

COMPTRAIN GYM

LESSON PLANS | 03.04-03.10

MONDAY | 01.29
TENDERLOIN

Front Squat
On the 3:00 x 3 Sets:
8 Front Squats

"Tenderloin"
3 Rounds
12/9 Calorie Row
12 Front Squats
Directly into...
3 Rounds
12/9 Calorie Row
12 Deadlift

TUESDAY | 03.04
MR. GOODBAR

5 Rounds for time of:
800m Run
8 Strict Pull-ups
12 Devil Press 50/35

Time Cap: 40 Minutes

WEDNESDAY | 03.05
GOAT DAY | HIP, HIP, HOORAY!

Push Jerks
On the 3:00 x 3 Sets:
8 Push Jerks

"Mr. Goodbar"

For Time:

1 Power Clean + 9 Push Jerks
2 Power Clean + 8 Push Jerks
3 Power Clean + 7 Push Jerks
4 Power Clean + 6 Push Jerks
5 Power Clean + 5 Push Jerks
6 Power Clean + 4 Push Jerks
7 Power Clean + 3 Push Jerks
8 Power Clean + 2 Push Jerks
9 Power Clean + 1 Push Jerk

THURSDAY | 03.06
WORKOUT NAME

"Goat Day"

On the Minute x 20:
Minute 1: Movement 1
Minute 2: Movement 2

-OR-

"Hip, Hip, Hooray!"
On the Minute x 20 [5 Rounds]:
Minute 1: C2 Bike Calories
Minute 2: Box Jumps (24"/20")
Minute 3: Air Squats
Minute 4: Rest

FRIDAY | 03.07
24.2

TBD

SATURDAY | 03.09
TRI SPRINT INTERVALS V2

5 Rounds:
AMRAP 4:
30 x 10 Meter Shuttle Runs
30/24 Calorie Bike Erg
Max Calorie Row

Rest 4:00 Between Rounds

SUNDAY | 03.10
BODY ARMOR ENDURANCE V2

EMOM 28 (7 rounds)
Complete 8-12 Reps of each
Min 1 | Box jump overs
Min 2 | Strict pull ups
Min 3 | Alt Double DB front rack
lunge
Min 4 | Double DB hang power
clean
Rest exactly :30 between sets.

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 | 03.04 TENDERLOIN

Front Squat
On the 3:00 x 3 Sets:
8 Front Squats
Start First Set at 60% & Build

"Tenderloin"
3 Rounds
12/9 Calorie Row
12 Front Squats
Directly into...
3 Rounds
12/9 Calorie Row
12 Deadlifts

Barbell: (155/105)
KG | (70/47)

OPEN - GAMES

For Time:
5 Rounds:
15 Wall Balls (20/14) to (10/9ft)
15 Calorie Row
7/5 Ring Muscle-ups

MINDSET MINUTE

"Everyone makes mistakes. Not everyone owns them."

It can be tempting to blame a failure on an external factor. But when we do, we gain nothing. When we shirk responsibility, we also shirk a learning opportunity.

Learning starts with ownership. Recognizing that we can do this better. No one is infallible. We will all make mistakes. Sometimes we will be part of larger mistakes that involve a host of other people. But, even when it's easy to allow ourselves to blame the situation, look inward.

Ask yourself a simple question: "What could I have done better?"

HOME WORKOUT

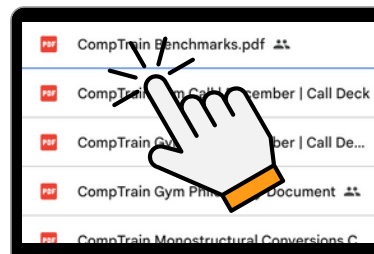
3 Rounds
200m run
12 DB Front Squats

Directly into...

