

COMPTRAIN | GYM

AUG 19- AUG 25

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

AUG 19 - AUG 25

MONDAY

AUG 19

Bench Press

In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 60% to 80% for final set of 3

- * 3 Second Pause
- * Build In Weight

"Good Catch"

For Time:
25-50-100-50-25 Double Unders
250-500-1k-500-250 Meter Row

Women's Meters: 225-450-900-450-225

Time Cap: 18 Minutes

TUESDAY

AUG 20

"Well Rounded" [BENCHMARK]

10 Rounds For Time:
3 Clean & Jerks (155/105)
200 Meter Run
1 Round of "Cindy"

REPEAT FROM 8/15/23

Time Cap: 30 Minutes

KG | (70.5/47.7)

WEDNESDAY

AUG 21

Sumo Deadlift

In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 60% to 80% for final set of 3

- * 3 Second Pause
- * Build In Weight

"Left Hanging"

42-30-18:
Dumbbell Hang Snatches (50/35)
AbMat Sit-ups
Bike Erg Calories
AbMat Sit-ups

Time Cap: 18 Minutes

KG | (22.5/15)

THURSDAY

AUG 22

"Bungee Jumping"

On the 3:00 x 7 Rounds:
400 Meter Run
12 Burpees

Score: Slowest Round

FRIDAY

AUG 23

Front Squat

In a 12:00 Window
5-7 Building Sets of 3 Reps
Building to 60% to 80% for final set of 3

- * 3 Second Pause
- * Build In Weight

"Shout!"

3 Rounds For Time:
500/450 Meter Row
21 Kettlebell Swings (70/53)
12 Thrusters (115/85)

Time Cap: 18 Minutes

KG | (32/24) (52/38)

SATURDAY

AUG 24

"Sleepy Hollow"

15 Rounds x AMRAP 2:
[Partner 1]
Max Rounds:
5 Box Jumps (24"/20")
3 Toes to Bar
1 Deadlift (315/225)

[Partner 2]
Max Calorie Bike Erg

[Partner 3]
Rest

SUNDAY

AUG 25

"Buy One Get One"

For Time
1:00 on / 1:00 of until complete
120/90 Calorie C2 Bike
120 Box Jumps 24"/20"
120/90 Calorie Row

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 19

CORE

Bench Press

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 60% to 80% for final set of 3

* 3 Second Pause

* Build In Weight

"Good Catch"

For Time:

25-50-100-50-25 Double Unders

250-500-1k-500-250 Meter Row

Women's Meters: 225-450-900-450-225

Time Cap: 18 Minutes

OPEN | GAMES

For Time:

10-20-30-40-10 Crossover Double Unders

250-500-1,000-500-250 Meter Row

Women's Meters: 225-450-900-450-225

Time Cap: 18 Minutes

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Killer Core

5 Sets For Quality:

12 Rower Pike-ups

30 Seconds Side Plank (Each Side)

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

The next block is the isometric phase. Here, the focus is on holding the lift in a typical position of struggle or weakness before completing the lift. This phase will help you overcome sticking points by strengthening the muscles needed to lift the weight in that particular position. For the bench press, we will pause at one inch above the chest, on the way up. In Part 2, today's piece is a lung burner and is all about the rowing. The jump rope between rowing efforts will keep your breathing and heart rate high, so getting back on the rower it will feel like you never really stopped rowing. Pacing is KEY from the beginning today!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Double Unders	<ul style="list-style-type: none">:30-:60-:90-:60-:30 or less per set respectively.	<ul style="list-style-type: none">Reduce Reps35-75-150-75-35 Single UndersPlate HopsReps of Singles & Doubles	<ul style="list-style-type: none">75-150-300-150-75 Meters on Ski Erg:30-:60-:90-:60-:30 Efforts On Any Machine
Row	<ul style="list-style-type: none">1:15-2:15-4:15-2:15-1:15 or less respectively	<ul style="list-style-type: none">Reduce Distances1:00-2:00-4:00-2:00-1:00 Time Caps200-400-800-400-200/180-360-720-360-180m Ski500-1000-1500-1000-500/450-900-1350-900-450m Bike200-400-800-400-200 Run1:00-2:00-4:00-2:00-1:00 Efforts on Air Runner/Treadmill	

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

- Once we get through our big row in the middle, if we have the ability to sprint to the finish, let's hit the gas there!

