

COMPTRAIN | GYM

AUG 5- AUG 11

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

AUG 5 - AUG 11

MONDAY

AUG 5

Strict Press
In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 75% to 80% for final set of 3

* Build In Weight

"Frosted Flakes"
For Time:
1,000 Meter Run
50 Pull-ups
30 Power Cleans (155/105)

KG | (70/47)

Time Cap: 18 Minutes

TUESDAY

AUG 6

"Hold Up, Wait A Minute"
3 Rounds:
25 Burpees Over Rower
50 Wallballs (20/14)

Into...

150/120 Calorie Row

Performed As:
2 Minute Work
1 Minute Rest

Time Cap: 35 Minutes

KG | (9/6)

WEDNESDAY

AUG 7

Deadlift
In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 75% to 80% for final set of 3

* Build In Weight

"Mumbo Jumbo"
AMRAP 1-2-3-4-5
3-6-9-12-15 Deadlifts
50 Double Unders
Max Calorie Bike

Barbell: (225/155)

KG | (102/70)

THURSDAY

AUG 8

"Connect The Dots"
For Time:
10-9-8-7-6-5-4-3-2-1 Toes to Bar
200/180 Meter Row

Directly Into...

20-18-16-14-12-10-8-6-4-2 Push-ups
200/180 Meter Row

Time Cap: 35 Minutes

FRIDAY

AUG 9

Back Squat
In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 75% to 80% for final set of 3

* Build In Weight

"Stomping Ground"
For Time:
30 Dumbbell Burpee Squat Clean

Every 2 Minutes [Starting at 0:00]:
200 Meter Run

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes
KG | (22.5/15)

SATURDAY

AUG 10

"Working For The Weekend"
[TEAMS OF 3]
AMRAP 7-6-5-4-3
30-24-18-12-6 Power Snatches
15-12-9-6-3 Rope Climbs
Max Calorie Bike Erg

Barbell: (115/85)
Rope: (15')

Score: Total Calories

SEE NOTE FOR INDIVIDUAL VERSION

KG | (52/38)

SUNDAY

AUG 11

"Tiki-Taka"
3 Rounds
40 Burpee Broad Jumps
800m Run

*For burpee broad jumps, jump one direction then do
your next rep back in the other direction.

Time Cap: 35 Minutes

"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 AUG 5

CORE

Strict Press

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 80% for final set of 3

* Build In Weight

"Frosted Flakes"

For Time:

1,000 Meter Run

50 Pull-ups

30 Power Cleans (155/105)

KG | (70/47)

Time Cap: 18 Minutes

OPEN | GAMES

For Time:

1,000 Meter Run

25 Bar Muscle Ups

30 Power Cleans @weight(185/135)

Time Cap: 18 Minutes

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Gun Show

3-5 Sets For Quality:

16 Dumbbell Bench Press

16 Alternating Seated Dumbbell Hammer Curls*

* Rest As Needed Between Sets

* 8 Reps Each Side

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Part 1, This week we start the final phase of our tempo strength cycle. The third is the concentric block, in which the lifter performs the rep with as much force and speed as possible. Here we are building to a heavy 3 rep, with no tempo or pause. Part 2, We've got a fun chipper to kick off this week's fitness! A little reminiscent of 'Jackie' and sure to light the lungs up early with the run to start it off. While the run is mostly about just getting it done, try to do it with some intention knowing that you've got a big gymnastics set and moderate barbell to follow. Being smart to start may dictate how well we finish.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none">About 5:00 today	<ul style="list-style-type: none">Reduce Distance6:00 Time Cap1250/1125m Row1000/900m Ski Erg	<ul style="list-style-type: none">2500/2250m Bike Erg62/50 Calorie Echo/Assault Bike5:00 Effort on Air Runner/Treadmill
Pull-ups	<ul style="list-style-type: none">About 5:00 or less of work	<ul style="list-style-type: none">Reduce RepsBandedStrict (20-30 Total Reps)	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows
Power Cleans	<ul style="list-style-type: none">Moderate weight bar today, meant to be completed in steady singles or small cycled sets.	<ul style="list-style-type: none">Reduce Loading/RepsSub Hang Power Cleans	<ul style="list-style-type: none">Sub Dumbbell/Kettlebell Hang Power CleansSub Deadlifts (Light to Moderate)

- The One Teaching Focus | **Cylinder of strength**
 - For today's strict press we want to teach our athletes how to maintain a "cylinder of strength" throughout the strict press movement. By gripping the ground, squeezing the butt, squeezing the legs, and squeezing the abs the athletes will be in a strong and rigid position to execute the lift.