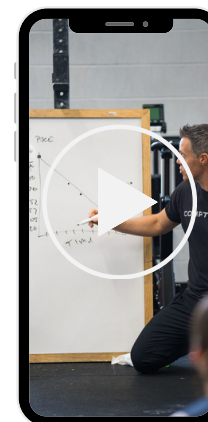
3 Rounds
50 Double unders
12 DB Deadlifts

AFTER PARTY

2 sets
50' Double DB death march
50' Double DB walking lunge



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

In part 1 we have some volume strength work with 3 sets of 8 front squats. Athletes should begin with a load they're very confident in and then continue to build in load each set. In part 2, we've got two back to back couplets with no rest between to kick off this week! First three rounds will feel heavier and slower on the legs, and smooth is fast. The switch to the deadlift will feel lighter and you'll be able to move much faster on the bar, even if you don't want to.

Scoring

Time to complete work

ELEMENT	STIMULUS	MODIFICATIONS
Row	:60 or less	<ul style="list-style-type: none"> • Reduce Reps • :45 Time Cap (On any machine) • 12/9 Calorie Ski/Bike Erg • 10/8 Calore Echo/Assault Bike
Front Squats	1-2 sets	<ul style="list-style-type: none"> • Reduce Loading • Reduce Reps • Sub Dumbbells • 18 Air Squats
Deadlifts	Unbroken	<ul style="list-style-type: none"> • Reduce Loading • Reduce Reps • Sub Dumbbells or Kettlebells • Good Mornings • Kettlebell Sumo Deadlift

The One Teaching Focus | Lift the elbows

- In the front squats of our strength work and metcon we want to emphasize high elbows. Athletes keeping their elbows high will maximize both performance efficiency and safety. In particular, this cue will help athletes move the bar in a straight line throughout the squat.

Logistics

- In part 2, the deadlift weight is the same as the front squat weight regardless of whether you scale the front squat weight.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Row | :60 or less
- Front Squats | 1-2 sets
- Deadlifts | Unbroken

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- Get out barbells
- General flow
 - :30 Samsons R
 - :30 Samsons L
 - :30 Childs pose
 - :30 Downward dog
 - :30 Alternating spidermans w/ reach
 - :30 Pigeon right
 - :30 Pigeon left
- 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

- 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 500/m split and tell athletes where to look on the screen
 - :20 @ SPM of 32-35
 - Focus on Cal/Hr split
 - Focus on athletes fully extending the legs before pulling
 - :20 @ SPM of 27-30
 - Maintain same Cal/Hr split
 - Focus on athletes moving the chain in a straight line
 - :20 @ SPM of 23-26
 - Maintain same Cal/Hr split
 - Help athletes understand that this is the most efficient way to complete the row today
- 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 ¼ Squat & hold
 - Focus on hip initiated squat while maintaining high elbows
- 3 cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
- 2 Cued Squat & Hold
 - Focus on leading with the elbows as the athlete stands
- 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 heels

STRENGTH

17 MINUTES | 19:00 - 36:00

- 8:00 to build to workout weight
- Every 3:00 x 3 sets
- Transition to part 2

PRIMER

6 MINUTES | 36:00 - 42:00

- Practice Round
 - 4 Calorie Row
 - 4 Front Squats
 - 4 Calorie Row
 - 4 Deadlifts
- Break
- Workout adjustments if needed

WORKOUT

15 MINUTES | 42:00 - 55:00

- Look For
 - Row | Leg Drive. Emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.
 - Front Squat | Bar Path. Keep an eye on the barbell's vertical path. It should move straight up and down over the mid-foot, avoiding excessive forward or backward shifts.
 - Deadlift | Bracing. Coach athletes to engage their core and brace their abdominal muscles before lifting. A tight core provides stability and protects the lower back.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 03.05 STRICT LITTLE DEVIL

5 Rounds for time of:
800m Run
8 Strict Pull-ups
12 Devil Press 50/35

Time Cap: 40 Minutes

OPEN - GAMES

3 Rounds:
20 Double Dumbbell Thrusters
20 Burpee Pull-ups
20 Shuttle Runs (1 rep = 25ft
Down & Back)
Rest 1:00 Between Rounds

MINDSET MINUTE

“The only thing that is different about me, is that I'm not afraid to die on a treadmill.” - Will Smith

It's not about the treadmill. It's what the treadmill stands for.

