

COMPTRAIN | GYM

SEP 9- SEP 15

# LESSON PLAN

Elevate your programming approach.

LESSON PLAN

# WEEKLY VIEW

WEEKLY

SEP 9 - SEP 15

MONDAY

SEP 9

**Strict Press**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps

**"Dime A Dozen"**  
AMRAP 12:  
9 Hang Power Cleans  
6 Thrusters  
30 Double Unders

Barbell: (115/85)

KG | (52/38)

TUESDAY

SEP 10

**"Heat Of The Moment"**  
4 Rounds For Time:  
400 Meter Run  
20 Burpee Pull-ups  
1,000/900 Meter Bike Erg

Rest 1 Minute Between All Stations

Time Cap: 40 Minutes

WEDNESDAY

SEP 11

**Deadlift**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps

**"9/11"**  
For Time:  
2,001 Meter Row  
110 Dumbbell Box Step-ups (20")

Dumbbell: (50/35)

Time Cap: 20 Minutes

KG | (22.5/15)

THURSDAY

SEP 12

**"Prohibition"**  
AMRAP 20:  
200 Meter Run  
Max Unbroken Toes to Bar  
200 Meter Run  
Max Unbroken Push-ups

\* Score Total Reps

FRIDAY

SEP 13

**Back Squat**  
In a 12:00 Window  
5-7 Building Sets of 3 Reps

**"Same Old Story"**  
On the Minute x 15:  
15-1 Wallballs (20/14)  
Max Kettlebell Swings (70/53)

SATURDAY

SEP 14

**"Team Small" [TEAMS OF 2]**  
3 Rounds For Time:  
1,000 Meter Row  
50 Burpees  
50 Box Jumps (24"/20")  
800 Meter Team Run

Time Cap: 45 Minutes

SUNDAY

SEP 15

**"Don't Sweat It"**  
On the Minute x 32 [8 Rounds]:  
Minute 1: Bike Erg Calories  
Minute 2: AbMat Sit-ups  
Minute 3: Dumbbell Bench Press (50/35)'s  
Minute 4: Rest

**"Sunday Runday"**  
Run 2-3 Miles

NEWS & INFO

LINKS - Click to Access

- [Weekly Gym Overview Video](#)
- [Weekly Training Overview Video](#)
- [Call & Connect Opportunities](#)
- [Resource Drive](#)

# WEEKLY MINDSET

WEEKLY

SEP 9 - SEP 15

MONDAY

SEP 9

Confucius

"Choose a job you love, and you will never have to work a day in your life."

When you find passion in your work, it no longer feels like a chore but becomes a fulfilling part of your life.

TUESDAY

SEP 10

"As the rest of the world is walking out the door, your best friends are the ones walking in."

True friends stand by you during difficult times, offering support when others might leave.

WEDNESDAY

SEP 11

David Seamans

"We cannot change our memories, but we can change their meaning and the power they have over us."

While you can't alter the past, you can change how you perceive and are affected by it.

THURSDAY

SEP 12

Tom Lehrer

"Life is like a sewer. What you get out of it depends on what you put into it."

The effort and attitude you bring to life determine the quality of your experiences.

FRIDAY

SEP 13

Anne Frank

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

You can start making a positive impact on the world immediately, without waiting for the perfect time or situation.

SATURDAY

SEP 14

Old German proverb

"You have to take it as it happens, but you should try to make it happen the way you want to take it."

Accept life's events as they come, but also take initiative to shape your experiences according to your desires.

SUNDAY

SEP 15

Ivy Baker Priest

"The world is round and the place which may seem like the end may also be the beginning."

What seems like an ending is often the start of something new; life is full of cycles and opportunities for renewal.

MENTAL  
FITNESS.



