

COMPTRAIN | GYM

JUNE 24 - 30

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

JUNE 24 - 30

MONDAY

JUNE 24

Strict Press
Heavy Set of 20

"Split Second"
5 Rounds For Time:
200 Meter Run
10 Hang Clean & Jerks (115/85)

Time Cap: 15 Minutes

KG | (52/38)

TUESDAY

JUNE 25

"Since U Been Gone"
3 Rounds x AMRAP 4:
27/21 Calorie Row
21 Dumbbell Front Squats (50/35)'s
15 Burpee Pull-ups

* Rest 4 Minutes Between Rounds
* Pick-up Where You Left Off

KG | (22.5/15)

WEDNESDAY

JUNE 26

Deadlift
Heavy Set of 20

"Dead Battery"
10 Rounds For Time:
1 Deadlift, 1 Toes to Bar
25 Double Unders
2 Deadlifts, 2 Toes to Bar
25 Double Unders
...

10 Deadlifts, 10 Toes to Bar
25 Double Unders

Deadlift: (225/155)

Time Cap: 18 Minutes

THURSDAY

JUNE 27

"More Or Less"
AMRAP 7:
1,200 Meter Run
Max Calorie Bike Erg
-Rest 3 Minutes-
AMRAP 7:
1,000 Meter Run
Max Calorie Bike Erg
-Rest 3 Minutes-
AMRAP 7:
800 Meter Run
Max Calorie Bike Erg
-Rest 3 Minutes-
AMRAP 7:
600 Meter Run
Max Calorie Bike Erg

KG | N/A

FRIDAY

JUNE 28

Back Squat
Heavy Set of 20

"Pandora's Box"
For Time:
60 Burpee Box Jumps (24"/20")

Every 2 Minutes [Starting at 0:00]:
250/225 Meter Row

Time Cap: 18 Minutes

KG | N/A

SATURDAY

JUNE 29

"Team Hotshots 19" [HERO]
6 Rounds For Time:
30 Synchro Air Squats
19 Power Cleans (135/95)
7 Strict Pull-ups (Each)
400 Meter Run (Together)

* Teams of 2
* Split Power Cleans As Needed

Time Cap: 35 Minutes

SEE NOTE FOR INDY VERSION

KG | (61/43)

SUNDAY

JUNE 30

"Buzzer Beater"
AMRAP 30
Max Burpee Shuttle Runs
EMOM [starting at 0:00]
12 Alternating Step Back Lunges

*25' Shuttle Runs
*Every Burpee + 25' run = 1 rep

"Sunday Runday"
Run 2-3 Miles

NEWS & INFO

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

DAILY VIEW

DAILY VIEW

MONDAY JUNE 24

CORE

Strict Press
Heavy Set of 20

"Split Second"
5 Rounds For Time:
200 Meter Run
10 Hang Clean & Jerks (115/85)

Time Cap: 15 Minutes

KG | (52/38)

OPEN | GAMES

4 Rounds For Time:
400 Meter Run
10 Hang Clean & Jerks (115/85)

Time Cap: 15 Minutes

ACCESSORY WORK

(formerly 'After Party')

Killer Core
4-5 Sets For Quality:
10 Barbell Rollouts
40 Second Side Plank (Each Side)

Rest 1-2 Minutes Between Sets

COACHING RESOURCES

- [Strict Press Warm Up](#)
- [Strict Press Warm Up](#)
- [Strict Press P.O.P](#)
- [Clean & Jerk P.O.P](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. In part 2, Today's piece is fast moving, and if you blink, you might miss it! We are trying to push the pace and remain unbroken on our barbell throughout this couplet, which means our breathing and our heart rate are the most important components for success. Smooth and controlled, is fast!

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Runs	<ul style="list-style-type: none">1:00 or less	<ul style="list-style-type: none">Reduce Distance1:00 Time Cap250/225m Row	<ul style="list-style-type: none">175/150m Ski500/450m Bike150m Air Run
Hang Clean & Jerks	<ul style="list-style-type: none">cycled in 1-2 sets in the workout	<ul style="list-style-type: none">Reduce LoadingReduce RepsHang Power Clean OnlyPower Clean Only	<ul style="list-style-type: none">Push Jerk OnlySub DumbbellsKettlebell Swing

The One Teaching Focus | **Straight bar**

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

Logistics

- Have a clear run route set up today, without risking athletes running to close to people doing clean and jerks.
- Athletes should have their own barbells today if possible.