Will Smith is not a competitive athlete. If he runs 2, 3, 10 miles... he's still probably going to be highly successful in his career.

Probably.

But that's not why he is who he is. He's not defined by what he's doing, but how he is doing it.

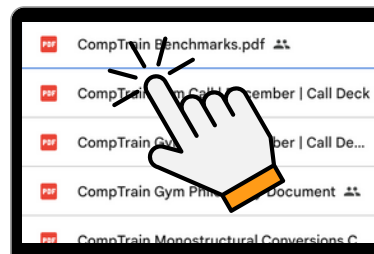
Full heart, full commitment, full effort. Wherever we go.

HOME WORKOUT

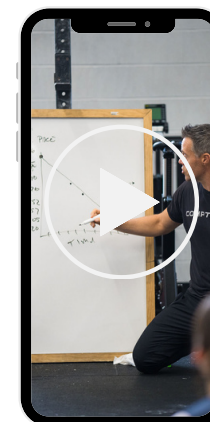
5 Rounds for time of:
800m Run
8 Alternating DB plank rows
12 Devil Press 50/35

AFTER PARTY

5 Sets
10 DB crush grip curls
10 DB lateral raise
10 DB front raise



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview
 Long cardio piece with some strict pulling and some extra grip fatigue with the single arm devil press. Grip may become a factor quickly if we aren't breaking from the beginning to maintain our breathing and resting those forearms. Try not to get pulled out too early and save some gas for a push in the final round.

Scoring
 Time to complete work

ELEMENT	STIMULUS	MODIFICATIONS
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Run	Around 4:00	<ul style="list-style-type: none"> • Reduce Distance • 4:00 Time Cap • 1000m Row • 640m Ski • 1600m Bike • 600m Air Run
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Strict Pull-ups	:40 or less. 1-2 sets	<ul style="list-style-type: none"> • Reduce Pull-Ups • Banded Strict Pull-Ups • Ring Rows • Alternating Dumbbell Plank Rows
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SA Devil Press	2:00 or less	<ul style="list-style-type: none"> • Reduce Reps • Reduce Loading • Single Dumbbell Power Snatch • Single Dumbbell Burpee Deadlift • Burpee To Target • Single Kettlebell Hang Clean & Jerk • Single Kettlebell Russian Swings
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The One Teaching Focus | Retract the scaps

- Emphasize scapular retraction and depression before initiating the pull-up. Athletes should engage their shoulder blades by pulling them down and back. This same teaching focus and cue applies to athletes who modify to ring rows as well.

Logistics

- With a workout like today athletes shouldn't have any issues with sharing equipment or space on the rig. You can pair athletes up and have one athlete begin with the Devils Press and one with the strict pull ups after the run. You can also stagger your athlete's start times on the first run if they need to share equipment.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Run | Around 4:00
- Strict Pull-ups | :40 or less. 1-2 sets
- SA Devil Press | 2:00 or less

GENERAL WARM-UP

4 MINUTES | 3:00 - 7:00

- General Flow :15-20 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 spidermans
 - Downward Dog
 - Alternating lunge w/ calf raise

SPECIFIC WARM-UP

8 MINUTES | 7:00 - 15:00

- Strict Pull Up | tell, show, do, check
 - :10 dead hang
 - 2 set of 10 scap pull ups
 - Provide teaching emphasis here as the focus for the day
 - This is the initiating of the strict pull
 - 5 Scap retraction + elbow flexion
 - Focus on sequence of strict pulling movement
 - Scaps first, elbows back second.
 - 3 Jumping eccentric pull ups
 - Focus on elbows down and slightly back during the movement
 - Sub to ring rows if needed
 - 3 Workout movements
 - Establish subs and mods for the class
- SA Devils Press | tell, show, do, check
 - Focus on timing of hip extension before utilizing the arms to pull.
 - :10 Alternating DB deadlift
 - :10 DB swings right
 - :10 DB swings left
 - :10 DB hang snatch right
 - :10 DB hang snatch left
 - 4 Alternating DB Devils press
 - Focus on keeping the DB close to the body

