air Squats

"Sunday Run Day"
Run 2-3 Miles

NEWS + INFO

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

MONDAY | 04.29 GOODY TWO -SHOES

Strict Press
Max Repetitions of Strict Press @
80%

* To Technical Failure
* Add 5# From Last Attempt
(2/21/24)

"Goody Two-Shoes"
On the 1:30 x 10 Rounds:
10-1 Dumbbell Hang Clean & Jerks
Max Calorie Bike Erg

Dumbbells: (50/35)'s

KG | (22.5/15)

OPEN - GAMES

On the 1:30 x 10 Rounds:
10-1 Dumbbell Hang Clean &
Jerks
Max Calorie Echo Bike

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.

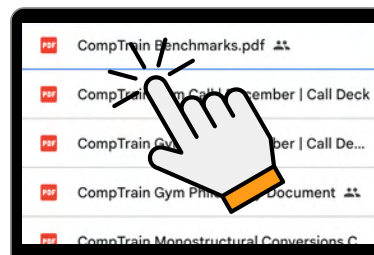
The intention is this:
Listen with the intent to understand.
Not to reply.

HOME WORKOUT

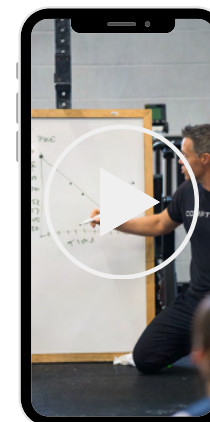
On the 1:30 x 10 Rounds:
10-1 Dumbbell Hang Clean & Jerks
Max Double Unders

AFTER PARTY

3 Sets
300' Heavy farmers carry
10 DB floor press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

In part 1, we're back with our second time through Strict Press. Athletes should be targeting 6-12 reps at #5 heavier than the load they used the first time we performed strict press during this cycle. If athletes didn't complete strict press the first time, they'll target 80%. In part 2, we're working for 15 minutes straight through while trying to accumulate calories which means that we'll need to find a pace just under threshold that allows us to move fast and consistent. Athletes should try to aim for an increasing calorie number each round, which means that we need to be careful in the beginning to stay in some control of our breathing and heart rate. As the time on the bike per round increases, we should be aiming to hold a similar working pace on the bike each interval.

Scoring

Total calories accumulated across all 10 rounds.

ELEMENT

STIMULUS

MODIFICATIONS

Dumbbell Hang Clean & Jerks

Unbroken sets with full lockout of both arms overhead.

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

Bike Erg

Consistent moderate to hard effort pace across all rounds.

- Sub Row/Ski/Air Run
- Sub Echo/Assault

The One Teaching Focus | Explosive hip drive

- Look for a powerful extension of the hips, with athletes driving through their heels.

Logistics

- With this time domain the bike screen should stay on and accumulate reps throughout.
- If you are short on machines, you can add a different movement and have athletes alternate rounds. For example:
 - Odd rounds: bike erg
 - Even rounds: ski
- Organize your room so that athletes can transition quickly from DBs to their machine.

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

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

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

- General Flow 0:20-0:30
 - Bike
 - Bootstraps
 - Scorpions
 - Bike
 - Downward dog
 - Alt. Spidermans
 - Bike
 - Inchworms + push ups
 - Squat jumps

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

- DB Prep | tell, show, do, check
 - :20 - :30 each
 - Alternating DB deadlift
 - DB swings right/left
 - Focus on squeezing the legs/butt to emphasize aggressive hip extension
 - Alternating DB hang clean
 - Double DB hang clean
 - Focus on quick turnover with the elbows
 - DB push press right/left
 - Focus on timing of legs extending then pressing
 - Focus on minimal dip w/ upright torso
 - DB push jerk right/left
 - Double DB push jerk
 - Focus on DBs ending "stacked" over the body
 - Double DB hang clean & jerk
 - Focus on aggressive hip extension in the clean, and timing of hip extension in the jerk
- Strict Press | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands just outside shoulders with full grip
 - Bar in contact with shoulders
 - Elbows slightly in front in bar
 - 3 Cued reps
 - Focus on "cylinder of strength"
 - Squeezed legs, butt, & stomach.
 - 3 Cued reps
 - Focus on chin back first.

