

COMPTRAIN | GYM

AUG 12- AUG 18

# LESSON PLAN

Elevate your programming approach.

LESSON PLAN

# WEEKLY VIEW

WEEKLY

AUG 12 - AUG 18

MONDAY

AUG 12

**Bench Press**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps  
Building to 75% to 85% for final set of 3

- \* 5 Second Negative
- \* Build In Weight

**"Threefold"**  
AMRAP 12:  
9 Double Dumbbell Push Press  
30 Double Unders  
9 Toes to Bar  
30 Double Unders

Dumbbells: (50/35)'s"

KG | (22.5/15)

TUESDAY

AUG 13

**"Mind Eraser" [BENCHMARK]**  
10 Rounds For Time:  
7 Power Cleans (135/95)  
7 Burpees  
200 Meter Run

Time Cap: 25 Minutes

KG | (61/43)

Repeat from 07/21/23

WEDNESDAY

AUG 14

**Sumo Deadlift**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps  
Building to 75% to 85% for final set of 3

- \* 5 Second Negative
- \* Build In Weight

**"Multipurpose"**  
AMRAP 15:  
15 Box Jumps (24"/20")  
10 Dumbbell Front Rack Reverse Lunges  
5 Strict Pull-ups

Double Dumbbells: (50/35)'s

KG | (22.5/15)

THURSDAY

AUG 15

**"Total Whine"**  
10 Rounds:  
Minute 1: Bike Erg Calories  
Minute 2: Row Calories  
Minute 3: Rest

Score: Total Calories

FRIDAY

AUG 16

**Front Squat**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps  
Building to 75% to 85% for final set of 3

- \* 5 Second Negative
- \* Build In Weight

**"Two For One"**  
30-20-10:  
Power Snatch  
Front Squat  
400 Meter Run

Barbell: (95/65)

Time Cap: 18 Minutes

KG | (43/29)

SATURDAY

AUG 17

**"Paradox of Choice"**  
[TEAMS OF 3]  
AMRAP 30:  
Bike Erg Meters

After Every Switch On Bike:  
5 Deadlifts (275/185)  
1 Rope Climb (15')

KG | (124/83)

SUNDAY

AUG 18

**"Add Another Zero"**  
1000m Row  
100 Burpees  
1000m Run  
100 Medball Alternating Lunges  
1000m Row

\*Complete unpartitioned / chipper style  
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 12

## CORE

### Bench Press

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 85% for final set of 3

\* 5 Second Negative

\* Build In Weight

### "Threefold"

AMRAP 12:

9 Double Dumbbell Push Press

30 Double Unders

9 Toes to Bar

30 Double Unders

Dumbbells: (50/35)'s"

KG | (22.5/15)

## OPEN | GAMES

AMRAP 12:

9 Double Dumbbell Push Press,

@dumbbell(50/35)'s

30 Unbroken Double Unders

9 Toes to Bar

30 Unbroken Double Unders

\*If you trip on the double unders, you start back and zero and don't count the reps of the set you tripped on in your score.

## ACCESSORY WORK

(formerly 'After Party')

### Lethal Legs

4-6 Sets For Quality:

20 Split Jumps

20 Seconds Wall Sit

1 Minute Rest Between Sets

## COACHING RESOURCES

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



# FOR THE COACH

OVERVIEW

This week we start our new tempo cycle. We begin with the eccentric block. It’s the most taxing of the three since you’re under a heavy load for an extended period of time. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifter lowers the load down. Once at the bottom of the lift, drive it back up. Part 2, All the grip time under tension happening in today's conditioning piece! These 3 movements will begin to interfere with each other quickly if we aren't smart in the first couple of rounds. We should be aiming to hold consistent split times per round, locking in our working pace early will be key!

SCORE

Rounds plus reps completed.