Logistics

- Athletes should be aiming to get a bit uncomfortable in today's chipper style piece. You only need to work at each station one time, which means we can hold some faster paces than we might want to.

LESSON PLAN

LESSON PLAN

MONDAY AUG 5

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 // 4 MINUTES | 3:00 - 7:00

- General Flow 0:20 each
 - Jumping jacks
 - Quad pulls
 - Knuckle draggers
 - Knee pulls
 - High knees
 - Lunges
 - Quick ups
 - Bend and reach
 - Butt kicks
 - Spiderman
 - scorpions
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

SPECIFIC WARMUP // 15 MINUTES | 7:00 - 22:00

- Pull ups | tell, show, do, check
 - :10 Deadhang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - 3 Pull ups or workout mod

- Power Clean & Front Squat | 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
 - 5 cued Power Clean reps position 1 (mid thigh / hip)
 - Focus on full extension before pulling and catching
 - Hold landing position
 - 5 Cued Power Clean reps position 2 (above knee)
 - Focus on keeping the bar close throughout
 - Hold landing position
 - 3 Cued Power Clean reps position 3 (mid shin)
 - Focus on butt down, and bar tight

- 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 | 22:00 - 34:00

- 5-7 Building Sets of 3 Reps
- Building to 75% to 80% for final set of 3
- Transition to part 2

4

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

- Practice Round
 - 100m Sprint
 - 5 Pull-ups
 - 3 Power Cleans
- Break
- Workout adjustments if needed

5

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

- Look For
 - Run | relaxed arms, we want to keep the upper body relaxed so that the arms are fresh when we get to the pull ups.
 - Pull Ups | Smart sets in the beginning are really important here. With it being one big set, it's easy to get ahead of ourselves and come out too hot. So be sure athletes are setting themselves up for success.
 - Power cleans | athletes are looking to have a moderately challenging load today. Quick singles are the goal, so if athletes are going big sets the load is too light or if they are taking a lot of rest the load is too heavy. Be sure they have chosen the weight to fit the stimulus.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY AUG 6

CORE

"Hold Up, Wait A Minute"

3 Rounds:

25 Burpees Over Rower

50 Wallballs (20/14)

Into...

150/120 Calorie Row

Performed As:

2 Minute Work

1 Minute Rest

Time Cap: 35 Minutes

KG | (9/6)

OPEN | GAMES

Same as class.

ACCESSORY WORK

(formerly 'After Party')

Killer Core

For Quality:

50-40-30-20-10 Medicine Ball Twists

50-40-30-20-10 Front Plank Seconds

COACHING RESOURCES

- [TTT - Root the Fault \(Rower\)](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

TUESDAY AUG 6

OVERVIEW

We get into the spicy zone quickly today, with some back to back pressing movements into a nice long effort pulling movement. Coming into this one with a strategy for both the wallball and the burpees will be key with the interference of these. Even with a 1:00 rest between efforts, those lungs and triceps will light up early.

SCORE

Total time to complete work, including rest. Add 1s per rep not completed if we are time capped.