STRENGTH
12 MINUTES | 21:00 - 33:00

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

PRIMER
6 MINUTES | 33:00 - 39:00

- Practice Round
 - 3 Dumbbell Hang Clean & Jerks
 - 7/5 Calorie Bike Erg
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 39:00 - 54:00

- Look For
 - Clean & Jerk | Explosive hip drive. Look for a powerful extension of the hips and knees, transferring force vertically to lift the DBs.
 - Bike | Breathing and Rhythm. Emphasize the importance of controlled breathing. Athletes should sync their breathing with their pedal strokes to maintain a steady rhythm. Teach breathing techniques for different intensities, such as deep diaphragmatic breathing during high-intensity efforts.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 04.30 BARBARA [BENCHMARK]

5 Rounds For Time [40 Minute Cap]:

20 Pull-ups
30 Push-ups
40 AbMat Sit-ups
50 Air Squats

Rest 3 Minutes

REPEAT FROM 4/25/23

OPEN - GAMES

5 Rounds For Time:
20 Chest-to-bar Pull-ups
30 Push-ups
30 GHD Sit-ups
20/16 Calorie Echo Bike

Rest 3 Minutes Between Rounds

Time Cap: 40 Minutes

MINDSET MINUTE

“Don’t bunt. Aim out of the ballpark.” – David Oglivvy

One of the most dangerous things we can do in life is to dream too small.

When we dig to the root of what causes this, we find that it's fear.

We can convince ourselves that it's too big of a goal. That it's out of reach. That in and of itself, is the death of the dream. A self-fulfilling prophecy from that point forward, as we can't accomplish what we can't believe.

So it starts with that: belief. Belief that we can learn the skills, build the capacity, and hone the craft. Having the dream is only a part of the equation, and it will only come second to having the belief. The belief that you deserve to step up to the plate, and put the ball over the fences.

HOME WORKOUT

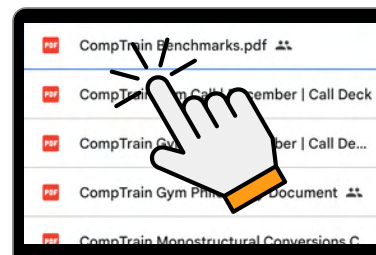
5 Rounds For Time [40 Minute Cap]:

20 Alternating DB plank rows
30 Push-ups
40 AbMat Sit-ups
50 Air Squats

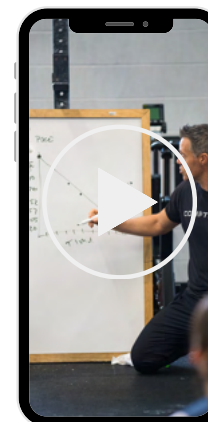
Rest 3 Minutes

AFTER PARTY

3 Sets
20 Barbell RDL + Bent Row



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

Barbara is on the menu today! This is a Benchmark workout and we repeat it every year, so if you've done it before be sure to have athletes look at their previous score on 4/25/23 and see if they can progress in difficulty or move a little faster! Barbara is a lot of volume in short amounts of time, meaning athletes can push a little harder each round than we may want to, knowing they have a big chunk of rest coming their way. Athletes should aim to hold consistent paces and strategize their breaks before getting started so that they have a plan to avoid working to failure.
Choosing manageable sets that do not go to failure and maximizing our rest between rounds by slowing our breathing down and reducing our heart rate will pay off once you get into the 4th and 5th rounds where the wheels may start to fall off.

Scoring

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

ELEMENT	STIMULUS	MODIFICATIONS
Pull-ups	1:00 or less. 1-3 sets with short rest.	<ul style="list-style-type: none">• Reduce Reps• Banded• Strict• Ring Rows• Alternating Dumbbell Plank Rows
Push-ups	1:15 or less. 1-5 sets with short rest.	<ul style="list-style-type: none">• Reduce Reps• Hand Release Push-Ups• Box Push-Ups• Dumbbell Bench Press
Sit-ups	1:15 or less.	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks
Air Squats	2:00 or less.	<ul style="list-style-type: none">• Reduce Reps• Squat to Target/Bench/Box• Reverse Lunges

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.
- Sit-Ups| Shoulders must touch the ground behind you and pass the hip crease at top.
- Air Squats| Hips and knees fully extend at top and hips pass below top of knee in the bottom.