PRIMER

4 MINUTES | 15:00 - 19:00

- Practice Round
 - 100m Run
 - 4 Strict Pull-ups
 - 4 Single Arm Devil Press
- Break
- Workout adjustments if needed

WORKOUT

40 MINUTES | 19:00 - 59:00

- Look For
 - Run | Timing. If athletes are struggling to maintain the intended stimulus, encourage them to modify the distance for the remaining rounds.
 - Strict pull up | Teaching focus of scap retraction to initiate the pull. Cue athletes to “pull their shoulder blades back and down before bending the elbows”
 - SA devils press | Keeping the DB close to the body. Maximizing leg drive before using the arms to pull.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 03.06 MR. GOODBAR

Push Jerks
On the 3:00 x 3 Sets:
8 Push Jerks
Start First Set at 60% & Build

"Mr. Goodbar"
For Time:

- 1 Power Clean + 9 Push Jerks
- 2 Power Clean + 8 Push Jerks
- 3 Power Clean + 7 Push Jerks
- 4 Power Clean + 6 Push Jerks
- 5 Power Clean + 5 Push Jerks
- 6 Power Clean + 4 Push Jerks
- 7 Power Clean + 3 Push Jerks
- 8 Power Clean + 2 Push Jerks
- 9 Power Clean + 1 Push Jerk

Barbell: (135/95)
Time Cap: 10 Minutes
KG | (61/43)

OPEN - GAMES

- 5 Rounds:
3 Wall Walks
10 Box Jump-Overs (24/20")
10 Toes To Bar
10 Alternating Dumbbell Snatch,
(50/35)

MINDSET MINUTE

"Excitement comes from achievement. Fulfillment comes from the journey."

Winning the award is exciting. Fulfillment is looking back at the hard work put in.

There's irony when we think about defining moments. We build up in our minds that accomplishing that "thing" will be the ultimate. And when we get there, hell yeah will it be exciting. But the podium does not change who we are.

The real defining moments were the experiences that led up to those big achievements. The trials, the tribulations, the lessons learned. The early mornings. The late nights. The deep and unforgettable relationships we build through the blood, sweat, and tears.

The dopamine hit comes when we win; when we reach the goal, when we get the promotion. The everlasting fulfillment comes from the journey. And it's a hell of a drug.

HOME WORKOUT

- With DB
Buy-in 100 Double unders
- 1 Power Clean + 9 Push Jerks
 - 2 Power Clean + 8 Push Jerks
 - 3 Power Clean + 7 Push Jerks
 - 4 Power Clean + 6 Push Jerks
 - 5 Power Clean + 5 Push Jerks
 - 6 Power Clean + 4 Push Jerks
 - 7 Power Clean + 3 Push Jerks
 - 8 Power Clean + 2 Push Jerks
 - 9 Power Clean + 1 Push Jerk
- Cash-out 100 Double unders

AFTER PARTY

- 5 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
 In part 1 we're continuing our 3 x 8 format with push jerks. Athletes should begin their first set with a load they're very confident in and then continue to build as able each round. In part 2 we have a nice little barbell cycling piece today, aiming to hang onto unbroken sets of push jerks throughout. Choosing smart places to rest and a consistent but quick strategy on the power cleans will be important once we get a few rounds deep.

Scoring
 Time to complete work

ELEMENT	STIMULUS	MODIFICATIONS
Power Cleans	Light to moderate. Quick singles.	<ul style="list-style-type: none"> • Reduce Loading/Reps • Hang Power Cleans • Sub Dumbbells
Push Jerks	Unbroken throughout.	<ul style="list-style-type: none"> • Reduce Reps/Loading • Sub Dumbbells/Kettlebells • Push-Ups

The One Teaching Focus | Rack position

- In both the receiving position of the clean and the launching position of the jerk we want the barbell truly resting on the athlete's "shoulder shelf".