ELEMENT	STIMULUS	MODIFICATIONS	
Burpees Over Rower	<ul style="list-style-type: none">About 2:00 of work per set.	<ul style="list-style-type: none">Reduce RepsBurpees with Lateral Hop	<ul style="list-style-type: none">Regular Burpees25/20 Calories On Any Machine
Wallballs	<ul style="list-style-type: none">Weight should allow for 10+ reps	<ul style="list-style-type: none">Reduce RepsReduce LoadingReduce Target Height	<ul style="list-style-type: none">Single Dumbbell/Medball ThrustersEmpty Barbell Thrusters75 Air Squats
Calorie Row	<ul style="list-style-type: none">Aiming for a 15/12 calorie per minute pace for men and women respectively.	<ul style="list-style-type: none">Reduce Reps120/100 Calorie Ski150/120 Calorie Bike Erg	<ul style="list-style-type: none">120/100 Calorie Echo/Assault Bike4x2:00 Moderate-Hard Efforts on Air Runner/Treadmill

The One Teaching Focus | **Stay low on the burpees**

- Stay low on the burpees over the rower as best you can and find a pace that will let you keep moving, even when your arms are under fatigue. We can use these as our pacer and a place to "catch" our breath.

Logistics

- The workout is performed as 2:00 / 1:00 off. Be sure to have your time frames ready to call out as athletes are working so they know when to stop and start.
- Sharing rowers for todays workout is really difficult, so if you need to use different machines, have the conversions ready.

LESSON PLAN

LESSON PLAN

TUESDAY AUG 6

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
 - 0:30 downward upward dogs
 - 0:30 pigeon (right)
 - 0:30 pigeon (left)
 - 0:20 samson (right)
 - 0:20 samson (left)
 - 0:30 bottom of squat hold
 - Row warm up
 - 0:20 easy pace
 - 0:20 moderate pace
 - 0:20 hard pace
 - 0:20 moderate pace

2

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

- Wall ball | tell, show, do, check
 - 5 medball deadlift
 - 5 medball squat clean
 - Focus on timing of full extension before pulling under the ball.
 - 5 medball push press
 - Focus on timing of full extension before pressing the ball overhead
 - 5 medball thruster
 - Focus on timing of full extension
- Burpee over rower | tell, show, do, check
 - 3 step back, step up burpees + step over rower
 - 3 step back, step up burpees + jump over rower
 - Teach the foot work to jump over the rower. The most common is to cross the outside foot over first.
 - 3 jump back, step up burpees + jump over rower
 - This is typically the most efficient for a workout like today with a bigger rep scheme, the step up allows for better pacing and controlled breathing.
 - 3 burpees over rower (quick)
 - Emphasize athletes to stay low to the rower, to keep reps efficient.

3

STRENGTH //

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

- Practice Round
 - :20 Burpees Over Rower
 - :10 Transition
 - :20 Wallballs (Aiming for ~15 Reps)
 - :10 Transition
 - :20 Calorie Row (Aiming for 4-5 Calories)
- Break
- Workout adjustments if needed

4

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

- Look For
 - Burpees | look for athletes to stay low, and move consistently
 - Wallball | look for hips to extend first, the shoulders will be fatigues so try to save them as much as possible
 - Row | leg drive, athletes need to drive hard with the legs before they finish with the arms.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY AUG 7

CORE

Deadlift

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 80% for final set of 3

* Build In Weight

"Mumbo Jumbo"

AMRAP 1:

3 Deadlifts

50 Double Unders

Max Bike Erg Calories

AMRAP 2:

6 Deadlifts

50 Double Unders

Max Bike Erg Calories

AMRAP 3:

9 Deadlifts

50 Double Unders

Max Bike Erg Calories

AMRAP 4:

12 Deadlifts

50 Double Unders

Max Bike Erg Calories

AMRAP 5:

15 Deadlifts

50 Double Unders

Max Bike Erg Calories

Barbell: (225/155)

KG | (102/70)

OPEN | GAMES

AMRAP 3:

3 Deadlifts

50 Double Unders

Max Calorie Echo Bike

AMRAP 3:

6 Deadlifts

50 Double Unders

Max Calorie Echo Bike

AMRAP 3:

9 Deadlifts

50 Double Unders

Max Calorie Echo Bike

AMRAP 3:

12 Deadlifts

50 Double Unders

Max Calorie Echo Bike

AMRAP 3:

15 Deadlifts

50 Double Unders

Max Calorie Echo Bike

Barbell: @weight(315/225)

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump

[PART A]

3-5 Sets:

10 Barbell Good Mornings

[PART B]

Weighted Reverse Chinese Plank:

Accumulate 3 Minutes

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Part 1, This week we start the final phase of our tempo strength cycle. The third is the concentric block, in which the lifter performs the rep with as much force and speed as possible. Here we are building to a heavy 3 rep, with no tempo or pause. Part 2, Today's piece packs a punch to the legs as our deadlift reps and bike time increase each interval. While the deadlift and the bike seem to be the priority, we can't forget that time under tension with the jump rope will absolutely play a role in our fatigue each round and should also pay attention here.