LESSON PLAN

LESSON PLAN

MONDAY AUG 19

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 downward + upward dogs
 - 0:20 scorpions
 - 0:20 prone snow angels
 - 1:00 row
 - 0:30 mountain climbers
 - 0:40 inchworms
 - 0:30 row
 - 0:30 push ups
 - 0:30 line hops (side to side)
 - 0:20 row
 - 0:20 hand release push ups
 - 0:20 line hops (forward and back)

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

- 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
 - 3 second pause (1 in above chest)
 - Count out the pause so athletes can see what we are looking for.
 - Focus on “breaking” or “snapping” the bar throughout the movement.

3

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

- 5-7 Building Sets of 3 Reps
- Building to 60% to 80% for final set of 3
- Transition to part 2

4

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

- Practice Round
 - 15 Double Unders
 - 150/125m Row
 - 15 Double Unders
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | Today is a great day for athletes to focus on keeping their stroke rate between 24-26. We don't want to see athletes blow up too soon, and it affects us as we work back down the ladder.
 - Double Unders | We want athletes to keep their shoulders and arms relaxed. Grip plays a factor as we get into those big sets and distances, so staying relaxed will limit how many trip ups we have.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY AUG 20

CORE

"Well Rounded" [BENCHMARK]

10 Rounds For Time:
3 Clean & Jerks (155/105)
200 Meter Run
1 Round of "Cindy"

REPEAT FROM 8/15/23

Time Cap: 30 Minutes

KG | (70.5/47.7)

OPEN | GAMES

10 Rounds For Time:
2 Clean & Jerks, @weight(225/155)
200 Meter Run
1 Round of "Cindy"

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Aerobic Capacity
4 Rounds:
4 Minute Bike Erg
1 Minute Rest

* Performed At RPE 5-6

COACHING RESOURCES

- [Power Clean & Push Jerk P.O.P.](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	This is a repeat workout from 8/15/23. Some tracks will have slight modifications to the loading. Athletes should aim to complete this workout at their threshold pace, meaning each round should be completed in roughly the same amount of time.		
SCORE	Total Time. Add 1 second per rep not completed if time capped.		
ELEMENT	STIMULUS	MODIFICATIONS	
Clean & Jerks	<ul style="list-style-type: none">Reps should be completed in :30 or less.	<ul style="list-style-type: none">Reduce LoadingReduce RepsPower Clean OnlyPush Jerk Only	<ul style="list-style-type: none">Sub DumbbellsKettlebell Swing
Run	<ul style="list-style-type: none">1:15 or less each round.	<ul style="list-style-type: none">Reduce Distance:30 Out and :30 Back (1:00 Cap)250/225m Row	<ul style="list-style-type: none">200/180m Ski500/450m Bike1:00 Effort on Air Runner/Treadmill
"Cindy"	<ul style="list-style-type: none">1:00 or less each round.	<ul style="list-style-type: none">PULL-UPS<ul style="list-style-type: none">Reduce RepsStrict Pull-UpsBanded Pull-UpsRing RowsAlternating Dumbbell Plank Rows	<ul style="list-style-type: none">AIR SQUATS<ul style="list-style-type: none">Reduce RepsSquat to TargetSub Lunges
			<ul style="list-style-type: none">PUSH-UPS<ul style="list-style-type: none">Reduce RepsElevate Hands

The One Teaching Focus | **Full Range of Motion**

- Today’s teaching focus is a through line across all movements.
- Clean & Jerk | Stand up & bring feet together to finish the rep.
- Pull Ups | Chin must pass over the top of the bar.
- Push-Ups | Chest must touch the floor.
- Air Squats | Hips and knees fully extend at top and hips pass below top of knee in the bottom.

Logistics

- With this being a 10 round workout, we want to think about ramping up our speed as we go instead of coming out fast and trying to stay fast. Keep this in mind as you are going through this workout and see if you can make rounds 6-9 some of your fastest rounds.