ELEMENT	STIMULUS	MODIFICATIONS	
Double Dumbbell Push Press	<ul style="list-style-type: none"><li>Unbroken sets in :30 or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Sub Kettlebells</li><li>Sub Barbell</li></ul>	<ul style="list-style-type: none"><li>Dumbbell Strict Presses</li><li>Kipping HSPU</li></ul>
Double Unders	<ul style="list-style-type: none"><li>Aiming for :30 or less here</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>45 Single Unders</li><li>Plate Hops</li></ul>	<ul style="list-style-type: none"><li>30 Reps of Singles &amp; Doubles</li><li>90 Meters on Ski Erg</li><li>:20 Effort On Any Other Machine</li></ul>
Toes to Bar	<ul style="list-style-type: none"><li>1-2 sets with short intentional rest.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Kipping Toes To As High As Possible</li><li>Kipping Knees To Chest</li></ul>	<ul style="list-style-type: none"><li>Sit-Ups/Hollow Rocks</li><li>V-Ups/Alternating V-Ups</li></ul>

- The One Teaching Focus | **Break the bar**
  - We’re focusing on the athlete “breaking the bar” in the bench press. This technique ensures optimal muscle activation in the chest and shoulders. Breaking the bar helps to stabilize the shoulders and elbows, reducing the risk of injury and ensuring proper alignment throughout the movement. It creates tension in the upper body, providing a solid base from which to press the weight. Verbal Cues: "Imagine you're trying to bend the bar in half with your hands." "Push outward against the bar as if you're trying to spread it apart." "Squeeze the bar as hard as you can and push outward with your hands."

- Logistics
- Athletes should be use to the tempo by now from our last block. You can have athletes partner and share stations as needed.
  - IN part 2, Grip and breathing will play a factor in our working pace, instead of having to slow down later in the workout we should be trying to remain consistent through the first 9:00 or so, and be able to hit a little bit of gas to power through the end of the clock.

# LESSON PLAN

LESSON PLAN

MONDAY AUG 12

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
  - Jumping jacks
  - Knee pulls
  - Quad pulls
  - Line hops
  - Knuckle draggers
  - Alternating lunges
  - Mountain climbers
  - Plank shoulder taps
  - Up down plans
  - Single unders
  - Negative push ups
  - Scorpions
  - Double unders
  - Push ups

2

SPECIFIC WARMUP // 15 MINUTES | 9:00 - 24:00

- 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

- DB Push Press | tell, show, do, check
  - 0:20 each
  - DB crush grip press
  - DB single arm OH hold
    - Focus on the DB staying over the middle of the body
  - Single arm DB push press
    - Look for hips to extend before press
  - Double DB push press
    - Look for hips to extend first
    - Look for finish position to have the DBs over the middle of the body, and biceps by the ear.

- Bench Press | tell, show, do, check
  - Establish stance, grip, & set up
    - Shoulder blades & butt on bench
    - Feet on the floor
    - Hands outside shoulders with full grip on bar
    - Eyes under barbell
    - Visible arch in lower back
  - 5 Tempo empty bar bench press
    - 3 second negative, 2 second hold
    - Focus on 45 degree angle with elbows
  - 3 Tempo empty bar bench press
    - 5 second negative
    - Count out the tempo so athletes can see what we are looking for.
    - Focus on “breaking” or “snapping” the bar throughout the movement.

3

STRENGTH // 12 MINUTES | 24:00 - 36:00

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3
- Transition to part 2

4

PRIMER // 6 MINUTES | 36:00 - 42:00

- Practice Round
  - 3 Dumbbell Push Press
  - 10 Double Unders
  - 3 Toes to Bar
  - 10 Double Unders
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 42:00 - 56:00

- Look For
  - DB Push Press | athletes should be able to keep reps unbroken. If they are breaking, then the load is too heavy.
  - Double Unders | Relaxed shoulders so that we can reduce fatigue as much as possible, and control breathing.
  - Toes to Bar | Athletes should break these in to two sets on purpose, not because they have already reached failure. Look for athletes to have chosen an appropriate number for these today.

6

COOL-DOWN // 4 MINUTES | 56:00 - 60:00



# DAILY VIEW

DAILY VIEW

TUESDAY AUG 13

## CORE

"Mind Eraser" [BENCHMARK]

10 Rounds For Time:  
7 Power Cleans (135/95)  
7 Burpees  
200 Meter Run

Time Cap: 25 Minutes  
Repeat from 07/21/23

KG | (61/43)

## OPEN | GAMES

Same as class.

## ACCESSORY WORK

(formerly 'After Party')

Aerobic Capacity  
30-60 Minute Bike Erg (RPE 2-3)

## COACHING RESOURCES

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



# FOR THE COACH

OVERVIEW

This is a repeat from June of last year, but this time we're going for 10 rounds for time instead of an AMRAP of 20:00. In this low rep, higher round workout, athletes will be challenged to pick a pace they can sustain throughout all 10 rounds without feeling the need to stop or slow down. Can you make your last round match the timing of the first round?