SCORE

Total calories accumulated.

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlifts	<ul style="list-style-type: none">3-6-9 rounds should be unbroken, once we hit 12 we can break up to 2-3 times to accomplish our reps.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Double Unders	<ul style="list-style-type: none">:40 or less of work today	<ul style="list-style-type: none">Reduce RepsUp to 75 Single UndersPlate Hops	<ul style="list-style-type: none">50 Total Reps of Singles & Doubles (Mix of Both)150/125 Meters on Ski Erg:30 Effort On Any Machine
Bike Erg	<ul style="list-style-type: none">First round is about :15-:20 on the bike, after that it is 1:00 or more for the rest of the workout.	<ul style="list-style-type: none">Sub Row/Ski/Air Runner/Echo/Assault	

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

- Barbell weight should be a little challenging under fatigue, but we shouldn't be in singles at any point. Once we start breaking we should still be able to maintain 3+ reps at a time.

LESSON PLAN

LESSON PLAN

WEDNESDAY AUG 7

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 0:20 each
 - Bike
 - Bend and reach
 - Spiderman + worlds greatest
 - Inchworm + push up
 - Bike
 - Calf raises
 - Bunny hops
 - Downward dog
 - Bike
 - Bootstraps
 - Bodyweight goodmornings
 - Line hops
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- Double Unders | tell, show, do, check
 - Establish position
 - Hold the handles of the jump rope with a relaxed grip.
 - The grip should be towards the end of the handles, allowing for better control and wrist movement.
 - Keep the elbows close to the body, pointing downward.
 - Hands should be slightly in front of the body so that you can see them in your peripheral vision while looking forward.
 - :20 High Singles
 - Focus on timing wrist speed
 - :20 Fast Singles:
 - Focus on wrist rotation and quicken the pace of the jump rope
 - :20 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

- 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
 - Add light load
 - 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 | 21:00 - 33:00

- 5-7 Building Sets of 3 Reps
- Building to 75% to 80% for final set of 3
- Transition to part 2

4

PRIMER // 6 MINUTES | 33:00 - 39:00

- Practice Round
 - 1 Round on 1:00 Clock:
 - 3 Deadlifts
 - 25 Double Unders
 - Max Calorie Bike Erg
- Break
- Workout adjustments if needed

5

WORKOUT // 15 MINUTES | 39:00 - 54:00

- Look For
 - Deadlift | Same as the teaching focus today, look for athletes to be pushing the feet through the ground, not pulling with the back. Relaxed arms and shoulders, to give them a break for the doubles.
 - Double Under | relaxed grip and shoulders on the handles. Grip is getting plenty of work from the deadlifts.
 - Bike | Look for athletes to angle the torso forward to use as much leverage as possible.

6

COOL-DOWN // 6 MINUTES | 54:00 - 60:00

DAILY VIEW

DAILY VIEW

THURSDAY AUG 8

CORE

"Connect The Dots"

For Time:

10-9-8-7-6-5-4-3-2-1 Toes to Bar
200/180 Meter Row

Directly Into...

20-18-16-14-12-10-8-6-4-2 Push-ups
200/180 Meter Row

Time Cap: 35 Minutes

OPEN | GAMES

For Time:

20-18-16-14-12-10-8-6-4-2 Toes to Bar
200/180 Meter Row

Directly Into...