LESSON PLAN

LESSON PLAN

TUESDAY AUG 20

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
 - General flow 0:20 each
 - Arm circles
 - Arm swings
 - Trunk twists
 - Quad pulls
 - Knuckle draggers
 - Squat hold
 - Inchworms
 - Cossack squats
 - Lunge with reach
 - Tempo push ups
 - Air squats
 - Look for good depth here
 - Push ups
 - Look for full range of motion
 - 100m run

2

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

- Power Clean & Jerk | 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
 - 3 Push press
 - Emphasize leg drive
 - 3 Push jerks
 - Look for sound catch position
 - 3 Clean & Jerks

- Rig Flow
 - :10 each
 - Dead hang
 - Scap pull ups
 - Kips (tight)
 - Kip swings (big)
 - Jumping eccentric pull ups
 - Workout movement

3

STRENGTH //

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

- Practice Round
 - 1 Clean and Jerk
 - 100 Meter Run
 - 3 Pull-ups
 - 6 Push-ups
 - 9 Air Squats
 - 1 Clean and Jerk
- Break
- Workout adjustments if needed

4

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

- Look For
 - Run | athletes should use the run as a recovery from the floor movements. If the run is taking a lot out of athletes, they should pull back the distance.
 - Clean and jerk | loading today should not exceed 75% of our one rep. Athletes should be able to move the barbell comfortably today.
 - Cindy | full of range of motion on all of our reps today. We want athletes to hold the standard here today. If they are failing to do so, help them find a scaling option.

5

COOL-DOWN // 3 MINUTES | 55:00 - 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY AUG 21

CORE

Sumo Deadlift

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 60% to 80% for final set of 3

* 3 Second Pause

* Build In Weight

"Left Hanging"

42-30-18:

Dumbbell Hang Snatches (50/35)

AbMat Sit-ups

Bike Erg Calories

AbMat Sit-ups

Time Cap: 18 Minutes

KG | (22.5/15)

OPEN | GAMES

42-30-18:

Single Dumbbell Hang Snatches,

@dumbbell(70/50)

GHD Sit Ups

Bike Erg Calories

Time Cap: 18 Minutes

* Alternate arms every 3 reps on dumbbell

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Work Capacity

2-3 Sets For Quality:

150' Reverse Sled Drag (RPE 3) + 300' Farmers Carry

100' Reverse Sled Drag (RPE 5) + 200' Farmers Carry

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

The next block is the isometric phase. Here, the focus is on holding the lift in a typical position of struggle or weakness before completing the lift. This phase will help you overcome sticking points by strengthening the muscles needed to lift the weight in that particular position. For the sumo deadlift, we will pause below the knee, on the way up. In part 2, The first two rounds of this workout are the true work in today's piece. Once we get to the round of 18's, the workout is basically at it's end. Athletes that stay steady and consistent in the first two big rounds will set themselves up to hit the gas in the third and final round.

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Dumbbell Hang Snatches	<ul style="list-style-type: none">1-2 sets, completed in sets of 3 per arm before switching arms	<ul style="list-style-type: none">Reduce LoadingReduce RepsDumbbell Power SnatchesPlate Ground to Overhead	<ul style="list-style-type: none">Kettlebell Swings (Reduce Reps)Empty Barbell Hang Power Snatches
AbMat Sit-ups	<ul style="list-style-type: none">Unbroken and smooth pace	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Bike Erg Calories	<ul style="list-style-type: none">3:00, 2:00, 1:00 respectively.	<ul style="list-style-type: none">Reduce Reps3:00-2:00-1:00 Time Caps42-30-18/34-24-14 Calorie Row	<ul style="list-style-type: none">38-25-1212/30-20-10 Calorie Ski600-400-200m Run3:00-2:00-1:00 Efforts on Air Runner/Treadmill

The One Teaching Focus | **Shoulders directly over the bar**

- Last week in the sumo deadlift we focused on the knees tracking over the toes. This week let's focus on athletes pulling the chest up to keep the shoulders directly over the bar. Use the cue “i want to read your shirt” to encourage them to pull the chest up.

Logistics

- Athletes should choose a strategy/pace goal for the round of 42's that will set them up to maintain or move slightly faster in the round of 30's. The bike is the longest part of each round and should be expedient, but planned so we don't burnout here.