# COACH DIGEST

WEEKLY

SEP 9 - SEP 15

- We're moving into our isometric week of the tempo strength cycle. In this portion of the cycle, we're targeting a hold at a traditional sticking point for each of these lifts. Provide clear demonstration for these positions and team athlete's up so that they can count for one another and hold each other accountable. Emphasize the importance of this unique training approach in terms of overall strength development. Your members will have a chance to test a new 1RM at the completion of this cycle.
- Since Wednesday is September 11th, we'll be completing the 9/11 memorial workout. When we complete hero or memorial workouts it's typically a great idea to give your community a heads up and bring specific attention to the purpose of the workout.
- You'll notice continued updates to the lesson plans with age group specific loading included as of this week. You can use this loading as an opportunity to provide a varied "Rx" workout to the age group population within your gym.
- Check out the video, for a daily coaches break down!





# DAILY VIEW

DAILY VIEW

MONDAY SEP 9

## CLASS

**Strict Press**

In a 12:00 Window  
5-7 Building Sets of 3 Reps

\* 3 Second Pause

\* Aim to Increase Weight From 7/29/24

**"Dime A Dozen"**

AMRAP 12:  
9 Hang Power Cleans  
6 Thrusters  
30 Double Unders

Barbell: (115/85)

KG | (52/38)

## OPEN | GAMES

Same as class

## AGE GROUP

55+ / 13-15

(95/65)

## ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders  
[PART A]

3x 10 Seated Dumbbell Arnold Press

Rest 1 Minutes Between Sets

[PART B]

100 Banded Pull Aparts

## COACHING RESOURCES

- [Strict Press POP](#)
- [Teaching the double under](#)
- [Resource Links](#)



# FOR THE COACH

OVERVIEW

In part 1 , this week we are back 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 shoulder press, we will pause at eye level, on the way up. In part 2, Small volume sets means we're moving in unbroken sets and our transitions are short and smooth. Shoulders are going to be fatigued fast if we come out at a full sprint, find your sustainable pace for unbroken sets and stick with it!

SCORE

Rounds plus reps.

ELEMENT	STIMULUS	MODIFICATIONS	
Hang Power Cleans	<ul style="list-style-type: none"><li>About :45 or less, ideally unbroken, up to 1 break if needed for grip fatigue.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Sub Regular Power Cleans</li></ul>	<ul style="list-style-type: none"><li>Sub Dumbbell/Kettlebell Hang Power Cleans</li><li>Sub Deadlifts (Light)</li></ul>
Thrusters	<ul style="list-style-type: none"><li>Unbroken sets throughout, this will determine the barbell weight.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Thruster to Target</li><li>Sub Dumbbell(s)</li></ul>	<ul style="list-style-type: none"><li>Sub Front Squats</li><li>Sub Push Press</li><li>12 Air Squats</li></ul>
Double Unders	<ul style="list-style-type: none"><li>Less than :45 of work, if we're getting hung up here, cap it and move on at :45.</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 (Mix of Both)</li><li>90 Meters on Ski Erg</li><li>:20-:30 Effort On Any Machine</li></ul>

The One Teaching Focus | **Midline Bracing**

- In our strict press we are trying to maintain a pause in a particular difficult point of the lift. It can be very easy to lose tension throughout the pause and then continue the press without being stabilized. “Tighter is lighter” is the motto, so the more braced and tight we can stay, the easier the weight will move out of that pause.
- In our metcon today, we want to be sure to be stabilized through the core in our barbell movements. The thrusters especially, we want to keep the chest up and not let it fall forward as we are fatigued.

Logistics

- Thrusters must be unbroken and each athlete only gets one barbell, so this will be our limiting factor today. Pace on the thruster should be smooth and slightly slower in cadence in order to not spike our breathing and heart rate before the double unders.

# LESSON PLAN

LESSON PLAN

MONDAY SEP 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

- General Flow + Jump rope prep
  - 0:20 Downward dog
  - 0:20 Spiderman
  - 0:20 Scorpion
  - 0:20 Arm circles
  - 0:20 Up and downs
  - 0:20 Bunny hops
  - 0:20 High jump singles
  - 0:20 Low jump singles
  - 0:20 Single - single - double
  - 0:20 Double unders
- CT Barbell Flow :15 - :20 each
  - Goodmornings
  - Back squat
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts
  - Front squats