Logistics

- In part 1, pair athletes up in groups of 2 or 3 and cue them to lift on alternating minutes. Ensure that the floor space around your racks are clear so that athletes can safely bail out and drop the bar if necessary.
- In part 2, the total always equals 10 reps. Thinking about it this way can help athletes remember their rep count. Make sure your room is set up so athletes have plenty of room around them to complete this workout safely.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Power Cleans | Light to moderate. Quick singles.
- Push Jerks | Unbroken throughout.

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General flow :15-:20 each
 - Arm circles forward
 - Arm circles backward
 - Tricep stretch
 - Bodyweight goodmorning
 - Stagger stance goodmorning right
 - Stagger stance goodmorning left
- CT Barbell flow :15-:20 each
 - Goodmornings
 - Back Squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP

15 MINUTES | 9:00 - 24:00

- | | |
|--|---|
| <ul style="list-style-type: none"> • Jerk tell, show, do, check <ul style="list-style-type: none"> ◦ :45 each side barbell trap release ◦ 3 Strict press <ul style="list-style-type: none"> ▪ Focus on pressing from shoulder shelf position ◦ 3 Push press <ul style="list-style-type: none"> ▪ Focus on pressing from the shoulders ◦ 3 Push jerks <ul style="list-style-type: none"> ▪ Focus on fully jumping before pressing and landing ◦ 3 Cued push jerks <ul style="list-style-type: none"> ▪ Focus on no pressing. Rely on legs. ▪ Stick landing and evaluate position ◦ 5 Empty bar push jerks on their own | <ul style="list-style-type: none"> • Clean & Jerk tell, show, do, check <ul style="list-style-type: none"> ◦ 2 reps position 1 <ul style="list-style-type: none"> ▪ Focus on fast elbows and rack position ◦ 2 reps position 2 <ul style="list-style-type: none"> ▪ Focus on fast elbows and rack position ◦ 2 reps position 3 <ul style="list-style-type: none"> ▪ Focus on fast elbows and rack position |
|--|---|

STRENGTH

17 MINUTES | 24:00 - 41:00

- 8:00 to build to workout weight
- Every 3:00 x 3 sets
- Transition to part 2

PRIMER

6 MINUTES | 41:00 - 47:00

- Practice Round
 - 2 rounds
 - 3 cleans + 3 jerks
- Break
- Workout adjustments if needed

WORKOUT

30 MINUTES | 47:00 - 57:00

- Look For
 - Cleans | Sound receiving position with butt back, feet flat, knees out, and bar resting on shoulders.
 - Push Jerk | Bar on shoulders. Elbows locked out at landing.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 03.07 GOAT DAY | HIP, HIP, HOORAY!

"Goat Day"

On the Minute x 20:
Minute 1: Movement 1
Minute 2: Movement 2

-OR-

"Hip, Hip, Hooray!"

On the Minute x 20 [5 Rounds]:
Minute 1: C2 Bike Calories
Minute 2: Box Jumps (24"/20")
Minute 3: Air Squats
Minute 4: Rest

OPEN - GAMES

N/A

MINDSET MINUTE

"The only thing that is different about me, is that I'm not afraid to die on a treadmill." - Will Smith

It's not about the treadmill. It's what the treadmill stands for.

Will Smith is not a competitive athlete. If he runs 2, 3, 10 miles... he's still probably going to be highly successful in his career.

Probably.

But that's not why he is who he is. He's not defined by what he's doing, but how he is doing it.

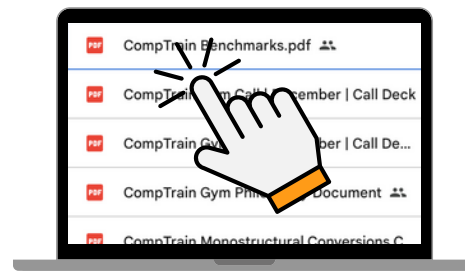
Full heart, full commitment, full effort. Wherever we go.