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Power Cleans	<ul style="list-style-type: none"><li>Reps should take less than :45 to complete each round.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Hang Power Cleans</li><li>Sub Dumbbells</li></ul>	<ul style="list-style-type: none"><li>Sub Kettlebell Hang Power Cleans</li><li>Sub Deadlifts (Light to Moderate)</li></ul>
Burpees	<ul style="list-style-type: none"><li>Reps should take less than :45 to complete each round.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>1:00 Cap</li><li>7 Calories On Any Machine</li></ul>	<ul style="list-style-type: none"><li>No Push-up Burpees</li><li>Push-ups Only</li></ul>
Run	<ul style="list-style-type: none"><li>Each run should take less than 1:15 to complete each round.</li></ul>	<ul style="list-style-type: none"><li>250/225m Row</li><li>200/180m Ski</li><li>500/450m Bike</li></ul>	<ul style="list-style-type: none"><li>12/10 Calorie Assault/Echo Bike</li><li>1:00 Hard Effort on Air Runner/Treadmill</li></ul>

- The One Teaching Focus | **Burpee pacing**
- The arms are the pacer for the burpees. The faster they get to the ground, the faster we will move. The slower we get them to the floor, the slower we can move. We want to be quick off the floor, while allowing our arms to pace us.
- Logistics
- Use the 200m runs as your pacer each round, slow your breathing and shake out those arms. Run at a pace that will allow you to stick to your timing on the power cleans and burpees.

# LESSON PLAN

LESSON PLAN

TUESDAY AUG 13

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' each
  - Shuttle run (x2)
  - Knee pulls + calf raise
  - Quad pulls
  - Knuckle draggers
  - Shuttle run (x2)
  - Standing figure 4
  - Soldier kicks
  - Lunge + reach
  - Shuttle run (x2)
  - A skips
  - High knees
  - Butt kicks

2

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

- Power Clean | tell, show, do, check
  - Establish power clean 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
  - 3 High hang power cleans
    - Emphasize being quick under the bar, fast elbows
  - 3 Hang power cleans
    - Look for athletes to fully extend the hips, before being fast under the bar.
  - 3 Power cleans
    - Look for both the hip extension, and speed under the bar.

- Burpee | tell, show, do, check
  - :15 slow step back step up burpees
  - :15 jump back step up burpees
  - :15 jump back jump up burpees
    - Land with feet flat

3

STRENGTH //

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

- Practice Round
  - 3 Power Cleans
  - 3 Burpees
  - 100m Run
- Break
- Workout adjustments if needed

4

WORKOUT // 25 MINUTES | 25:00 - 50:00

- Look For
  - Run | We are looking to hit a target time frame today with each run, while also trying to maintain a steady pace. The run shouldn't exhaust us, but we need to hit the stimulus. Encourage athletes to scale distance if needed.
  - Power Clean | athletes should be able to move quickly through the power cleans today, if they are struggling with speed on the barbell they should pull back the weight.
  - Burpee | Look for the hands to be the pacer for the burpees today. The faster they get their hands to the floor, the faster they can move through the burpees.

5

COOL-DOWN // 10 MINUTES | 50:00 - 60:00



# DAILY VIEW

DAILY VIEW

WEDNESDAY AUG 14

## CORE

### Sumo Deadlift

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 85% for final set of 3

\* 5 Second Negative

\* Build In Weight

### "Multipurpose"

AMRAP 15:

15 Box Jumps (24"/20")

10 Dumbbell Front Rack Reverse Lunges

5 Strict Pull-ups

Double Dumbbells: (50/35)'s

KG | (22.5/15)

## OPEN | GAMES

AMRAP 15:

15 Box Jump Overs (30"/24")

10 Dumbbell Front Rack Reverse Lunges,

@dumbbell(50/35)'s

5 Burpee Pull Ups

## ACCESSORY WORK

(formerly 'After Party')

Gun Show

[PART A]

3-4 Sets:

8 Barbell Curls

[PART B]

1 Set:

Max Unbroken Empty Barbell Curls

## COACHING RESOURCES

- [Training the Trainers Sumo Deadlift](#)
- [Resource Links](#)



# FOR THE COACH

OVERVIEW

This week we start our new tempo cycle. We begin with the eccentric block. It’s the most taxing of the three since you’re under a heavy load for an extended period of time. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifter lowers the load down. Once at the bottom of the lift, drive it back up. In part 2, we are hitting legs and upper body in a couple ways each today, making this piece a potent one. We'll want to make sure we don't get pulled in on that first set of box jumps so that we can settle into a working pace without gassing ourselves early on. While they seem unassuming, they'll start to impact how quickly we can get the dumbbells up to our shoulders.