2

SPECIFIC WARMUP // 14 MINUTES | 9:00 - 23:00

- Hang Power Clean | tell, show, do, check
  - Establish stance & grip
    - Feet hip width stance
    - Butt Back
    - Knees out
    - Elbows high
  - 3 High hang power cleans
    - Look for a strong hip extension, before the arms pull
    - Check for athletes to have all performance points of the catch position
  - 3 Low hang power cleans
    - Look for athletes to keep the bar against the legs as they pull
    - Still look for a strong hip extension + catch position

- Thruster | tell, show, do, check
  - Establish stance & grip
    - Feet hip width stance
    - Full grip on bar (if possible)
    - Elbows in front of barbell
  - 3 Front squats
    - Look for elbows to remain high throughout squat
  - 3 Push press
    - Look for athletes to open the hips aggressively before pressing the barbell
    - Look for bar to be over the middle of the body in the finish position
  - 3 Cued thrusters
    - Look for elbows high throughout squat
  - 3 Thrusters
    - Look for athletes to have an aggressive hip extension

- 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 with tempo
    - Count down the tempo each rep so that athletes are able to understand how it should feel
    - Focus on “cylinder of strength”
    - Squeezed legs, butt, & stomach
  - 3 Cued reps with tempo
    - Focus on chin back first

3

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

- 5-7 Building Sets of 3 Reps
- Building to Increase Weight From 7/29/24
- Transition to part 2

4

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

- Practice Round
  - 6 Hang Power Cleans
  - 3 Thrusters
  - 15 Double Unders
    - Goal is to determine if our weight will allow for unbroken thrusters.
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 41:00 - 53:00

- Look For
  - Hang power cleans | Athletes should catch the barbell with our sound finish position each rep. Looking for: Butt back, knees out, and elbows high.
  - Thrusters | Look for athletes to maintain the tight core. Chest should stay up throughout the thruster and our finish position should end with the bar over the middle of the body and the ribs pulled down.
  - Double Unders | Smoothe effort, if we are getting tripped up too much today, lets scale the reps or movement.

6

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

# DAILY VIEW

DAILY VIEW

TUESDAY SEP 10

## CLASS

"Heat Of The Moment"

4 Rounds For Time:  
400 Meter Run  
20 Burpee Pull-ups  
1,000/900 Meter Bike Erg

Rest 1 Minute Between All Stations

Time Cap: 40 Minutes

## OPEN | GAMES

4 Rounds For Time:  
400 Meter Run  
12 Bar Muscle-ups  
30/24 Calorie Echo Bike

Rest 1 Minute Between All Stations

Time Cap: 40 Minutes

## ACCESSORY WORK

(formerly 'After Party')

Killer Core  
[PART A]  
3x10 Behind the Head Weighted Sit-ups

[PART B]  
3x 1 minute Plank

Rest 1 Minute Between All Sets

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

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





# FOR THE COACH

OVERVIEW

Long interval work piece today with a full minute rest between all of the movements. While we have some rest built in, we want to find a sustainable and consistent pace for each movement and maintain it until round 4. Can you save some gas to make a bigger push in the final round?

SCORE

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

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none"><li>About 2:00 of work.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>2:00 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>25/20 Calorie Assault/Echo</li><li>2:00 Effort on Air Runner/Treadmill</li></ul>
Burpee Pull-ups	<ul style="list-style-type: none"><li>About 2:00 of work. Smooth, consistent pace.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Jumping Pull-up From Plate/Box</li><li>Burpee to Target</li></ul>	<ul style="list-style-type: none"><li>Burpee Only</li><li>Jumping Pull-up Only</li><li>Burpees + Ring Rows</li></ul>
Bike Erg	<ul style="list-style-type: none"><li>About 2:00 of work.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>2:00 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li></ul>	<ul style="list-style-type: none"><li>400m Run</li><li>2:00 Effort on Air Runner/Treadmill</li><li>25/20 Calorie Echo/Assault</li></ul>

The One Teaching Focus | **Burpee Pull Up Pacing**

- We have a big chunk of these at a time today. So pacing is important. We want to find a rhythm that will keep us moving through our sets. Use the hands as your pacer today, the quicker they get to the ground the faster we start our next rep.