Logistics

- If you are limited on rig space you can start a group 3:00 minutes behind, to ensure athletes are still able to complete Barbra as written.

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

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

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

- General Flow 0:20 of each
 - Arm Swings
 - Arm Wraps
 - Quad Pulls
 - Scorpions
 - Dead Hang
 - Tall Plank
 - Reverse Lunge w/ Reach
 - Scap Pull Ups
 - Inchworms + Downward Dog
 - Hollow Body Rocks
 - Tempo Air Squats
 - Push Ups From Knees
 - Active Hang
 - Sit Ups
 - Air Squats
 - Push Ups

SPECIFIC WARM-UP
4 MINUTES | 9:00 - 13:00

- Pull ups | tell, show, do, check
 - :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
 - 2x 3 Pull ups or workout mod

PRIMER
6 MINUTES | 13:00 - 19:00

- Practice Round
 - 1 Round:
 - 2 Pull-ups
 - 3 Push-ups
 - 4 Sit-ups
 - 5 Air Squats
- Break
- Workout adjustments if needed

WORKOUT
40 MINUTES | 19:00 - 59:00

- 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.
 - Sit Ups| Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rip.
 - 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

WEDNESDAY | 05.01 PICK-ME-UP

Deadlift

Max Repetitions of Deadlifts @ 80%

* To Technical Failure

* Add 10# From Last Attempt
(2/23/24)

"Pick-Me-Up"

For Time

Buy-In: 1,500/1350 Meter Row

60 Box Jumps (24"/20")

30 Deadlifts (245/165)

* Partition Box & Deadlift However

Time Cap 15:00

KG | (111/74)

OPEN - GAMES

For Time

Buy-In: 1,500/1350 Meter Row

60 Burpee Box Box Jump Overs
(24"/20")

30 Deadlifts (275/185)

* Partition Box & Deadlift
However

MINDSET MINUTE

"Don't set your heart on so many things." - Epictetus

At first glance, this almost sounds demoralizing. Yet at the core of this statement is a cause that is so pure: to put "first things first".

A modern mantra of our lives is that "we can have it all". Work, family, purpose, success, leisure time. We want all of it... at the same time... and right now.

The pitfall is not the act of having multiple desires, but the lack of prioritization of them. In a world where it's about the constant pursuit of more, we can lose ourselves in the fog. And where *everything* is important... Nothing is important.

Take a moment today to contemplate our priorities. Are we focused on the right things?