LESSON PLAN

LESSON PLAN

MONDAY JUNE 24

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

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

1

GENERAL WARMUP // 8 MINUTES | 3:00 - 11:00

- General Flow 0:30 each
 - Downward upward dog
 - Samson (right)
 - Samson (left)
 - Scorpions
 - Tall Plank
 - Plank shoulder taps
 - Plank toe taps
 - Mountain climbers
 - Bootstraps
 - 200m run
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

SPECIFIC WARMUP // 12 MINUTES | 11:00 - 23:00

- 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
 - 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
- 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.

3

STRENGTH // 12 MINUTES | 23:00 - 35:00

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

4

PRIMER // 6 MINUTES | 35:00 - 41:00

- Practice Round
 - 100m Run
 - 5 Hang Clean & Jerks
- Break
- Workout adjustments if needed

5

WORKOUT // 15 MINUTES | 41:00 - 56:00

- Look For
 - Run | Pacing, look for athletes hitting the time frame target. If not, encourage them to scale the distance.
 - Power clean | Straight bar bath. In both the hang cleans, and the jerk look for the barbell to move in in a straight line over the middle of the foot.

6

COOL-DOWN // 3 MINUTES | 56:00 - 60:00

DAILY VIEW

DAILY VIEW

TUESDAY JUNE 25

CORE

"Since U Been Gone"
3 Rounds x AMRAP 4:
27/21 Calorie Row
21 Dumbbell Front Squats (50/35)'s
15 Burpee Pull-ups

* Rest 4 Minutes Between Rounds
* Pick-up Where You Left Off

KG | (22.5/15)

OPEN | GAMES

AMRAP 4 x 3

27/21 Calorie Row
50' Double DB OH Walking Lunge,
@dumbbell(50/35)'s
8 Burpee Bar Muscle Ups

*Rest 4:00 Between Rounds
*Pick-Up Where You Left Off in the
Previous AMRAP

ACCESSORY WORK

(formerly 'After Party')

“Gun Show”
A. 3-4 sets of 10 Bench Supported Dumbbell Row (each side)

B. 50 Empty Barbell Curls

COACHING RESOURCES

- [Teaching the Row](#)
- [DB Front Squat](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Our triplet for today is meant to try and pull you out early and see if you can hold on or if you burn out. We all know what it means when we see big rest between intervals, hard efforts across the board with smart and intentional recovery periods, as long as we are moving while the clock is on we're winning.

SCORE

Total rounds plus reps across all 3 AMRAPs.

ELEMENT	STIMULUS	MODIFICATIONS	
Calorie Row	<ul style="list-style-type: none">about 1:30 or less	<ul style="list-style-type: none">Reduce Reps1:30 Time Cap24/18 Calorie Ski	<ul style="list-style-type: none">27/21 Calorie Bike300m Run200m Air Run
Dumbbell Front Squats	<ul style="list-style-type: none">about 1:00 or less	<ul style="list-style-type: none">Reduce LoadingReduce RepsSingle Dumbbell Front Squats	<ul style="list-style-type: none">Sub Kettlebell(s)Sub Empty Barbell30 Air Squats
Burpee Pull-ups	<ul style="list-style-type: none">sets in 1:30 or less	<ul style="list-style-type: none">Reduce RepsJumping Pull-up From Plate/BoxBurpee to Target	<ul style="list-style-type: none">Burpee OnlyJumping Pull-up OnlyBurpees + Ring Rows

The One Teaching Focus | **Upright Torso**

- Chest up: Athletes should keep their chest lifted throughout the squat, preventing the upper body from collapsing forward.

Logistics

- Try to arrange the room to allow athletes to have quick transitions.
- With today being 1:1 intervals, you can start a second group during the rest period if you are short on machines.