LESSON PLAN

LESSON PLAN

WEDNESDAY AUG 21

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 Dumbbells
 - Bike
 - Tall plank
 - Spidermans
 - Bootstraps
 - Bike
 - Hollow hold
 - Scorpions
 - Wide stance bend and reach
 - Bike
 - V ups
 - Glute bridge
 - Cossack squats

2

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

- DB Hang Snatch | tell, show, do, check
 - 0:20 Alternating DB deadlift
 - 0:20 Alternating DB dip + shrug
 - Look for athletes to keep chest up in the dip, and finish elbow high
 - 0:20 DB push press (right)
 - 0:20 DB push press (left)
 - 0:20 DB hang snatch on the left
 - 0:20 DB hang snatch on the right

- 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 pause
 - Count out the pause 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 60% to 80% for final set of 3
- Transition to part 2

4

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

- Practice Round
 - 6 Hang Dumbbell Snatches
 - 6 Sit-ups
 - 6/4 Calorie Bike Erg
 - 6 Sit-ups
- Break
- Workout adjustments if needed

5

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

- Look For
 - DB snatch | Look for a good finishing position. The DB should be stacked, bicep by the ear, and everything locked out.
 - Sit ups | Look for athletes to reach full range of motion. Shoulder blades should touch the ground, and hips should pass the shoulders at the top.
 - Bike | The bike is the longest part of each round and should be expedient, but planned so we don't burnout here.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY AUG 22

CORE

"Bungee Jumping"

On the 3:00 x 7 Rounds:
400 Meter Run
12 Burpees

Score: Slowest Round

OPEN | GAMES

On the 3:00 x 7 Rounds:
400 Meter Run
5 Burpee Bar Muscle-Ups

Score: Slowest Round

* Score: Slowest round

ACCESSORY WORK

(formerly 'After Party')

Gun Show

2-3 Sets For Quality:

- 7 Dumbbell Hammer Curls (Bottom Half)
- 7 Dumbbell Hammer Curls (Top Half)
- 7 Dumbbell Hammer Curls (Full Range)

Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Burpee Progression](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

We've got a simple, but not easy piece for you today. Burpees and running are a potent combination, especially when we are on a clock. We want to find a run pace that allows us to get in with at least a minute to immediately get to work on our burpees.

SCORE

Slowest round.

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none">2:00 or less today	<ul style="list-style-type: none">Reduce Distance2:00 Time Cap500/450m Row400/360m Ski	<ul style="list-style-type: none">1000/900m Bike Erg2:00 Effort on Air Runner/Treadmill25/20 Calorie Echo/Assault
Burpees	<ul style="list-style-type: none">About :40 of work, we should have a short rest before starting our next run	<ul style="list-style-type: none">Reduce RepsNo Push-Up BurpeeSub Push-Ups:45 Time Cap	<ul style="list-style-type: none">:30-:40 Effort On Any MachineSub Box JumpsSub Light Kettlebell Swing

- The One Teaching Focus | **Threshold Pace**
- Athletes should be aiming to push the pace a bit today and earn themselves some rest before having to start their next round. This being said, we need to operate at just below our threshold pace to be consistent across our rounds.
- Logistics
- We should aim for our splits to be within about :10-:15 seconds of each other across the workout, if you come out too hot you'll burn out and if you start out too slow, you'll be playing catch up the rest of the piece to settle into a pace.
 - Athletes should try to have :15-:30 of rest each round at their sustainable pace.

LESSON PLAN

LESSON PLAN

THURSDAY AUG 22

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 // 9 MINUTES | 3:00 - 12:00

- General flow
 - 0:30 calf stretch (right)
 - 0:30 calf stretch (left)
 - 0:30 pigeon (right)
 - 0:30 pigeon (left)
 - 0:30 samson (right)
 - 0:30 samson (left)
- Line drills 25' each
 - Quad pulls
 - Knee pull + calf raise
 - Inchworm + spiderman
 - Toe walk
 - Heel walk
 - Gater openers
 - Bunny hops
 - Broad jumps
 - High knees
 - Buttkickers
 - 100m run

2

SPECIFIC WARMUP // 10 MINUTES | 12:00 - 22:00

- Burpee | tell, show, do, check
 - 3 step back, step up burpees
 - 3 jump back, step up burpees
 - 3 step back, jump up burpees
 - 3 jump back jump up burpees
 - 3 burpees fast

3

STRENGTH //

PRIMER // 6 MINUTES | 22:00 - 28:00

- Practice Round
 - 200m Run
 - 6 Burpees
- Break
- Workout adjustments if needed

4

WORKOUT // 21 MINUTES | 28:00 - 49:00

- Look For
 - Run | athletes have to be able to complete the run in 2:00 or less today. If they are cutting it close or going over, they need to pull back the distance.
 - Burpees | because athletes will need about :15-:20 to rest before their next round, make sure they are not going over that time frame in the round. If they do not have time to recover each time, they will loose more and more time.