HOME WORKOUT

For Time

1000m Run

50 Burpees

50 Double DB Deadlifts

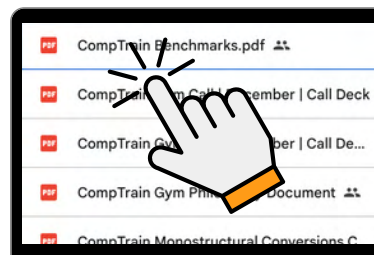
* Partition Burpee & Deadlift
However

AFTER PARTY

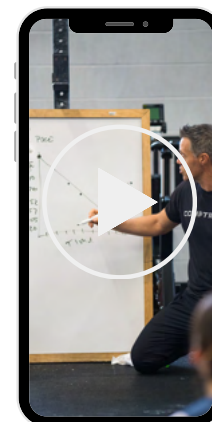
5 Sets

20 Hollow Rocks

10 V-Ups



**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 Deadlifts. Athletes should be targeting 6-12 reps at #10 heavier than the load they used the first time we performed deadlifts during this cycle. If athletes didn't complete deadlifts the first time, they'll target 80%. In part 2, we have a fun choose your own way workout! When seeing you can break up the bar and box however you want, it may look a little less intense, but there's a lot of movement pattern volume coming our way. Starting out with a longer row buy in before moving into two more hip opening movements. Athletes should find a pace on the row that allows them to keep their breathing pretty under control. This workout is not won on the rower today. When choosing how to break this up, keep in mind that small volume rounds may seem like the way to go, but if you cannot maintain intensity through them, bigger, well paced rounds may be the better way to go.
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Scoring	Time to complete work.
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ELEMENT	STIMULUS	MODIFICATIONS
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Row	7:00 or less.	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 1200/1100m Ski• 3000/2700m Bike• 1200/1100m Run• 900/800m Air Run
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Box Jump	5:00 total work.	<ul style="list-style-type: none">• Reduce Reps• Reduce Box Height• Box Step-Ups• 90 Squat Jumps• Reverse Lunges
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Deadlift	3:00 or less total work.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
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The One Teaching Focus | Push the earth away

- In the deadlift, push, don't Pull. Remind athletes that the deadlift is a push movement with the legs, not a pulling movement with the back. The arms and back provide support, but the primary force comes from the legs. Cue athletes to drive their heels into the ground.
- In the Row, emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.

Logistics

- If you are limited on rowers, you can start a group 7:00 behind the first group. The lesson plan allows for time to run a second heat if needed.
- If boxes are limited, encourage athletes to share and go “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 0:20 -0:30 Each
 - Row
 - Lunge and reach
 - Bootstrap
 - Row
 - Box step ups
 - Box step downs
 - Row
 - Bunny hops
 - 3 x Tabata vertical jumps :20 on / :10 off
 - increasing height each round until workout height
 - Box jumps
- 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

- | | |
|--|--|
| <ul style="list-style-type: none"> • Row tell, show, do, check <ul style="list-style-type: none"> ◦ Establish catch and finish positions <ul style="list-style-type: none"> ▪ Catch with flat back, heels down, and vertical shins. ▪ Finish with the handle at sternum and slightly open hips ◦ Explain SPM and 500/m split and tell athletes where to look on the screen ◦ :20 @ SPM of 32-35 <ul style="list-style-type: none"> ▪ Focus on 500m/split ◦ :20 @ SPM of 27-30 <ul style="list-style-type: none"> ▪ Maintain same 500m/split ◦ :20 @ SPM of 23-26 <ul style="list-style-type: none"> ▪ Maintain same 500m/split ◦ Help athletes understand that this is the most efficient way to complete the row today | <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 ◦ 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 |
|--|--|

STRENGTH
12 MINUTES | 19:00 - 31:00

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

PRIMER
6 MINUTES | 31:00 - 37:00

- Practice Round
 - 1 Round:
 - 150/125M Hard Effort Row
 - 6 Box Jumps
 - 3 Deadlifts
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 37:00 - 52:00

- Look For
 - Row | Emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.
 - Box Jump | Verify that athletes fully extend their hips and knees at the top of the box jump. Incomplete extension may lead to inefficient power generation and can increase the risk of injury.
 - Deadlift | ""Push Through the Floor"": Encourage athletes to push through the entire foot, focusing on the heels. Emphasize the idea of driving the feet into the floor to generate power.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 05.02 DUBSTEP

3 Rounds:
80 Double Unders
800 Meter Run
3 Rope Climbs (15')

Time Cap: 25 Minutes

OPEN - GAMES

Same as class

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.

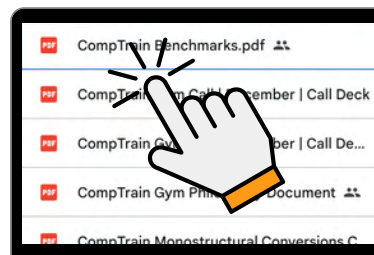
Always a student.

HOME WORKOUT

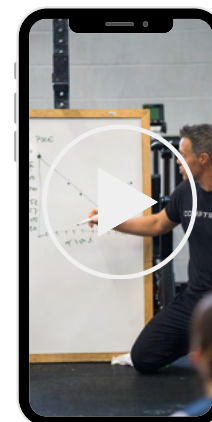
For Time:
210 Double Unders
1.5 Mile Run
18 DB plank row
18 Devil Press

