## COMPTRAIN GYM

**JUNE 24 - 30** 

# LESSON PLAN

Elevate your programming approach.

## 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

MONDAY JUNE 24

## DAILY VIEW

## 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

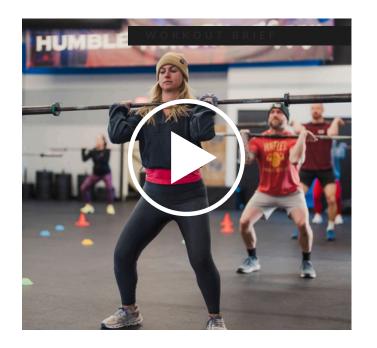
## **ACCESSORY WORK**

(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

- Strict Press Warm Up
- Strict Press Warm Up
- Strict Press P.O.P
- Clean & Jerk P.O.P
- Resource Links



COACH TOOLS

MONDAY JUNE 24

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	• 1:00 or less	<ul> <li>Reduce Distance</li> <li>1:00 Time Cap</li> <li>250/225m Row</li> <li>175/150m Ski</li> <li>500/450m Bike</li> <li>150m Air Run</li> </ul>
Hang Clean & Jerks	cycled in 1-2 sets in the workout	<ul> <li>Reduce Loading</li> <li>Reduce Reps</li> <li>Hang Power Clean Only</li> <li>Power Clean Only</li> <li>Kettlebell Swing</li> </ul>

### 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

**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

### **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

**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.

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

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

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

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

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.
  - o 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.

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

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TUESDAY JUNE 25

## DAILY VIEW

## 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**

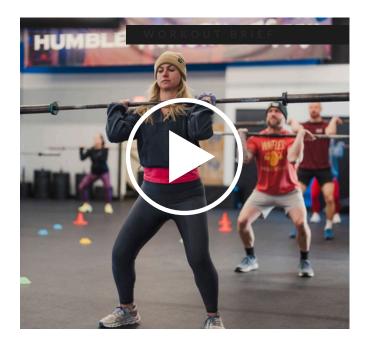
(formerly 'After Party')

"Gun Show"

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

B. 50 Empty Barbell Curls

- Teaching the Row
- DB Front Squat
- Resource Links



COACH TOOLS

TUESDAY JUNE 25

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	• about 1:30 or less	<ul> <li>Reduce Reps</li> <li>1:30 Time Cap</li> <li>24/18 Calorie Ski</li> <li>200m Air Run</li> </ul>
Dumbbell Front Squats	about 1:00 or less	<ul> <li>Reduce Loading</li> <li>Reduce Reps</li> <li>Single Dumbbell Front Squats</li> <li>Sub Kettlebell(s)</li> <li>Sub Empty Barbell</li> <li>30 Air Squats</li> </ul>
Burpee Pull-ups	• sets in 1:30 or less	<ul> <li>Reduce Reps</li> <li>Jumping Pull-up From Plate/Box</li> <li>Burpee to Target</li> <li>Burpee Only</li> <li>Jumping Pull-up Only</li> <li>Burpees + Ring Rows</li> </ul>

### 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

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

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)
  - o 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

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.

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

## WEDNESDAY JUNE 26

# DAILY VIEW

## 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 Bar25 Double Unders2 Deadlifts, 2 Toes to Bar25 Double Unders

10 Deadlifts, 10 Toes to Bar 25 Double Unders

Deadlift: (275/185)

Time Cap: 18 Minutes

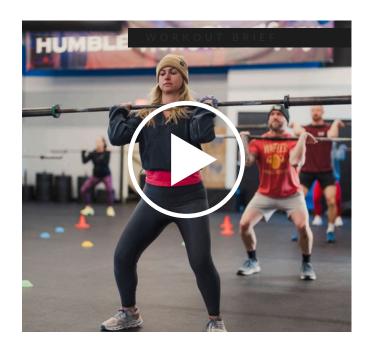
## **ACCESSORY WORK**

(formerly 'After Party')

DAILY VIEW

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

- Teaching the Deadlift
- <u>Teaching the Double</u> <u>Under</u>
- Resource Links



COACH TOOLS

**WEDNESDAY JUNE 26** 

**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	could do 10 unbroken when fresh	<ul> <li>Reduce Loading</li> <li>Reduce Reps</li> <li>Sub Dumbbells or Kettlebells</li> </ul> <ul> <li>Good Mornings</li> <li>Kettlebell Sumo Deadlift</li> </ul>
Toes to Bar	• 1-2 sets throughout.	<ul> <li>Reduce Reps</li> <li>Toes To As High As Possible</li> <li>Knees To Chest</li> <li>Sit-Ups</li> <li>V-Ups</li> </ul>
Double Unders	Unbroken sets, completed in :30 or less today.	<ul> <li>Reduce Reps</li> <li>35 Single Unders</li> <li>Plate Hops</li> <li>Reps of Singles &amp; Doubles (Mix of Both)</li> <li>:20 On Any Machine</li> </ul>

### 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

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

### **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)

### **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

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

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

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

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

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

- Look For
  - o 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.