HOME WORKOUT

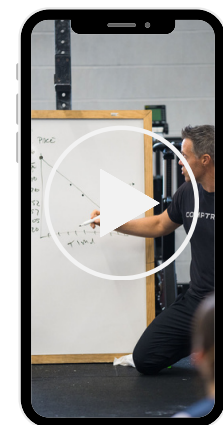
On the Minute x 20 [5 Rounds]:
Minute 1: Alternating step back lunges
Minute 2: Double unders
Minute 3: Air Squats
Minute 4: Rest

AFTER PARTY

5 Sets
20 Banded pull aparts
20 Banded curls



OWNERS & COACHES RESOURCE DRIVE



WATCH TODAY'S WORKOUT BRIEF

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

Workout Overview

See “logistics” notes for information on “GOAT Day.” The following lesson plan will align with “Hip, Hip, Hooray”. Athletes should prioritize quality movement during each minute of work.

Scoring

ELEMENT	STIMULUS	MODIFICATIONS
Bike		Ski/Row/Air Run
Box Jumps		<ul style="list-style-type: none"> • Reduce Reps • Reduce Box Height • Box Step-Ups • Reverse Lunges
Air squats		<ul style="list-style-type: none"> • Reverse Lunges • Squat to Box/Bench

The One Teaching Focus | Knees track toes

- Since we have the opportunity for volume air squats today, it’s a great opportunity to dial in the mechanics of utilizing the posterior chain by cueing athletes to drive their knees out and ensure their knees track their toes each rep.

Logistics

- Goat days are programmed the Thursdays before the open announcement
- This is a chance for athletes to pick two of their weaker movements they’d like to work on in an EMOM format
- Example: Minute 1: 30 Double Unders. Minute 2: 8 Toes to Bar

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General Flow :15 - :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
 - Reverse lunge w/ reach
 - Alternating spidermans
 - Downward Dog
 - Squat hold
 - Air squats

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- | | |
|--|--|
| <ul style="list-style-type: none"> • C2 Bike <ul style="list-style-type: none"> ◦ :60 Warm up <ul style="list-style-type: none"> ▪ Establish seat & handle position ▪ Establish baseline Cal/Hr ◦ :30 Easy <ul style="list-style-type: none"> ▪ RPM of 80-85 ▪ Eval Cal/Hr ◦ :30 Moderate <ul style="list-style-type: none"> ▪ Increase RPM to 85-90 ▪ Increase Cal/Hr ◦ :30 Hard <ul style="list-style-type: none"> ▪ Increase RPM to 90+ ▪ Increase Cal/Hr | <ul style="list-style-type: none"> • Box jumps & Air Squats <ul style="list-style-type: none"> ◦ 5 Air Squats <ul style="list-style-type: none"> ▪ Focus on hip initiated squat ◦ 3 Box jumps ◦ 5 Air Squats <ul style="list-style-type: none"> ▪ Focus on hips below knee at bottom ◦ 3 Box jumps ◦ 5 Air squats <ul style="list-style-type: none"> ▪ Focus on knees "out" & tracking toes ◦ 3 Box jumps ◦ 5 Air squats <ul style="list-style-type: none"> ▪ Focus on weight in heels with knees tracking toes |
|--|--|

PRIMER

6 MINUTES | 21:00 - 27:00

- Practice Round
 - 1:00 Bike
 - :30 Box Jumps
 - :30 Air Squats
- Break
- Workout adjustments if needed

WORKOUT

20 MINUTES | 27:00 - 47:00

- 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.
 - Box Jumps | ROM. Cue athletes to stand tall and squeeze the butt and legs each rep.
 - Air Squats | ROM. 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

**FRIDAY | 03.08
24.2**

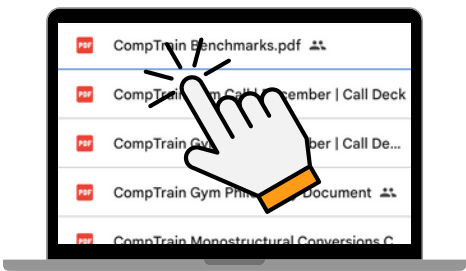
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OPEN - GAMES