AFTER PARTY

4 Rounds
10 Hollow Rocks
10 V-Ups
:20 Hollow Hold



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Dubstep is known for it's BPM range of 132-142, and if you're pacing properly, you'll become very familiar with this same tempo as you chip your way through each of 3 parts in today's conditioning. This one requires an ability to hold a higher heart rate for a long period of time without letting it get away from you. Athletes should aim to find paces and breaking strategies on their double unders and rope climbs that allow them to maximize their recovery between reps/sets but that does not cause them to have to stop making progress or working to failure.
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Scoring	Time to complete work.
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ELEMENT	STIMULUS	MODIFICATIONS
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Double Unders	4:00 or less	<ul style="list-style-type: none">• Reduce Reps• 305 Single Unders• Plate Hops• Reps of Singles & Doubles (Mix of Both)• Time On Any Machine
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Run	17:00 or less.	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 3000m Row• 1900m Ski• 4800m Bike• 1800m Air Run
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Rope Climbs	6:00 or less.	<ul style="list-style-type: none">• Reduce Height• Reduce Reps• 2 Lay to Stand Climb• 3 Strict Pull-Ups = 1 Rope• 4 Alternating Dumbbell Plank Rows = 1• 5 Ring Rows = 1 Rope• 5 Toes To Bar = 1 Rope
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The One Teaching Focus | Rope Sequence

- Cue athletes to follow the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.

Logistics

- A workout like this one shouldn't require any significant logistical considerations. However, you will want to consider the run route for the day and ensure that all your classes run the same route. For most gyms, a 400m loop run 2 times will likely be the best option today.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

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

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General flow
 - 100m run
 - :15 - :20 each
 - Arm swings
 - Arm wraps
 - Quad pulls
 - Knee pulls
 - Jumping jacks
 - Lateral rope hops
 - Forward and back rope hops
 - Down dog w/ foot pedal
 - Shoulder taps from plank
 - Scap retractions
 - Single unders
 - Knee push ups
 - Single unders
 - Full push ups
 - Single unders
 - 100m run

SPECIFIC WARM-UP

10 MINUTES | 9:00 - 19:00

- Jump Rope | 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 enhancing 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
- Rope Climb | tell, show, do, check
 - Progression
 - 4 Reps ring rows
 - 2 Reps stand to stand
 - 4 Reps jumping rope pull ups
 - 4 Reps jumping rope pull up with knee tuck
 - 5 rep Reach
 - Standing to reach and grasp
 - 5 rep Tuck
 - Grasp and tuck knees to chest
 - 5 rep Clamp
 - Grasp, tuck knees, clamp feet
 - 5 rep Stand
 - Grasp, tuck knees, camp feet, stand tall
 - 2 Reps workout movement

STRENGTH

20 MINUTES | 19:00 - 39:00

Detail text

PRIMER

6 MINUTES | 39:00 - 45:00

- Practice Round
 - 25 Double Unders
 - 200m Run
 - 2 Rope Climb
- Break
- Workout adjustments if needed

WORKOUT

30 MINUTES | 25:00 - 55:00

- Look For
 - Double Unders | 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. Encourage athletes to keep their hands down and in front of their body and to maintain straight legs as they jump.
 - Run | Foot Strike. Midfoot or forefoot strike is generally preferred over a heavy heel strike. Knee Lift and Stride Length. Adequate knee lift with each stride. Stride length should be comfortable and natural. Avoid overstriding (landing too far in front of the body) or understriding.
 - Encourage a light, quick, and efficient foot turnover.
 - Rope Climb | Sequence. Cue athletes to follow the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 05.03 LIGHTS OUT

Back Squat
Max Repetitions of Back Squats @
80%

* To Technical Failure
* Add 10# From Last Attempt
(2/19/24)

"Lights Out"

For Time:

75 Hang Power Snatches
Every 2 Minutes [Starting at 0:00]:
15 Thrusters

Barbell: (75/55)
Time Cap: 15 Minutes
KG | (34/25)

OPEN - GAMES

For Time:
75 Hang Power Snatches

Every 2 Minutes [Starting at 0:00]:
15 Thrusters

Barbell: (95/65)

Time Cap: 15 Minutes

MINDSET MINUTE

"Waste No More Time Arguing What A Good Person Should Be.
Be One." - Marcus Aurelius

It isn't what we say that defines us, but instead what we do.