SCORE

Rounds plus reps completed.

ELEMENT	STIMULUS	MODIFICATIONS	
Box Jumps	<ul style="list-style-type: none"><li>1:00 or less each round.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Reduce Box Height</li><li>Box Step-Ups</li><li>20 Squat Jumps</li></ul>	
Dumbbell Front Rack Reverse Lunges	<ul style="list-style-type: none"><li>Unbroken sets, in about :40 or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce/Remove Loading</li><li>Reduce Reps</li><li>Dumbbell Suitcase Reverse Lunge</li></ul>	<ul style="list-style-type: none"><li>Single Dumbbell</li><li>Sub Kettlebell(s)</li><li>Sub Barbell</li></ul>
Strict Pull-ups	<ul style="list-style-type: none"><li>Ideally we are unbroken or in 2 sets today</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Banded Strict Pull-Ups</li><li>Ring Rows</li></ul>	<ul style="list-style-type: none"><li>Alternating Dumbbell Plank Rows</li></ul>

- The One Teaching Focus | **Knees Over Toes**
  - The sumo deadlift will expose this fault in athletes more than most movements. Look for athletes to be actively driving the knees out to keep them tracking over the toes.

- Logistics
- Aim for quality on these pull-ups each round, tighter is lighter and easier the more tired we get, maintain tension and stick with your plan from round 1.

# LESSON PLAN

LESSON PLAN

WEDNESDAY AUG 14

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
  - Grab DBs
  - Squat hold
  - Boot straps
  - Alternating worlds greatest
  - Bend and reach
  - Box step ups
  - Alternating lunge + reach
  - Cossack squats
  - Box step downs
  - Skier jumps
  - Single DB reverse lunge
  - Box jumps
  - Double DB reverse lunge

2

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

- Strict Pull Up | tell, show, do, check
  - :10 dead hang
  - 2 set of 10 scap pull ups
    - Provide teaching emphasis here as the focus for the day
    - This is the initiating of the strict pull
  - 5 Scap refraction + elbow flexion
    - Focus on sequence of strict pulling movement
    - Scaps first, elbows back second.
  - 3 Jumping eccentric pull ups
    - Focus on elbows down and slightly back during the movement
    - Sub to ring rows if needed
  - 3 Workout movements
  - Establish subs and mods for the class
- Sumo Deadlift | tell, show, do, check
  - Establish stance, grip, & set up
    - Double shoulder width stance
    - Toes Slightly pointed out
    - Arms hang straight down (hand inside knees)
    - Shoulders directly over bar
    - Knees track over toes
    - Chest pulled up & eyes on the horizon
  - 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
  - 3 Cued reps mid shin to standing
    - Driving with the legs
    - Shoulders and hips rise together until bar passes knee
  - 3 Cued reps mid shin to standing With tempo
    - Count out the tempo for each rep, so athletes know what we are looking for.

3

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

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3
- Transition to part 2

4

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

- Practice Round
  - 8 Box Jumps
  - 4 Dumbbell Front Rack Reverse Lunges
  - 2 Strict Pull-ups
- Break
- Workout adjustments if needed

5

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

- Look For
  - Box jump | Look for athletes to try and jump high by fully extending the hips, not just trying to land on the box. Cue athletes to try and land as high as possible.
  - Lunge | Look for chest and elbows to still remain high in the lunge. Cue athletes to stand by driving the hips up first, not leading with the chest.
  - Strict pull up | Today we want athletes to focus on pulling the elbows towards the floor, not just chin over the bar.

6

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

# DAILY VIEW

DAILY VIEW

THURSDAY AUG 15

## CORE

"Total Whine"  
10 Rounds:  
Minute 1: Bike Erg Calories  
Minute 2: Row Calories  
Minute 3: Rest  
  
Score: Total Calories

## OPEN | GAMES

Same as class.