Logistics

- Not too much strategy to this one besides knowing your own strengths and weaknesses. If one movement is not as strong as another, we may choose to use the weaker movement as our pacer and hold higher intensity, faster paces on the other movements to keep our working time per round at about 6:00 total, plus our minutes of rest.

# LESSON PLAN

LESSON PLAN

TUESDAY SEP 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

- General Flow
  - 200m run
  - 1:00 Bike
  - 0:30 High knees
  - 0:30 Butt kicks
  - 0:30 Leg swings (front to back)
  - 0:30 Inchworm to push up
  - 0:30 Spiderman

2

SPECIFIC WARMUP // 4 MINUTES | 9:00 - 13:00

- Burpee Pull Up | 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
  - Demonstrate efficient burpee pull up
    - Jump to kipping option
    - Jump into strict pull up option
  - 3 Workout reps

3

STRENGTH //

PRIMER // 6 MINUTES | 13:00 - 19:00

- Practice Round
  - 100m Run
  - :10 Rest
  - 3 Burpee Pull-ups
  - :10 Rest
  - 250/225m Bike Erg
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 19:00 - 59:00

- Look For
  - Run | Correct time frame, if athletes are not hitting the stimulus time frame, we need to pull back the distance.
  - Burpee Pull Up | Correct modifications are important here today, so if athletes start to really struggle, be ready with a quick modification.
  - Bike | When biking meters, we are shooting to stay at a steady pace, we don't want athletes to burn it down here.

5

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

# DAILY VIEW

DAILY VIEW

WEDNESDAY SEP 11

## CLASS

**Deadlift**

In a 12:00 Window  
5-7 Building Sets of 3 Reps

\* 3 Second Pause

\* Aim to Increase Weight From 7/31/24

**"9/11"**

For Time:  
2,001 Meter Row  
110 Dumbbell Box Step-ups (20")

Dumbbell: (50/35)

Time Cap: 20 Minutes

KG | (22.5/15)

## OPEN | GAMES

Same as class

## AGE GROUP

55+ / 13-15

Dumbbell (35/25)

## ACCESSORY WORK

(formerly 'After Party')

Lethal Legs  
5 Super Sets:  
20 Seconds Standing Bike Erg  
20 Air Squats

Rest 1 Minute Between Super Sets

## COACHING RESOURCES

- [Deadlift P.O.P](#)
- [Rower Efficiency](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW

In part 1 , this week we are back 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 shoulder press, we will pause at eye level, on the way up. In part 2, This workout is in honor of all the men, women, and families who were impacted by the tragedy of 9/11. Today we will grind through a longer hero workout remembering all the lives we have lost and the heroes who risked/gave their lives to save others. When the going gets tough, lean into the meaning behind this workout and see if you can dig even just 1% deeper.

SCORE

Total time to complete work. If capped, add 1s for every rep not completed.

ELEMENT	STIMULUS	MODIFICATIONS	
2,001 Meter Row	<ul style="list-style-type: none"><li>This row should take 10:00 or less to complete. Row distance is the same for all athletes today.</li></ul>	<ul style="list-style-type: none"><li>10:00 Time Cap</li><li>2,001 Meter Ski</li><li>4,002 Meter Bike</li></ul>	<ul style="list-style-type: none"><li>2,001 Meter Run</li><li>2,001 Meter Air Run</li></ul>
Dumbbell Box Step-Ups	<ul style="list-style-type: none"><li>Aiming for about 5:00 of work or less here. Athletes should use a single dumbbell held in any position.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Reduce Box Height</li><li>Reduce/Remove Loading</li><li>Sub Kettlebell</li></ul>	<ul style="list-style-type: none"><li>Sub Weight Vest</li><li>Sub Ruck Bag</li><li>Dumbbell Forward/Reverse Lunges</li></ul>

The One Teaching Focus | **Push the earth away**

- In the deadlift, 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. Cue athletes to drive their heels into the ground.

Logistics

- 2001: Year
- 110: Flights of Stairs Fire Fighters Climbed in World Trade Center
- Athletes must alternate legs every rep but there is no requirement for the dumbbell.