LESSON PLAN

LESSON PLAN

TUESDAY JUNE 25

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

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

1

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

- General Flow
 - 1:00 row
 - 0:30 pigeon (right)
 - 0:30 pigeon (left)
 - 1:00 row
 - 0:30 childs pose
 - 0:30 upward dog
 - 1:00 row
 - 0:30 spiderman
 - 0:30 scorpions

2

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

- Specific Flow
 - 0:20 single DB goblet squat
 - 0:20 DB renegade row
 - 0:20 single DB front squat (right)
 - 0:20 single DB front squat(left)
 - 0:20 Quick ups
- Burpee Pull up Specific warm up
 - 3 Step back step up burpee to target
 - 3 Burpee to kip swing
 - 3 Jumping pull ups
 - 3 pull ups
 - 3 burpee pull ups

3

STRENGTH //

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

- Practice Round
 - 7/5 Calorie Row
 - 7 Dumbbell Front Squat
 - 3 Burpee Pull-ups
- Break
- Workout adjustments if needed

4

WORKOUT // 24 MINUTES | 21:00 - 51:00

- Look For
 - Row | Time frame target. With such a short time frame, be sure athletes have chosen a calorie target to complete in the stimulus time frame.
 - DB front squat | Chest up throughout the squat. Look for athletes to fight against letting the DBs pull them forward.
 - Burpee pull up | Cycle rate. Encourage athletes to keep moving, even if they need to slow down and pull back the reps.

5

COOL-DOWN // 1 MINUTES | 51:00 - 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY JUNE 26

CORE

Deadlift
Heavy Set of 20

"Dead Battery"
10 Rounds For Time:
1 Deadlift, 1 Toes to Bar
25 Double Unders
2 Deadlifts, 2 Toes to Bar
25 Double Unders
...
10 Deadlifts, 10 Toes to Bar
25 Double Unders

Deadlift: (225/155)

Time Cap: 18 Minutes

KG | (102/70)

OPEN | GAMES

10 Rounds For Time:
1 Deadlift, 1 Toes to Bar
25 Double Unders
2 Deadlifts, 2 Toes to Bar
25 Double Unders
...
10 Deadlifts, 10 Toes to Bar
25 Double Unders

Deadlift: (275/185)

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Aerobic Capacity
6 Sets:
3 Minute Bike Erg
1 Minute Rest

COACHING RESOURCES

- [Teaching the Deadlift](#)
- [Teaching the Double Under](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. The tables have turned today and we're climbing the ladder instead of descending. While the first 6-7 rounds may feel pretty smooth and solid, the workout really sets in about 7-8 rounds in and will test whether or not we have the capacity to hold our starting intensity or if we have to break and adjust in order to finish the climb.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlift	<ul style="list-style-type: none">could do 10 unbroken when fresh	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Toes to Bar	<ul style="list-style-type: none">1-2 sets throughout.	<ul style="list-style-type: none">Reduce RepsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Sit-UpsV-Ups
Double Unders	<ul style="list-style-type: none">Unbroken sets, completed in :30 or less today.	<ul style="list-style-type: none">Reduce Reps35 Single UndersPlate Hops	<ul style="list-style-type: none">Reps of Singles & Doubles (Mix of Both):20 On Any Machine

The One Teaching Focus | **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.

Logistics

- Arrange for quick transitions today.
- Athletes should have their own barbells if possible.

LESSON PLAN

LESSON PLAN

WEDNESDAY JUNE 26

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

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

1

GENERAL WARMUP // 5 MINUTES | 3:00 - 8:00

- General Flow 0:30 each
 - Downward + upward dogs
 - Spidermans
 - Scorpions
 - Plank shoulder taps
 - Plank toe taps
 - Birddogs
 - Glute bridges
 - Body weight stagger stance good morning (right)
 - Body weight stagger stance good morning (left)

2

SPECIFIC WARMUP // 14 MINUTES | 8:00 - 22:00

- Double-Under
 - 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 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

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

- Deadlift | tell, show, do, check
 - Establish stance, grip, & 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
 - Shoulders and hips rise together until bar passes knee

3

STRENGTH // 12 MINUTES | 22:00 - 34:00

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

4

PRIMER // 6 MINUTES | 34:00 - 40:00

- Practice Round
 - 3 Deadlifts
 - 3 Toes to bar
 - 15 Double Unders
- Break
- Workout adjustments if needed

5

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

- Look For
 - Deadlift | Look for the teaching focus of the day. Push don't pull, athletes should be engaging the legs before the back.
 - Toes to bar | Look for athletes pushing down on the bar to pull their chest back to get their toes to the bar.
 - Double under | Look for athletes to keep their shoulders relaxed. It's only 25 at a time but the reps add up.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY JUNE 27