## ACCESSORY WORK

(formerly 'After Party')

Killer Core  
[PART A]  
3-4 Sets:  
Big Set Strict Toes to Bar  
  
[PART B]  
8 Rounds:  
20 Second Hollow Hold  
10 Seconds Rest

## COACHING RESOURCES

- [Resource Links](#)



# FOR THE COACH

COACH TOOLS

THURSDAY AUG 15

OVERVIEW

Very straightforward couplet with rest built in each round. We can approach this as a go hard piece and aim to stay consistent in our efforts across all 10 rounds. If we're feeling like we need a lower intensity day, we can give ourselves a lower target number per round and hold a moderate pace instead.

SCORE

Total calories accumulated.

ELEMENT	STIMULUS	MODIFICATIONS	
Row + Bike	<ul style="list-style-type: none"><li>The overall goal should remain consistency from round to round whether we are really pushing the pace today or holding something slightly lower and more sustainable.</li></ul>	<ul style="list-style-type: none"><li>Sub Air Run/Run/Shuttle Runs/Ski/Echo/Assault</li></ul>	

The One Teaching Focus | **Breathing and Rhythm**

- Encourage athletes to establish a rhythmic breathing pattern that aligns with the rowing strokes and their pedal strokes.
- Emphasize the importance of controlled and efficient breathing to support endurance.

Logistics

- Athletes can choose to give themselves a target number each round to hold themselves accountable for their level of intensity throughout the workout.
- Record calories per round during your rest period.



# LESSON PLAN

LESSON PLAN

THURSDAY AUG 15

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 Samson (right)
  - 0:30 Samson (left)
  - 0:30 pigeon (right)
  - 0:30 pigeon (left)
  - 0:30 upward dog
  - 0:30 downward dog
  - 0:20 jumping jacks
  - 0:20 high knees
  - 0:20 butt kicks
  - 0:20 mountain climbers

2

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

- Cadence warm up
  - :20 :30 each
  - 80-84 RPM
    - Focus on 1k/split
  - 85-90 RPM
    - Decrease 1k/split time
  - 90-94 RPM
    - Decrease 1k/split time

- 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 500m 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 | 21:00 - 27:00

- Practice Round
  - 1:00 Easy Bike Erg
  - 1:00 Easy Row
  - 1:00 Spiderman Stretch
  - :30 Bike Erg Sprint
  - :30 Row Sprint
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 27:00 - 57:00

- Look For
  - Bike + Row | While the score is calories today, we are looking to stay consistent. Encourage athletes to start out a little reserved and maintain the pace for the whole duration.

5

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

# DAILY VIEW

DAILY VIEW

FRIDAY AUG 16

## CORE

### Front Squat

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 75% to 85% for final set of 3

\* 5 Second Negative

\* Build In Weight

### "Two For One"

30-20-10:

Power Snatch

Front Squat

400 Meter Run

Barbell: (95/65)

Time Cap: 18 Minutes

KG | (43/29)

## OPEN | GAMES

For Time:

10 Bar Muscle-ups, 40 Wallballs

8 Bar Muscle-ups, 32 Wallballs

6 Bar Muscle-ups, 24 Wallballs

4 Bar Muscle-ups, 12 Wallballs

Wallball: @wallball(20/14) to 10/9ft

Time Cap: 18 Minutes

## ACCESSORY WORK

(formerly 'After Party')

### Posterior Pump

4-5 Sets For Quality:

10 Barbell Hip Thrusts

10 Second Hold At Top

Rest 2 Minutes Between Sets

## COACHING RESOURCES

- [Resource Links](#)