10-8-6-4-2 Wall Walks
200/180 Meter Row

Time Cap: 35 Minutes

ACCESSORY WORK

(formerly 'After Party')

Aerobic Capacity
30-60 Minutes For Quality:
400 Meter Run
500 Meter Row
1,000 Meter Bike Erg

* Performed At RPE 2-3

COACHING RESOURCES

- [Rower Efficiency](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

THURSDAY AUG 8

OVERVIEW

We've got a beefy conditioning piece on the menu today and it's going to be important to pace our rowing from the very start. How efficient can you make your sets and transitions without coming out too hot, too fast? The name of the game is consistency, and this piece may trick you in the first half if you're not paying attention.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Toes to Bar	<ul style="list-style-type: none">1-2 sets from rounds of 10-6, smaller rounds should be unbroken.	<ul style="list-style-type: none">Reduce RepsKipping Toes To As High As PossibleKipping Knees To Chest	<ul style="list-style-type: none">Sit-Ups/Hollow RocksV-Ups/Alternating V-Ups
Push-ups	<ul style="list-style-type: none">Up to 3 sets in the larger rounds with short rest between sets.	<ul style="list-style-type: none">Reduce RepsHand Release Push-UpsBox Push-UpsDumbbell Bench Press	
Row	<ul style="list-style-type: none">Less than 1:00 of work every round.	<ul style="list-style-type: none">Reduce Distance1:00 Time Cap180/160m Ski400/360m Bike	<ul style="list-style-type: none">100m Run:45 Effort on Air Runner/Treadmill

The One Teaching Focus | **Stroke Rate (SPM)**

- Consider the appropriate stroke rate for the training or racing goal. It's almost always the case that we should "row slow to row fast." More power per pull with a SPM of 24-28 is likely the sweet spot. Today's workout is about keeping the row in 1:00 while also being able to recover and control the heart rate and breathing.

Logistics

- Athletes that are already planning their sets for toes to bar and push-ups should be finding a pace that will not blow up our lungs but will keep us under the 1:00 time frame. This will allow us to maintain our plan when it comes to toes to bar and push-ups, meaning you will finish this faster by being smarter from the start.

LESSON PLAN

LESSON PLAN

THURSDAY AUG 8

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 0:20 each
 - Tall plank
 - Downward dog
 - Tall plank
 - Scorpions
 - Plank shoulder taps
 - Plank toe taps
 - Spidermans
 - Up down planks
 - Negative push ups
 - Hollow body hold
 - Push ups from knees
 - Sit ups
 - Push ups

2

SPECIFIC WARMUP // 10 MINUTES | 8:00 - 18:00

- TTB | tell, show, do, check
 - :10 dead hang
 - :10 scap pull ups
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification

- 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 500m/split
 - :20 @ SPM of 27-30
 - Maintain same 500m/split
 - :20 @ SPM of 23-26
 - Maintain same 500m/split
 - Help athletes understand that this is the most efficient way to complete the row today

3

STRENGTH //

PRIMER // 6 MINUTES | 18:00 - 24:00

- Practice Round
 - 3 Toes to Bar
 - 100/90m Row
 - 3 Push-ups
 - 100/90m Row
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 24:00 - 59:00

- Look For
 - Toes to bar | Smart sets, we don't want to blow up too soon and want to be able to maintain a pace that will not blow up our lungs.
 - Push Ups | Smart sets, athletes should be breaking up the push ups early to be sure they area able to maintain sets throughout the workout.
 - Row | Stroke rate, athletes should try to keep stroke rate between 24-28. Athletes are looking to maintain consistency throughout, therefore holding this will allow them to use more power and recover better.

5

COOL-DOWN // 1 MINUTES | 59:00 - 60:00

DAILY VIEW

DAILY VIEW

FRIDAY AUG 9

CORE

Back Squat

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 80% for final set of 3

* Build In Weight

"Stomping Ground"

For Time:

30 Dumbbell Burpee Squat Clean

Every 2 Minutes [Starting at 0:00]:

200 Meter Run

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes

KG | (22.5/15)

OPEN | GAMES

For Time:

45 Double Dumbbell Burpee Squat Cleans,
@dumbbell(50/35)'s

Every 2 Minutes [Starting at 0:00]:

200 Meter Run

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Work Capacity

Lactate Threshold

6 Sets:

2 Minute Bike Erg

30 Seconds Rest

2 Minute Row

30 Seconds Rest

* Performed At RPE 5

COACHING RESOURCES

- [Back Squat P.O.P](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Part 1, This week we start the final phase of our tempo strength cycle. The third is the concentric block, in which the lifter performs the rep with as much force and speed as possible. Here we are building to a heavy 3 rep, with no tempo or pause. Part 2, Who doesn't like to shake it up with a new movement?! This is the first time that we've done these and they're a real gut and leg check. The math on this one is pretty straight forward, but the execution might get a little dicey if we don't go in with a plan.