In today's modern world, opinions flow freely. This is a great thing. Yet with such healthy discussions and debates, comes drama, confusion, and a blurred line between what is right and wrong.

The term 'paralysis through analysis' is an expression used that describes a situation where we overthink things. We try to appease every opinion, and in attempting so, we do nothing.

Marcus Aurelius urges us to contemplate less, and act more. To be the change we want to see in this world, rather than to argue for it.

HOME WORKOUT

For Time:

75 Alternating DB hang snatch

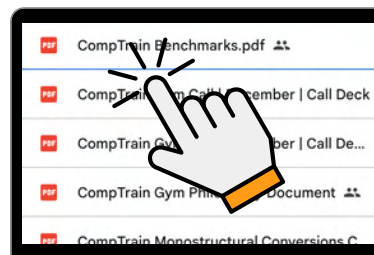
Every 2 Minutes [Starting at 0:00]:
15 DB thrusters

Time Cap: 15 Minutes

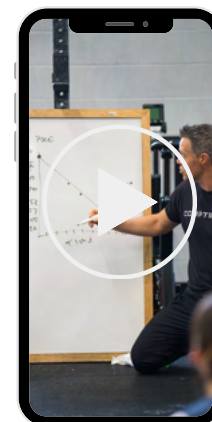
AFTER PARTY

3 Sets

8 Filly press each arm
8 Bent DB row each arm



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	In part 1 we're back with our second time through Back Squats. Athletes should be targeting 6-12 reps at #10 heavier than the load they used the first time we performed back squats during this cycle. If athletes didn't complete back squats the first time, they'll target 80%. In part 2, we have some serious barbell conditioning. Athletes should use a light load on the barbell. Athletes need to be able to complete at least 10 reps per interval in order to finish this workout under the time cap.
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Scoring	Time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Hang Power Snatch	Light. 10 rep min per interval.	<ul style="list-style-type: none">• Reduce load• Reduce volume• Alt DB hang snatch
Thruster	Light. 2 sets or less. :45 or less.	<ul style="list-style-type: none">• Reduce load• Reduce volume• Sub DBs• Front squats• Goblet squats• 2x air squats

The One Teaching Focus | Elbows beat the feet

- On the hang snatch we want to emphasize “landing locked out.” The athlete’s elbows should be locked out and stacked before the feet land flat in the receiving position. This will emphasize a strong triple extension and pull and eliminate press out.

Logistics

- In part 1, make sure that athlete’s who completed these squats in our prior microcycle know that the objective is to increase by #10. Provide clear examples of technical failure.
- In part 2, it’s important that athletes test out the load that they intend to use in the workout. A workout like this can be discouraging for athletes who fail to modify accordingly. Ensure that athletes test the load and modify as needed to maintain the stimulus.

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 & PVCs
- General flow
 - :30 PVC pass through
 - :30 PVC around the world
 - :30 Samsons R
 - :30 Samsons L
 - :30 Childs pose
 - :30 Downward dog
 - :30 Alternating spidermans w/ reach
 - :30 Pigeon right
 - :30 Pigeon left
 - :30 PVC Overhead squat
- CT Barbell flow :15-:20 each
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff Leg deadlifts
 - Front squats

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- Hang Power Snatch | tell, show, do, check
 - Establish stance, grip , & set up
 - Feet hip width apart
 - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Eyes on the horizon
 - 5 PVCsnatch position 1 (hips/thigh)
 - Focus on speed through the jump
 - 5 PVC snatch position 2 (above knee)
 - Focus on speed of the pull & punch
 - Cue "land locked out"
 - 5 PVC snatch position 3 (mid shin)
 - Focus on PVC close
 - 3 snatch position 1
 - 3 snatch position 2
 - 3 snatch position 3
- Back Squat | tell, show, do, check
 - Establish stance, grip, & set-up
 - Feet shoulder width apart
 - Bar on traps with full grip on bar
 - Arms pressing into bar
 - Stomach squeezed
 - 5 Goodmornings
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on an upright torso in the squat
 - Cue athletes to press up into the bar with the arms to control the load
 - Move to rack & teach sound un-rack and re-rack

STRENGTH

12 MINUTES | 33:00 - 39:00

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

PRIMER

6 MINUTES | 33:00 - 39:00

- Practice Round
 - On the 1:00
 - 8 Thrusters
 - Max Hang power snatch
 - Athletes should get at least 5 reps
- Break
- Workout adjustments if needed

WORKOUT

15 MINUTES | 39:00 - 54:00

- Look For
 - Hang Power Snatch | Elbows beat the feet. Athletes should be landing with locked out and stacked elbows.
 - Thrusters | Timing. Efficiency is key. Athletes should wait to press the barbell off the shoulders until their hips and legs fully extend.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 05.04 GREAT SUCCESS!