# FOR THE COACH

OVERVIEW

This week we start our new tempo cycle. We begin with the eccentric block. It's the most taxing of the three since you're under a heavy load for an extended period of time. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifter lowers the load down. Once at the bottom of the lift, drive it back up. Part 2, Today's is a doozy! We've got lots of barbell work with some runs to break it up. Breathing will come into play QUICKLY today on the first set of power snatches if we come out too hot when we're fresh. Lighter front squat means we'll be able to move in bigger sets than we may want to.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Power Snatch	<ul style="list-style-type: none"><li>Weight should allow for cycling 5+ reps at a time</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Hang Power Snatches</li><li>Dumbbell Power Snatches</li></ul>	<ul style="list-style-type: none"><li>Kettlebell Swings</li></ul>
Front Squat	<ul style="list-style-type: none"><li>Weight should allow for cycling 5+ reps at a time</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Sub Dumbbells</li></ul>	<ul style="list-style-type: none"><li>Sub Barbell</li><li>60-40-20 Air Squats</li></ul>
Run	<ul style="list-style-type: none"><li>2:15 or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>2:15 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li></ul>	<ul style="list-style-type: none"><li>1000/900m Bike</li><li>2:00 Effort on Air Runner/Treadmill</li><li>25/20 Calorie Echo/Assault</li></ul>

- The One Teaching Focus | **Elbows High**
- The teaching focus for today's workout is to maintain high elbows throughout the front squats. By doing so, athletes will improve the efficiency and safety of their movement. High elbows will serve to keep the torso upright and the bar over the frontal plane.
- Logistics
- Most should be approaching this with a mindset of smaller sets with smaller rest, this will allow us to check in on our breathing and fatigue as we continue to progress through our reps and never reach a point of burnout or failure.

# LESSON PLAN

LESSON PLAN

FRIDAY AUG 16

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
  - Grab PVC pipes
  - PVC pass through
  - Quad pulls
  - Knuckle draggers
  - PVC around the worlds
  - Spider man
  - Scorpions
  - PVC snatch grip press
  - Air squat
  - Downward dog
  - PVC overhead squat
  - High knee
  - Butt kicks
  - 100m run

2

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

- 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

- Front Squat | tell, show, do, check
  - Establish stance & grip
    - Shoulder-width stance
    - Hands just outside shoulders
    - Loose fingertip grip on the bar
    - Elbows high (upper arm parallel to the ground)
    - Midline is braced
  - 3 cued ¼ Squat & hold
    - Focus on high elbows in set up and hold
  - 3 cued Squat & hold
    - Focus on high elbows throughout the rep and in the bottom position
  - 3 Cued lightweight rep with tempo
    - Focus on elbows high throughout the rep

3

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

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3
- Transition to part 2

4

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

- Practice Round
  - 6 Power Snatch
  - 6 Front Squats
  - 200m Run
- Break
- Workout adjustments if needed

5

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

- Look For
  - Power Snatch | fast turn over, elbows beat the feet. We have a lot of snatches on the plate for today, so we want to try and save the shoulders as much as we can. Catching the bar with locked out arms, rather than having to press out will allow our shoulders to last longer.
  - Front Squat | Same as our teaching focus, look for elbows to remain high today.
  - Run | Today with two barbell movements, we are looking to use the run as recovery from the barbell. Therefore, we want to have a relaxed posture as we run. Look for athletes to drop their shoulders, and relax the arms.

6

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

# DAILY VIEW

DAILY VIEW

SATURDAY AUG 17

## CORE

"Paradox of Choice"  
[TEAMS OF 3]  
AMRAP 30:  
Bike Erg Meters

After Every Switch On Bike:  
5 Deadlifts (275/185)  
1 Rope Climb (15')

KG | (124/83)

## OPEN | GAMES

For Time:  
150/120 Calorie Echo Bike  
10 Legless Rope Climbs, 15ft  
50 Deadlifts, @weight(315/225)

\* Partition However You'd Like  
  
Time Cap: 25 Minutes

## ACCESSORY WORK

(formerly 'After Party')