SCORE

Time to complete reps. Add 1s per rep not completed if 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 Row200/180m Ski500/450m Bike Erg12/10 Calorie Echo/Assault Bike1:00 Moderate to Hard Effort On Air Runner/Treadmill	
Dumbbell Burpee Squat Cleans	<ul style="list-style-type: none">At least 1:00 of work each interval.	<ul style="list-style-type: none">Reduce Reps/LoadingSub Dumbbell Burpee Power CleanRemove Push-up	<ul style="list-style-type: none">Sub Hang Squat Cleans + Regular Burpees (ex. 7 HSC + 7 Burpees w/o DB's)Sub Goblet Squats + Regular Burpees (Same As Above)

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

- In both 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

- 4-3 reps per interval gets you done just in time for the time cap today. 5-6 reps per interval is the sweet spot to start at and get accustomed to this new movement paired with the running. Once you find your groove, decide if you think you can swing 7-8 per round for the rest of your rounds.

LESSON PLAN

LESSON PLAN

FRIDAY AUG 9

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

- Line drill warm up (25')
 - 0:20 shuttle run
 - 0:20 knee pull + calf raise
 - 0:20 quad pulls
 - 0:20 knuckle draggers
 - 0:20 shuttle run
 - 0:20 lunge + twist
 - 0:20 side lunges
 - 0:20 inchworm
 - 0:20 shuttle runs
 - 0:20 high knees
 - 0:20 butt kicks

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- Burpee DB squat clean | tell, show, do, check
 - 3 DB deadlifts
 - 3 DB front squats
 - Focus on upright torso
 - 3 DB squat cleans
 - Focus on fast elbows
 - 3 Burpees w/ step up
 - Encourage athletes to use this method today, so they can set their feet for the squat clean, and control the heart rate as they move.
 - 3 Burpee deadlifts
 - 3 Burpee DB squat cleans

- 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
 - 3 Cued back squats
 - Move to rack & teach sound un-rack and re-rack

3

STRENGTH // 12 MINUTES | 21:00 - 33:00

- 5-7 Building Sets of 3 Reps
- Building to 75% to 80% for final set of 3
- Transition to part 2

4

PRIMER // 6 MINUTES | 33:00 - 39:00

- Practice Round
 - 2 Dumbbell Burpee Squat Clean
 - 100m Run
 - 2 Dumbbell Burpee Squat Clean
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 39:00 - 57:00

- Look For
 - Burpee DB squat clean | Appropriate weight is important today. Athletes should be able to move consistently in their 1:00 of work with the DBs. If they are having to break a lot, the load is too heavy.
 - Run | Time frame. Be sure athletes are able to complete the run in a 1:00 to be set up for success in today's workout. If they are not hitting the target, encourage them to scale the distance.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

SATURDAY AUG 10

CORE

"Working For The Weekend"

[TEAMS OF 3]

AMRAP 7:

30 Power Snatches

15 Rope Climbs

Max Calorie Bike Erg

AMRAP 6:

24 Power Snatches

12 Rope Climbs

Max Calorie Bike Erg

AMRAP 5:

18 Power Snatches

9 Rope Climbs

Max Calorie Bike Erg

AMRAP 4:

12 Power Snatches

6 Rope Climbs

Max Calorie Bike Erg

AMRAP 3:

6 Power Snatches

3 Rope Climbs

Max Calorie Bike Erg

Barbell: (115/85)

Rope: (15')

Score: Total Calories

SEE NOTE FOR INDIVIDUAL VERSION

KG | (52/38)

OPEN | GAMES

5 Rounds:

20' Front Rack Walking Lunge,

@weight(135/95)

10-8-6-4-2 Power Snatches,

@weight(135/95)

Directly Into...