CORE

"More Or Less"
AMRAP 7:
1,200 Meter Run
Max Calorie Bike Erg

Rest 3 Minutes

AMRAP 7:
1,000 Meter Run
Max Calorie Bike Erg

Rest 3 Minutes

AMRAP 7:
800 Meter Run
Max Calorie Bike Erg

Rest 3 Minutes

AMRAP 7:
600 Meter Run
Max Calorie Bike Erg

KG | N/A

OPEN | GAMES

Same as class.

ACCESSORY WORK

(formerly 'After Party')

"Lethal Legs"
3-4 Rounds
8 Goblet Bulgarian Split Squats (each leg)
:30 Wall Sit

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

We've got four big intervals of mono-structural work today, and these two movements can definitely interfere with each other if we are not paying attention to our breathing and form. We want to earn more time on the bike to build calories, but if we come out too hot on the runs, it may work against us.

SCORE

Total calories accumulated on the bike.

ELEMENT	STIMULUS	MODIFICATIONS	
Runs	<ul style="list-style-type: none">Less than 6:00, 5:00, 4:00, 3:00 each round respectively.	<ul style="list-style-type: none">Reduce Distances6:00, 5:00, 4:00, 3:00 Caps1500/1250/1000/750M, 1350/900/450/225M Row	<ul style="list-style-type: none">800/600/400/200M Ski2000/1500/1000/500M, 1800/1350/900/450M Bike900/750/600/450M Air Run
Bike	<ul style="list-style-type: none">Aiming to have at least 1:00, 2:00, 3:00, 4:00 respectively on the bike each round	<ul style="list-style-type: none">Sub Ski/Assault/Echo/Air Run	

- The One Teaching Focus | **Run Posture**
- Check for an upright posture with a slight forward lean from the ankles.
 - Avoid excessive forward bending at the waist or leaning back.
 - Avoid tensed shoulders, the upper body should stay relaxed.

- Logistics
- If your class is short on bikes, you can have athletes alternate on different machines.

LESSON PLAN

LESSON PLAN

THURSDAY JUNE 27

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

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

1

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

- General Flow
 - Run prep line drills
 - 25’ down and back each
 - Knuckle draggers
 - Quad walk
 - Open the gate
 - Lunge and reach
 - Bunny hops
 - Butt kickers
 - Forward skips
 - 8x Shuttle Run (increasing pace)

2

SPECIFIC WARMUP // 8 MINUTES | 10:00 - 17:00

- Bike | tell, show, do, check
 - Cadence warm up
 - 0:30 each
 - 80-84 RPM
 - Focus on 1k/split
 - 85-90 RPM
 - Decrease 1k/split time
 - 90-94 RPM
 - Decrease 1k/split time

3

STRENGTH //

PRIMER // 6 MINUTES | 17:00 - 23:00

- Practice Round
 - on a :90 Clock @ Hard Effort Pace:
 - 200m Run
 - Max Calorie Bike Erg
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 23:00 - 60:00

- Look For
 - Run | Look for posture, and relaxed shoulders.
 - Bike | Cadence, athletes should have a higher cadence on the bike today.

5

COOL-DOWN // 3 MINUTES | 60:00

DAILY VIEW

DAILY VIEW

FRIDAY JUNE 28

CORE

Back Squat
Heavy Set of 20

"Pandora's Box"
For Time:
60 Burpee Box Jumps (24"/20")

Every 2 Minutes [Starting at 0:00]:
250/225 Meter Row

Time Cap: 18 Minutes

KG | N/A

OPEN | GAMES

For Time:
75 Burpee Box Jump overs (24"/20")

Every 2 Minutes [Starting at 0:00]:
250/225 Meter Row

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

“Bulletproof Shoulders”
100 Banded Pull Aparts
100 Banded Face Pulls
100 Banded Strict Press