AMRAP 8:  
Calorie Row

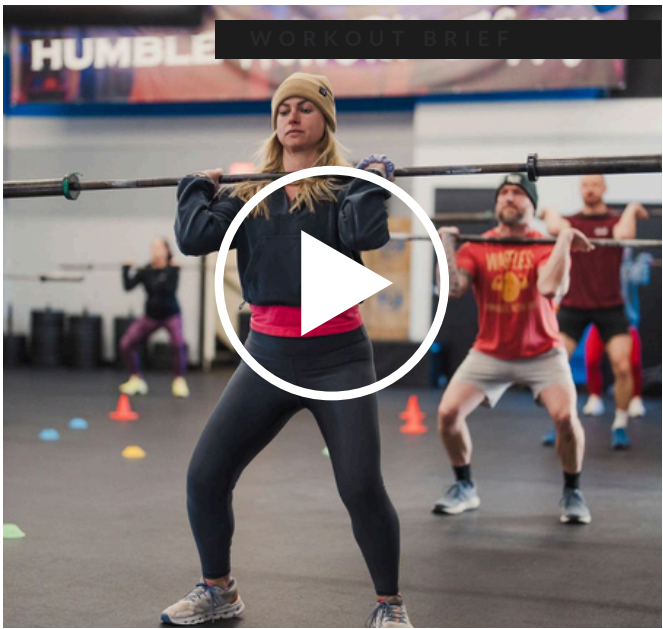
Rest 4 Minutes

For Time:  
Calories From Part 1

RPE: 7-8

## COACHING RESOURCES

- [Resource Links](#)





# FOR THE COACH

COACH TOOLS

SATURDAY AUG 17

OVERVIEW

Todays team of three workout we have bike meters continuously moving, while also completing a couplet. Team members can switch when they like, but we recommend switching about every min. The goal should be to go really hard on the bike, so that it feels like you need to rest once the other partner does the couplet.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlifts	<ul style="list-style-type: none"><li>Weight is on the heavier side today, should still allow for at least 5 touch and go reps at a time.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Sub Dumbbells or Kettlebells</li></ul>	<ul style="list-style-type: none"><li>Good Mornings</li><li>Kettlebell Sumo Deadlift</li></ul>
Rope Climb	<ul style="list-style-type: none"><li>0:30 of work</li></ul>	<ul style="list-style-type: none"><li>Reduce Height</li><li>Reduce Reps</li><li>2 Lay to Stand Climb</li><li>3 Strict Pull-Ups = 1 Rope</li></ul>	<ul style="list-style-type: none"><li>4 Alternating Dumbbell Plank Rows = 1 Rope</li><li>5 Ring Rows = 1 Rope</li><li>5 Toes To Bar = 1 Rope</li></ul>
Bike	<ul style="list-style-type: none"><li>Hard effort</li></ul>	<ul style="list-style-type: none"><li>Sub Row / ski / bike</li></ul>	

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
  - For Time:
  - 5,000/4,500 Meter Bike Erg
  - 10 Rope Climbs (15')
  - 50 Deadlifts (225/155)
- Partition However You'd Like
- Time Cap: 25 Minutes

# LESSON PLAN

LESSON PLAN

SATURDAY AUG 17

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 bike
  - 0:20 child's pose
  - 0:20 scorpions
  - 0:20 spiderman
  - 1:00 bike
  - 0:20 downward dog
  - 0:20 good mornings
  - 0:20 bend and reach
  - 1:00 bike
  - 0:20 glute bridge
  - 0:20 sit ups

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
- 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 //

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

- Practice Round
  - Bike Erg
  - 1 Rope Climb
  - 3 Deadlifts
  - Switch once each partner does rope climb + deadlift
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 27:00 - 57:00

- Look For
  - Bike | Emphasize a smooth and circular pedal stroke. Athletes should apply force not only during the downstroke but also through the entire pedal revolution.
  - Encourage pulling up on the pedals during the upstroke to engage the hamstrings and recruit more muscle groups.
  - Deadlift | Athletes should be able to move through these as touch and go, if they are breaking they should scale load.
  - Rope climb | Look for proper sequence, so that athletes can be efficient.

5

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

# DAILY VIEW

DAILY VIEW

SUNDAY AUG 18

## CORE

“Add Another Zero”

- 1000m Row
- 100 Burpees
- 1000m Run
- 100 Medball Alternating Lunges
- 1000m Row

\*Complete unpartitioned / chipper style  
Time Cap: 35 Minutes

"Sunday Runday"  
Run 2-3 Miles

## OPEN | GAMES

N/A

## ACCESSORY WORK

(formerly 'After Party')

- Work Capacity
- 4 Sets For Total Reps:
- 2 Minute Ski Erg Calories
- 1 Minute Dumbbell Bench Press @dumbbell(50/35)'s

Rest 1 Minute Between Sets

## COACHING RESOURCES

- [Resource Links](#)



# FOR THE COACH

COACH TOOLS

SUNDAY AUG 18

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 18

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 row
  - :30 Burpee
  - :30 lunge
  - :15 row
  - :15 Burpee
  - :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 // 35 MINUTES | 18:00 - 53:00

5

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