5 Rounds:

20' Overhead Walkinge Lunge,

@weight(135/95)

1-2-3-4-5 Rope Climbs (15')

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders

4-5 Sets For Quality:

20 Banded Front Raises

20 Banded Pull Aparts

COACHING RESOURCES

- [Power Snatch P.O.P.](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY AUG 10

OVERVIEW

TToday we have a team of 3 workout, and some interval work! The flow of today is one partner is always working while the other two rest. The idea is that you switch out before one partner starts to fall behind. With each partner getting a two to one rest, we want to hold a high effort pace when it is our turn!

SCORE

Total bike calories

ELEMENT	STIMULUS	MODIFICATIONS	
Power Snatch	<ul style="list-style-type: none">Quick singles, or small cycled sets	<ul style="list-style-type: none">Reduce LoadingHang Power SnatchesDumbbell Power SnatchesKettlebell Swings	
Rope Climbs	<ul style="list-style-type: none">3:00 / 2:30 / 2:00 / 1:30 / 1:00	<ul style="list-style-type: none">Reduce HeightReduce Reps2 Lay to Stand Climb3 Strict Pull-Ups = 1 Rope	<ul style="list-style-type: none">4 Alternating Dumbbell Plank Rows = 1 Rope5 Ring Rows = 1 Rope5 Toes To Bar = 1 Rope
Bike	<ul style="list-style-type: none">1:00 or more each round	<ul style="list-style-type: none">Sub Row/Ski/Air Runner/Echo/Assault	

The One Teaching Focus | **Rope Sequence**

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

Logistics

- INDY VERSION
 - 5 Rounds:
 - 20/16 Calorie Bike Erg
 - 10-8-6-4-2 Power Snatches @weight(115/85)
 - Directly Into....
 - 5 Rounds:
 - 20/16 Calorie Bike Erg
 - 1-2-3-4-5 Rope Climbs (15')
 - Time Cap: 30 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY AUG 10

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

- Team of three warm up AMRAP 6
 - Partner 1- bike
 - Partner 2- Deadhang
 - Partner 3- inchworm + spiderman
 - Partners rotate each time someone drops from hang

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

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

- Power Snatch | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Eyes on the horizon
 - 5 Snatch dip + drive
 - Focus on speed through the middle
 - 5 Snatch deadlift + shrug
 - Focus on timing of the shrug
 - 5 Snatch high pull
 - Focus on bar close
 - 5 Snatch land
 - Focus on footwork and the elbows beating the feet.
 - 5 Snatch drops
 - Focus on footwork and the elbows beating the feet.
 - 2", 4', 6'
 - 3 Cued Snatch | tell, show, do, check
 - Elbows beat the feet

3

STRENGTH //

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

- Practice Round
 - Each partner (waterfall start)
 - 3 Power snatch
 - 1 rope climb
 - 0:30 bike
- Break
- Workout adjustments if needed

4

WORKOUT // 25 MINUTES | 27:00 - 52:00

- Look For
 - Power snatch | Elbows beat the feet, we want athletes to have a fast turnover today.
 - Rope climb | look for the sequence, athletes will be most efficient following the sequence.

5

COOL-DOWN // 8 MINUTES | 52:00 - 60:00

DAILY VIEW

DAILY VIEW

SUNDAY AUG 11

CORE

“Tiki-Taka”

3 Rounds

40 Burpee Broad Jumps

800m Run

*For burpee broad jumps, jump one direction then do your next rep back in the other direction.

Time Cap: 35 Minutes

"Sunday Runday"

Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Killer Core

3-4 Sets:

10 Weighted Sit-ups (Moderate)

20 Sit-ups (Unweighted)

Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY AUG 11

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 AUG 11

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 spidersmans
 - Plank shoulder taps
 - Push ups

2

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

- Specific flow
 - 0:30 buprees
 - 0:30 broad jumps
 - 100m run
 - 0:15 bupree broad jumps
 - 100m run

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 // 35 MINUTES | 18:00 - 53:00

5

COOL-DOWN // 7 MINUTES | 53:00 - 60:00