5

COOL-DOWN // 11 MINUTES | 49:00 - 60:00

DAILY VIEW

DAILY VIEW

FRIDAY AUG 23

CORE

Front Squat

In a 12:00 Window

5-7 Building Sets of 3 Reps

Building to 60% to 80% for final set of 3

* 3 Second Pause

* Build In Weight

"Shout!"

3 Rounds For Time:

500/450 Meter Row

21 Kettlebell Swings (70/53)

12 Thrusters (115/85)

Time Cap: 18 Minutes

KG | (32/24) (52/38)

OPEN | GAMES

3 Rounds For Time:

500/450 Meter Row

12 Double Dumbbell Devil Press,

@dumbbell(50/35)'s

12 Double Dumbbell Thrusters,

@dumbbell(50/35)'s

* Score: Total Time

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders

3-5 Sets For Quality:

8 Single Dumbbell Arnold Press (R)

50' Dumbbell Overhead Carry (R)

8 Single Dumbbell Arnold Press (L)

50' Dumbbell Overhead Carry (L)

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

FRIDAY AUG 23

OVERVIEW

We are in the isometric phase. Here, the focus is on holding the lift in a typical position of struggle or weakness before completing the lift. This phase will help you overcome sticking points by strengthening the muscles needed to lift the weight in that particular position. For the front squat, we will pause at parallel, on the way up. In part two, This one packs a punch! With an explosive hip opening as well as your grip playing a factor for all 3 movements, we're in for a spicy ride. We absolutely do not want to come out too hot on this one!

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">2:00 or less today	<ul style="list-style-type: none">Reduce Distance2:00 Time Cap400/360m Ski1000/900m Bike	<ul style="list-style-type: none">400m Run2:00 Effort on Air Runner/Treadmill25/20 Calorie Echo/Assault
Kettlebell Swings	<ul style="list-style-type: none">About :40 of work, we should have a short rest before starting our next run	<ul style="list-style-type: none">Reduce LoadingReduce RepsRussian Kettlebell SwingsRussian Dumbbell Swings	<ul style="list-style-type: none">Single Dumbbell Hang Power SnatchesEmpty Barbell Hang Power Snatches
Thrusters	<ul style="list-style-type: none">About :40 of work, we should have a short rest before starting our next run	<ul style="list-style-type: none">Reduce LoadingReduce RepsThruster to Squat TargetSub Dumbbells/Kettlebells	<ul style="list-style-type: none">Sub Front SquatsSub Push Press24 Air Squats

The One Teaching Focus | **Midline Stability**

- With athletes pausing in the front squat today, we want to emphasize them staying tight throughout their midline, and not letting the low back arch as we rise out of the squat.

Logistics

- Athletes should approach their first round at a pace they think they can sustain, if we come into it like this and we feel we will be able to maintain it then we can make the choice to push a little harder in the next couple of rounds.

LESSON PLAN

LESSON PLAN

FRIDAY AUG 23

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

- Row warm up
 - Tabata row with increasing effort
 - 8 rounds of 0:20 work / 0:10 rest
 - Athletes should look to slowly increase their effort/pace, ending in a very hard effort for 0:20
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats
 - Thrusters

2

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

- KB Swing Prep | tell, show, do, check
 - :20 Alternating Single Leg Deadlifts
 - Focus on hinging at the hips while maintaining a flat back.
 - :20 Kettlebell Deadlifts
 - Focus on hip hinge movement and driving through the heels to stand tall, keeping the kettlebell close to the body.
 - :20 KB Hip Hinge & Pop
 - Focus on violent hip extension, driving the hips forward forcefully to propel the kettlebell upwards.
 - :20 KB Russian Swings
 - Focus on generating power from the hips, allowing the kettlebell to swing to chest level while maintaining a tight core and straight arms.
 - :20 KB American Swings
 - Focus on locked-out elbows and the bottom of the kettlebell facing the ceiling.
- 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 pause
 - Focus on elbows high throughout the rep

3

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

- 5-7 Building Sets of 3 Reps
- Building to 60% to 80% for final set of 3
- Transition to part 2