COACHING RESOURCES

- [High Bar vs Low Bar Back Squat](#)
- [Back Squat Mods for Injuries](#)
- [Back Squat P.O.P](#)
- [Rower Efficiency](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, we have the “primer” week of our 20 rep cycle, athletes will explore their thresholds for the 20 rep loading. Athlete’s will use the data gathered from this week 1 primer in order to perform an actual 20 rep max test next week. Today's piece requires knowing where to push and where to pace. These two movements don't allow a lot of space to breathe unless we choose where that's going to be. While we have to hold a pretty hard pace on our row to give ourselves time on the burpee box jumps, if we come out frantically trying to accumulate our burpee box jumps, our row will suffer down the line.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Burpee Box Jumps	<ul style="list-style-type: none">at least 8 or 9 reps per round.	<ul style="list-style-type: none">Reduce Distance1:00 Time Cap200/180m Ski	<ul style="list-style-type: none">500/450m Bike200m Run150m Air Run
Row	<ul style="list-style-type: none">About 1:00 or less	<ul style="list-style-type: none">Reduce Box HeightBurpee Box Step-UpsBurpees Only	<ul style="list-style-type: none">Box Jumps OnlyBurpee Box Jump Overs

The One Teaching Focus | **Grip the ground**

- In our squats we want to target a grip and twist of ground with the feet. This will create an arch in the midfoot and recruit the muscles of the posterior chain as athletes squat.

Logistics

- If you are short on rowers, you can have a second group start 1:00 behind. So group one will row on the even min, while group two will row on the odd min.

LESSON PLAN

LESSON PLAN

FRIDAY JUNE 28

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

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 11:00

- General Flow 0:30 each
 - Arm swings
 - Arm wraps
 - Trunk twists
 - Quad pulls
 - Knuckle draggers
 - Standing figure 4
 - Bootstraps
 - Duck walk
 - Box step ups
 - Quick ups
 - Box step downs
 - Push ups
- Row Flow
 - Row | tell, show, do, check
 - :20 efforts with varied focus
 - The goal here is to teach timing. Legs and hips first, then pull.
 - Legs only
 - Legs + hips open
 - Legs + hips + pull
 - Full pull

2

SPECIFIC WARMUP // 12 MINUTES | 11:00 - 21:00

- Burpee Box Jump | tell, show, do, check
 - 0:20 box jump
 - Focus on land tall
 - 0:20 step back + step up box burpee step up
 - 0:20 step back + step up burpee box jump
 - 0:20 jump back + jump up burpee box jump
- 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

3

STRENGTH // 12 MINUTES | 23:00 - 35:00

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

4

PRIMER // 6 MINUTES | 35:00 - 41:00

- Practice Round
 - 150/125m Row
 - 3 Burpee Box Jumps
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 41:00 - 59:00

- Look For
 - Row | It is super important today that athletes have chosen the correct target for their distance on the row. Athletes need to be off the rower by 1:00, if they are not they should scale the distance.
 - Burpee Box Jump | Look for a sound landing on the box, encourage athletes to land soft.

6

COOL-DOWN // 3 MINUTES | 59:00 - 60:00

DAILY VIEW

DAILY VIEW

SATURDAY JUNE 29

CORE

"Team Hotshots 19" [HERO]
6 Rounds For Time:
30 Synchro Air Squats
19 Power Cleans (135/95)
7 Strict Pull-ups (Each)
400 Meter Run (Together)

* Teams of 2
* Split Power Cleans As Needed

Time Cap: 35 Minutes

SEE NOTE FOR INDY VERSION

KG | (61/43)

OPEN | GAMES

6 Rounds For Time:
30 Air Squats
19 Power Cleans (135/95)
7 Strict Pull-ups
400 Meter Run

Time Cap: 35 Minutes

ACCESSORY WORK

(formerly 'After Party')

"Killer Core"
8 Sets:
10 Second Hanging L-Sit
20 Seconds Rest

Directly Into...

8 Sets:
20 Seconds V-Ups
10 Seconds Rest

COACHING RESOURCES

- [Teaching the Power Clean](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY JUNE 29

OVERVIEW

Today we have a long grindy hero workout with a partner, athletes will need to plan where to pace and push themselves right from the start. Breaking up the cleans and the pull-ups in a way that athletes can stick to throughout all 6 rounds will be key, while also considering they will be able to rest a little throughout the rounds.