AMRAP 25:

[3 Rounds Each]:

P1: 500/450 Meter Row

P2: 30 Toes to Bar

P3: 15 Power Cleans (155/105)

Time Remaining:

Max Bar-Facing Burpees

* Rotate After All Teammates Finish
Station

* Each Teammate Goes Through 3
Times

* After 3 Rounds Each, Move To
Burpees

* Score Total Team Burpees
KG | (70/47)

OPEN - GAMES

On the 6:00 x 3 Rounds

500/450 Meter Row

20 Toes to Bar

15 Power Cleans (185/125)

Time Remaining:

Max Bar-Facing Burpees

Rest 3:00 between rounds

MINDSET MINUTE

“Build before you have to.” - James Clear

We are creatures that respond very, very well to pressure situations. If we are studying for a test, cramming the day before tends to nearly be “magical”. Under such external pressures, we create this urgency that drives results.

But - what if we don't need that external pressure?
What if we can create it for ourselves, internally, for everyday use?
What a weapon that would be.

Build the skill set before you need to use it.
Build the knowledge before you need to know it.
Be ahead of the game. So that when it comes, we're playing it, and not vice versa.
Create the urgency today through a commitment to ourselves. Always an eager student.

HOME WORKOUT

On the 6:00 x 3 Rounds

400m Run

20 V-ups

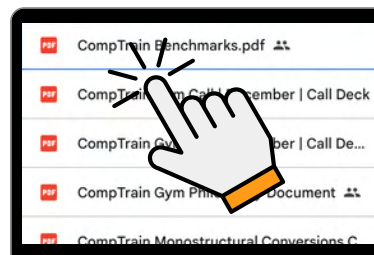
15 Double DB Power Cleans
(185/125)

Time Remaining:
Burpees

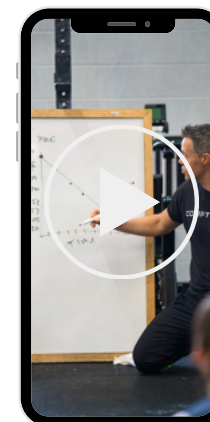
AFTER PARTY

3 Sets

12 Bulgarian split squats each leg
20 Banded goodmornings



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

FOR THE COACH KEEP IT SIMPLE. COACH WITH CONFIDENCE.		
Workout Overview	"Yay burpees!" Said Ben... Maybe. Fun little team triplet today of cardio, gymnastics and a barbell, with a nifty cash out of bar-facing burpees. In the first part we're finding sets and rest that let us keep moving but that will save us a little bit of hip explosiveness to grind our way through this set of burpees without having to slow significantly.	
Scoring	Time to complete work.	
ELEMENT	STIMULUS	MODIFICATIONS
Row	About 2:00 of work.	<ul style="list-style-type: none">• Reduce Distance• Time Cap• 400/360m Ski• 1000/900m Bike• 400m Run• 300m Air Run
Toes to Bar	About 1:30 of work. Up to 4 sets with consistently short rest between sets.	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups
Power Cleans	1:30 or less of work. Fast singles or smaller cycled sets.	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells• Sub Box Jumps (24"/20")
Bar-facing Burpees	5:00 or less of work. Must be perpendicular to barbell, two feet in the air at the same time to mark as Rx.	<ul style="list-style-type: none">• Reduce Reps• Bar-Facing Burpees (With Step Over)• Lateral Barbell Burpees• Regular Burpees• 50/45 Calories 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