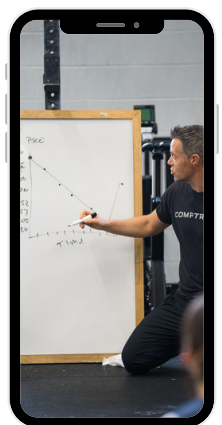
MINDSET MINUTE

HOME WORKOUT

AFTER PARTY



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout
Overview

Scoring

ELEMENT

STIMULUS

MODIFICATIONS

The One Teaching Focus |

Logistics

WOD BRIEF

GENERAL WARM-UP

SPECIFIC WARM-UP

[REDACTED]

PRIMER

WORKOUT

SATURDAY | 03.09 TRI SPRINT INTERVALS V2

"Tri Sprint Intervals V2"

5 Rounds:

AMRAP 4:

30 x 10 Meter Shuttle Runs

30/24 Calorie Bike Erg

Max Calorie Row

Rest 4:00 Between Rounds

OPEN - GAMES

N/A

MINDSET MINUTE

"True happiness is to enjoy the present, without anxious dependence of the future" – Seneca

How often do we rush to the finish line... only to rush to find the next?

It is in our nature to crave progress. It is also in our nature to be wary of complacency. This is where a misconception can form, leading to dark times. We live for the "future", a finish line that we'll never reach.

The aim is absolutely not to ignore the future... but to instead embrace the present. Let's move past the logic of the "pursuit of happiness", and embrace the breath in our lungs at this moment.

Wherever we go today, let's go with everything we got.

HOME WORKOUT

5 Rounds:

AMRAP 4:

20 25' Shuttle Runs

20 Burpees

Max Double Unders

Rest 4:00 Between Rounds

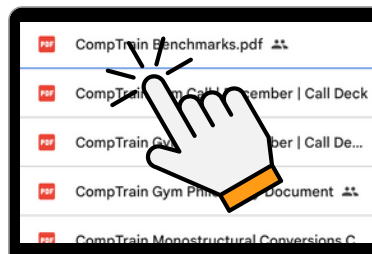
AFTER PARTY

4 Rounds

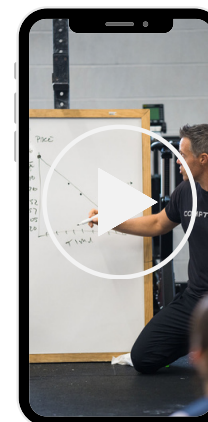
10 Tempo goblet squats

3 second negative, 3 second hold.

Rest 2:00 between sets



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

Because we do not know what the open workouts will be, we'll be completing 3 versions of tri-sprint intervals during the open. These are low impact and will not interfere with the movements we may see on Fridays. With 4:00 on and 4:00 off, athletes should be working hard during each interval.

Scoring

Lowest round of shuttle run reps.

ELEMENT	STIMULUS	MODIFICATIONS
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Bike Erg	:90 or less.	<ul style="list-style-type: none"> • Reduce Reps • 1:30 Time Cap • 24/18 Calorie Assault/Echo Bike • 30/24 Calorie Ski
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Shuttle Run	:90 or less.	<ul style="list-style-type: none"> • Reduce Reps • 1:30 Time Cap • 300M Run • 225M Air Run • 24/18 Calorie Assault/Echo Bike • 30/24 Calorie Ski
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Row	1:00 or more of work.	<ul style="list-style-type: none"> • Ski
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The One Teaching Focus | Recovery Effort

- During The Open we'll be completing 3 different versions of "Tri Sprint Intervals". The purpose here is to allow our athletes to maintain moderate intensity while allowing their muscular and nervous systems to recover from the peak performance intensity of the CrossFit Open workout from the previous day.

Logistics

- Every 10 meter shuttle = 1 rep.

WOD BRIEF

3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Bike and Shuttle Run | :90 or less.
- Row | 1:00 or more of work.

GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General Flow
- 2 Rounds of :30 each
- Down dog to up dog
- Spiderman and reach
- Samson stretch Right
- Samson stretch left
- Down dog w/ foot pedal
- Quad pulls

SPECIFIC WARM-UP

10 MINUTES | 9:00 - 15:00

- Specific Flow
 - Teach sound mechanics for the shuttle run
 - Focus on turning as you approach the touch line
 - :40 row
 - :40 bike
 - :40 shuttle runs
 - :20 bike
 - :20 row
 - :20 shuttle runs

PRIMER

6 MINUTES | 15:00 - 21:00

- Practice Round
 - 8 - 10 Meter Shuttle Runs
 - 8 Calorie Bike Erg
 - 8 Calorie Row
- Break
- Workout adjustments if needed

WORKOUT

36 MINUTES | 21:00 - 57:00

- Look For
 - Shuttle Runs | Stride Length and Frequency. Observe the length and frequency of the athletes' strides. The athlete should be taking the same amount of strides each time.
 - Row | Arm Movement. Emphasize a smooth and controlled arm movement, with the elbows bending only after the legs have fully extended. Cue a straight chain path during the pull phase, avoiding unnecessary deviations.
 - 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. Cue pulling up on the pedals during the upstroke to engage the hamstrings and recruit more muscle groups.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 03.10 BODY ARMOR ENDURANCE V2

EMOM 28 (7 rounds)

Complete 8-12 Reps of each

Min 1 | Box jump overs

Min 2 | Strict pull ups

Min 3 | Alt Double DB front rack lunge

Min 4 | Double DB hang power clean

Rest exactly :30 between sets.

OPEN - GAMES

N/A

MINDSET MINUTE

“Every strike brings you closer to your next home run.” - Babe Ruth

When you hear the name “Babe Ruth”, what’s the first thing that comes to mind?

Hall of Fame home run hitter.

What is not the immediate reaction, is “all-time strikeout leader”. 1,300 strikeouts. A record for three decades he held. It was eventually broken, by another who struck out quite a bit too. Mickey Mantle. A name that would be hard to guess, as he’s right next to Babe Ruth in the hall of fame for his home run hits.

These two didn’t reach their success through the home runs. They reached it through the strike outs. Remove those embarrassing misses... and we would never know their names.

Every missed lift. Every poor competition. Every embarrassing stumble. It’s bringing us closer. This is where we get better.

HOME WORKOUT

EMOM 28 (7 rounds)

Complete 8-12 Reps of each

Min 1 | Box jump overs

Min 2 | Alternating DB plank row
Min 3 | Alt Double DB front rack lunge

Min 4 | Double DB hang power clean

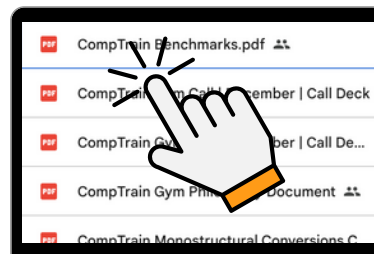
Rest exactly :30 between sets.

AFTER PARTY

4 Sets

400m run

Rest 1:30 between



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.**Workout Overview**

NOTE | Sunday programming during The Open varies from our traditional format. On Sunday we'll complete a "Body Armor" style EMOM that focuses on aerobic strength training. This programming is unscored and should be targeting quality movement, full range of motion, and controlled time under tension.

Stimulus

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.

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

- Refer to coaches stimulus notes

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 spidermans
 - Plank shoulder taps
 - Push ups

SPECIFIC WARM-UP

5 MINUTES | 9:00 - 14:00

- Specific flow
 - Get out DBs
 - :15 alternating DB deadlift
 - :15 alternating DB goblet reverse lunge
 - :15 alternating DB box step ups
 - :15 DB crush grip floor press
 - :15 DB bent row right
 - :15 DB bent row left
 - :15 Alternating DB hang clean
 - :15 Double DB hang clean
 - :15 Double DB alternating lunge
 - :15 Strict pull ups

[REDACTED]

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