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Power Cleans	<ul style="list-style-type: none">1:00 or less	<ul style="list-style-type: none">Reduce LoadingReduce RepsHang Power Cleans	<ul style="list-style-type: none">Sub DumbbellsSub Kettlebell Hang Power Cleans
Strict Pull-Ups	<ul style="list-style-type: none">Completed in 1:00 or less	<ul style="list-style-type: none">Reduce Pull-UpsBanded Strict Pull-Ups	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows
Run	<ul style="list-style-type: none">Aiming for 2:15 or less	<ul style="list-style-type: none">Reduce Distance500/450m Row400/360m Ski	<ul style="list-style-type: none">1000/900m Bike300m Air Run
Air Squat		<ul style="list-style-type: none">Reduce RepsSquat To A BoxReverse 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. Arms reach full extension.
- Air Squats| Hips and knees fully extend at top and hips pass below top of knee in the bottom.

Logistics

- Nineteen members of the Granite Mountain Hotshots lost their lives on June 30th, 2013 while fighting a fire in Yarnell, Arizona. The Yarnell Hill Fire, ignited by lightning on June 28, 2013, overran and killed the 19 firefighters resulting in the deadliest wildfire ever in Arizona. Today we do this workout in their memory. June 30th was the date (6 rounds/30 Air Squats), 19 men were lost (19 Power Cleans), 7:40pm (7 Pull-Ups / 400m Run).
- "Hotshots 19" [HERO]
- 6 Rounds For Time:
 - 30 Air Squats
 - 19 Power Cleans (135/95)
 - 7 Strict Pull-ups
 - 400 Meter Run
 - Time Cap: 35 Minutes
 - REPEAT FROM 6/30/23

LESSON PLAN

LESSON PLAN

SATURDAY JUNE 29

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

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

1

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

- General Flow :20 each
 - 100m run
 - Bootstraps
 - Downward dog
 - Scorpions
 - Alternating worlds greatest
 - Jumping jacks
 - Cossak squats
 - Air squats
 - Synchro air squats with partner
 - Mountain climbers
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

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

- 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
 - 3 High pull
 - Focus on timing of hips open then elbows high and outside
 - 3 Muscle clean
 - Focus on the one focus on fast elbows
 - 3 Clean drops
 - Focus on fast footwork while maintaining while elbows
 - 3 Hang Power Cleans
 - Focus on fast elbows
 - 3 Power cleans
 - Focus on fast elbows

- Strict Pull up | tell, show, do, check
 - 10 scap retractions
 - 5 Dead hang to lat active pulls
 - Focus on keeping the elbows locked out and simply pulling the bar forward to activate the lat.
 - 5 Jumping negative pull ups
 - Focus on a slow and controlled negative
 - Mod to ring rows if needed
 - Establish pull up modifications and workout movement

3

STRENGTH //

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

- Practice Round
 - 10 Synchro Air Squats
 - 3 Power Cleans (each)
 - 3 Strict Pull-Ups (each)
 - 100m Run (together)
- Break
- Workout adjustments if needed

4

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

- Look For
 - Air Squat | Full range of motion. Hips below knees, and full extension at top.
 - Power Clean | look for fast elbows in the catch of the power clean.
 - Strict pull up | full range of motion. Chin over bar, and arms fully extended.
 - Run | Pacing, be sure athletes are hitting the stimulus time frame.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY JUNE 30

CORE

“Buzzer Beater”
AMRAP 30
Max Burpee Shuttle Runs
EMOM [starting at 0:00]
12 Alternating Step Back Lunges

*25’ Shuttle Runs
*Every Burpee + 25’ run = 1 rep

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

Same as class workout

ACCESSORY WORK

(formerly 'After Party')

Gun Show
21-15-9
Barbell Reverse Curl
Barbell Supinated Bent Row
Barbell Curl

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY JUNE 30

OVERVIEW

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

SCORE

Rounds plus reps

The One Teaching Focus | **Cardio Respiratory Endurance**

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

LESSON PLAN

LESSON PLAN

SUNDAY JUNE 30

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

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

1

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

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

2

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

- Specific flow
 - :30 Burpee
 - :30 shuttle run
 - :30 lunge
 - :30 burpee shuttle run
 - :15 lunge

3

STRENGTH //

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

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

4

WORKOUT // 30 MINUTES | 18:00 - 48:00

5

COOL-DOWN // 3 MINUTES | 48:00 - 60:00