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

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THURSDAY JUNE 27

# DAILY VIEW

## 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

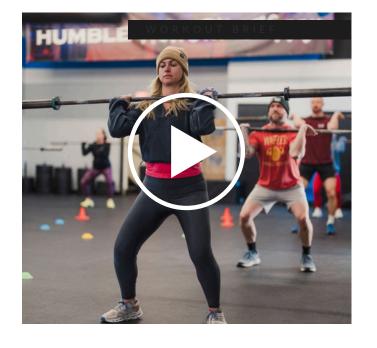
Same as class.

## **ACCESSORY WORK**

(formerly 'After Party')

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

- Bike Erg Efficiency
- Teaching the Bike Erg
- Resource Links



COACH TOOLS

THURSDAY JUNE 27

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	• Less than 6:00, 5:00, 4:00, 3:00 each round respectively.	<ul> <li>Reduce Distances</li> <li>6:00, 5:00, 4:00, 3:00 Caps</li> <li>1500/1250/1000/750M, 1350/900/450/225M Row</li> <li>800/600/400/200M Ski</li> <li>2000/1500/1000/500M, 1800/1350/900/450M Bike</li> <li>900/750/600/450M Air Run</li> </ul>
Bike	Aiming to have at least 1:00, 2:00, 3:00, 4:00 respectively on the bike each round	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

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)

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

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

STRENGTH //

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

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

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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.

COOL-DOWN // 3 MINUTES | 60:00

2

**COMPTRAIN** GYM

## DAILY VIEW FRIDAY JUNE 28

## DAILY VIEW

## 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

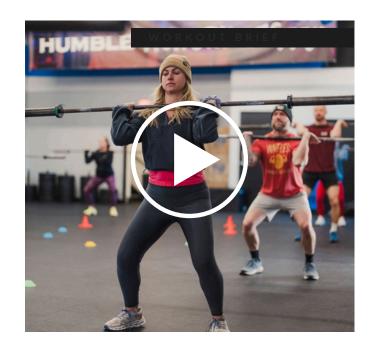
Time Cap: 18 Minutes

## **ACCESSORY WORK**

(formerly 'After Party')

"Bulletproof Shoulders"
100 Banded Pull Aparts
100 Banded Face Pulls
100 Banded Strict Press

- High Bar vs Low Bar Back
   Squat
- Back Squat Mods for Injuries
- Back Squat P.O.P
- Rower Efficiency
- Resource Links



COACH TOOLS

FRIDAY JUNE 28

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	• at least 8 or 9 reps per round.	<ul> <li>Reduce Distance</li> <li>1:00 Time Cap</li> <li>200/180m Ski</li> <li>500/450m Bike</li> <li>200m Run</li> <li>150m Air Run</li> </ul>
Row	About 1:00 or less	<ul> <li>Reduce Box Height</li> <li>Burpee Box Step-Ups</li> <li>Burpees Only</li> <li>Burpee Box Jump Overs</li> </ul>

### 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

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

2

#### **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

**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

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

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

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

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

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

- Look For
  - o 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.

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

**COMPTRAIN** GYM

SATURDAY JUNE 29

## DAILY VIEW

## 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**

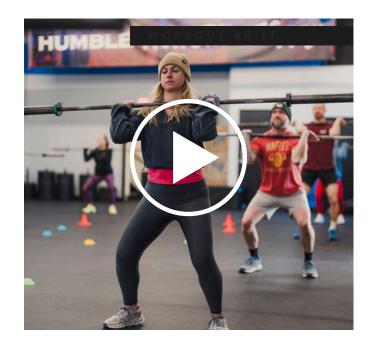
(formerly 'After Party')

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

Directly Into...

8 Sets: 20 Seconds V-Ups 10 Seconds Rest

- Teaching the Power Clean
- Resource Links



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	• 1:00 or less	<ul> <li>Reduce Loading</li> <li>Reduce Reps</li> <li>Hang Power Cleans</li> <li>Sub Dumbbells</li> <li>Sub Kettlebell Hang Power Cleans</li> </ul>
Strict Pull-Ups	Completed in 1:00 or less	<ul> <li>Reduce Pull-Ups</li> <li>Banded Strict Pull-Ups</li> <li>Ring Rows</li> <li>Alternating Dumbbell Plank Rows</li> </ul>
Run	Aiming for 2:15 or less	<ul> <li>Reduce Distance</li> <li>500/450m Row</li> <li>400/360m Ski</li> <li>1000/900m Bike</li> <li>300m Air Run</li> </ul>
Air Squat		<ul><li>Reduce Reps</li><li>Squat To A Box</li><li>Reverse Lunges</li></ul>

### 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

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

**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.

COOL-DOWN // 60:00

2

SUNDAY JUNE 30

# DAILY VIEW

## 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

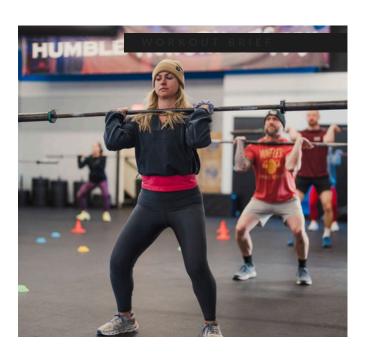
## **ACCESSORY WORK**

(formerly 'After Party')

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

## **COACHING RESOURCES**

• Resource Links



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 overloading.

LESSON PLAN

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

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

### 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 spidermans
  - Plank shoulder taps
  - Push ups

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

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

STRENGTH //

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

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

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

**COMPTRAIN** GYM