4

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

- Practice Round
 - 150/125m Row
 - 7 Kettlebell Swings
 - 4 Thrusters
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | maintainable effort. If athletes start to fatigue, they should pull back here so they can be consistent on the reps ahead.
 - KB swing | athletes should try and keep the chest high in the bottom of the swing, thinking more of a dip than a hinge.
 - Thruster | look for athletes to extend the hips before sending the barbell overhead.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY AUG 24

CORE

"Sleepy Hollow"
15 Rounds x AMRAP 2:
[Partner 1]
Max Rounds:
5 Box Jumps (24"/20")
3 Toes to Bar
1 Deadlift (315/225)

[Partner 2]
Max Calorie Bike Erg

[Partner 3]
Rest

- * Pick-up Where Partner Left Off On 5-3-1
- * Score Is Total Triplet Reps + Calories
- * Example: 30 Rounds (270 Reps) + 270
Calories = 540
- * Each Partner Goes Through Each Station
5 Times

SEE NOTE FOR INDIVIDUAL VERSION

KG | (142/102)

OPEN | GAMES

30 Rounds For Time:
5 Box Jumps (24"/20")
3 Toes to Bar
1 Deadlift, @weight(315/225)

Time Cap: 35 Minutes

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
3-4 Sets For Quality:
8 Deficit Barbell Reverse Lunges (R)
8 Deficit Barbell Reverse Lunges (L)

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

SATURDAY AUG 24

OVERVIEW

Very fast and cyclical piece to wrap up the week. Nothing here should look too scary, but the barbell should require us to think and get set for a moment before picking it up each round. Goal is to always be moving, how quick can you move and keep your transitions with these small sets?

SCORE

Total Triplet Reps + Calories .

ELEMENT	STIMULUS	MODIFICATIONS	
Box Jumps	<ul style="list-style-type: none">Less than :30 of work	<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-Ups	<ul style="list-style-type: none">8 Squat JumpsReverse Lunges
Toes to Bar	<ul style="list-style-type: none">Unbroken, less than :20 of work	<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
Deadlift	<ul style="list-style-type: none">Weight should not exceed 70% of our 1RM, but should be challenging	<ul style="list-style-type: none">Reduce LoadingReduce RepsSumo Deadlift	<ul style="list-style-type: none">Sub Dumbbells or KettlebellsGood MorningKettlebell Sumo Deadlift

- The One Teaching Focus | **Fast Transitions**
- With all of these pieces having such a low rep scheme we want to be quick with how we move today. Each partner only gets two minutes to work on the amrap, so we want to focus on making quick transitions from one to the next, and not resting until its our time.
- Logistics
- Athletes should be able to move continuously today with whatever modifications choose. We aren't meant to be getting full stopped anywhere with these low rep sets, while the deadlift may force us to slow up for a moment.

LESSON PLAN

LESSON PLAN

SATURDAY AUG 24

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

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

1

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

- 3 station warm up 3 rounds of 0:30 each
- Station 1- Box
 - Rd 1 - step ups
 - Rd 2 - squat jumps
 - Rd 3 _ box jumps
- Station 2 - Bike
 - Increase effort across the 3 rounds
- Station 3 - Floor
 - Upward downward dogs
 - Plank hold
 - Hollow rocks

2

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

- 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
- 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
 - Partner 1- bike
 - Parter 2- 1 full round
- Break
- Workout adjustments if needed

4

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

- Look For
 - Box jump | Land high, encourage the athletes to jump as high as they can in order to land high on the box.
 - Toes to bar | Unbroken reps, if athletes can't maintain the three unbroken have them scale to knees to elbows and keep the reps.
 - Deadlift | the deadlift should be challenging today, but that doesn't mean we should get lazy and lose good positioning. Be sure athletes are staying braced and driving through the ground.

5

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

DAILY VIEW

DAILY VIEW

SUNDAY AUG 25

CORE

“Buy One Get One”

For Time

1:00 on / 1:00 of until complete

120/90 Calorie C2 Bike

120 Box Jumps 24”/20”

120/90 Calorie Row

Time Cap: 35 Minutes

"Sunday Runday"

Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Killer Core

3-4 Sets For Quality:

9 Strict Toes to Bar

15 Weighted AbMat Sit-ups

21 V-Ups

Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY AUG 25

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 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

- 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
 - :30 bike
 - :30 Box jump
 - :30 row
 - :15 bike
 - :15 box jump
 - :15 row

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