- Indy Version
 - For Time:
 - [3 Rounds]:
 - 500/450 Meter Row
 - 30 Toes to Bar
 - 15 Power Cleans (155/105)
 - Directly Into...
 - 50 Bar-Facing Burpees
 - Time Cap: 30 Minutes

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

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

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

- General Flow 0:20-0:30
 - Row
 - Downward + upward dogs
 - Samson R
 - Samson L
 - Row
 - Inchworm + spiderman
 - Hollow body rocks
 - Quick ups
 - Row
 - Sit ups
 - Burpees
- CT Barbell flow :15-:20 each
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff Leg deadlifts
 - Front squats

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

- 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
 - Shoulders slightly over the bar
 - Establish catch position
 - Butt back
 - Feet flat
 - Knees out
 - Elbows up
 - 3 Cued reps position 1 (mid thigh)
 - Focus on catch position
 - 3 Cued reps position 2 (above knee)
 - Focus on catch position
 - 3 Cued reps position 3 (mid shin)
 - Focus on catch position
- 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

PRIMER
6 MINUTES | 21:00 - 27:00

- Practice Round
 - 150/125 Meter Row
 - 5 Toes to Bar
 - 3 Power Cleans
 - 3 Bar-Facing Burpees
- Break
- Workout adjustments if needed

WORKOUT
25 MINUTES | 27:00 - 52:00

- Look For
 - Row | Arm Movement. Emphasize a smooth and controlled arm movement, with the elbows bending only after the legs have fully extended. Encourage a straight chain path during the pull phase, avoiding unnecessary deviations.
 - TTB | Shoulder initiated kip. Cue athletes to squeeze the stomach and legs while pushing and pulling the rig with the arms.
 - Power Clean | Catch position. Cue butt back, feet flat, knees out, and elbows up. Cue "fast elbows".
 - Burpees Over Bar | Footwork. Athletes should increase their efficiency by having their step out of the burpee be the step into their jump over the bar, avoiding unnecessary steps.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 05.05 CINDY CYCLES

"Cindy Cycles"

10 Rounds

Min 1 | 15/12 Calorie Bike

Min 2-3 | 1 Round of "Cindy"

Min 4 | Rest

*"Cindy"

5 Pull ups

10 Push ups

15 Air Squats

"Sunday Run Day"

Run 2-3 Miles

OPEN - GAMES

N/A

MINDSET MINUTE

"All you need are these: certainty of judgment in the present moment, action for the common good in the present moment, and an attitude of gratitude in the present moment for anything that comes your way." -

Marcus Aurelius

Perception, Good Action, and Gratitude.

Written nearly two thousand years ago, these three disciplines apply to our lives just as much today as back then.

Perception - In 20/20 hindsight, everyone has the right answer. But in the present moment, things can go south. What creates the difference - our emotional state. Control our emotions, and we'll find clarity of judgment in the present.

Good Action - Perception is one thing, but it's another to take the leap of action. Square ourselves off to the opportunity in front, and make it count. Every time. We never waste our failures. Worth writing twice, we never waste our failures.

Gratitude - Through the lens of gratitude, everything is a gift. Change this, and the world changes around us.

HOME WORKOUT

10 Rounds

Min 1 | 10 Burpees

Min 2-3 | 1 Round of "Cindy"

Min 4 | Rest

*"Cindy"

5 DB plank rows

10 Push ups

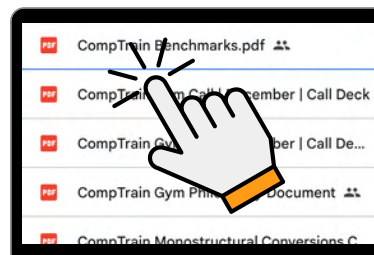
15 Air Squats

AFTER PARTY

Tabata push ups for reps

8 Rounds of :20 on / :10 off

*Increase difficulty by holding the :10 in a tall plank



**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

Slowest round of Cindy

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
 - No push up burpees

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

- Specific flow
 - :20 dead Hang
 - :20 scap push ups
 - :20 tempo air squats
 - :20 scap pull ups
 - :20 tempo push ups
 - :20 squat hold
 - :20 jumping negative pull ups
 - :20 push ups
 - :20 air squats
 - :20 pull ups

PRIMER**6 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