# LESSON PLAN

LESSON PLAN

WEDNESDAY SEP 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

- Row Warm Up
  - Tabata Row Warm Up
    - 4 Rounds of 0:20 on / 0:10 off
    - The goal is to build effort each round, ending with a spring effort 0:20.
- General Flow
  - 0:30 Pigeon (right)
  - 0:30 Pigeon (left)
  - 0:30 Samson (right)
  - 0:30 Samson (left)
  - 0:20 Body Weight good mornings
  - 0:20 Scorpions
  - 0:20 Glute bridge
  - 0:20 Bend and bows
  - 0:20 Split squats (each side)

2

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

- Step Up | tell, show, do, check
  - 0:20 Step downs (each side)
    - Athletes should look to control the decent as much as possible
    - We want to see the knee to drive out over the toes, rather then cave in
  - 0:20 Alternating step ups
    - Encourage athletes to keep the chest up
    - Watch for the knees to still track over the toes
  - 0:20 DB alternating step ups
    - As we load, we want to really focus that athletes keep the head and chest up as they move through reps. We do not want to see the chest lower as they step.
    - Look for full extension at the top.
- 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 & tempo down
    - Use the tempo going down, count it out loud so they can get an understanding of what we are looking for today.
    - 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 Increase Weight From 7/29/24
- Transition to part 2

4

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

- Practice Round
  - 250/225m Row
  - 6 Dumbbell Box Step-ups
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 39:00 - 54:00

- Look For
  - Double unders | Today we are looking to stay relaxed, and control the Box step-ups | Look for athletes to keep their chest up, even as they fatigue.
  - Row | The row should be completed in one minute or less. If athletes cannot complete the row in that time frame, they should scale back calories.

6

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

# DAILY VIEW

DAILY VIEW

THURSDAY SEP 12

## CLASS

"Prohibition"  
AMRAP 20:  
200 Meter Run  
Max Unbroken Toes to Bar  
200 Meter Run  
Max Unbroken Push-ups  
  
\* Score Total Reps

## OPEN | GAMES

AMRAP 20:  
200 Meter Run  
Max Unbroken Toes to Bar  
200 Meter Run  
Max Unbroken Strict Handstand Push-Ups  
  
Score: Total Reps

## ACCESSORY WORK

(formerly 'After Party')

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

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

- [Resource Links](#)





# FOR THE COACH

OVERVIEW

Today's workout tests athletes' ability to manage muscular endurance and cardiovascular fitness in a challenging 20-minute AMRAP format. The key to success in this workout is finding a sustainable pace that allows for maximized performance in the unbroken sets of toes to bar and push-ups, interspersed with 200-meter runs. Athletes should focus on maintaining efficient movement patterns and breathing techniques during the runs to recover and prepare for the gymnastics elements. The strategic breaking up of sets and quick transitions will be crucial for maximizing the total number of reps. How effectively can you manage fatigue and maintain unbroken sets throughout the duration?

SCORE

Total TTB + push ups

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none"><li>About 2:30 or less of work.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>1:00 Time Cap</li><li>250/225m Row</li><li>200/180m Ski</li></ul>	<ul style="list-style-type: none"><li>500/450m Bike</li><li>12/10 Calorie Assault/Echo</li><li>1:00 Effort on Air Runner/Treadmill</li></ul>
Toes to Bar	<ul style="list-style-type: none"><li>Less than 1:00 of work in 1-2 sets.</li></ul>	<ul style="list-style-type: none"><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>
Push Ups	<ul style="list-style-type: none"><li>About 2:00 of work.</li></ul>	<ul style="list-style-type: none"><li>Hand Release Push-Ups</li><li>Box/Bench/AbMat Target Push-Ups</li></ul>	<ul style="list-style-type: none"><li>Dumbbell Bench Press/Floor Press</li></ul>

The One Teaching Focus | **Engaged core**

- In both of our gymnastics movements, maintaining a tight and engaged core is crucial. This engagement helps us remain compact and controlled during the kipping phase of our Toes-to-Bar, ensuring each rep is efficient and powerful. Similarly, for push-ups, a strong core prevents sagging in the middle of the body, promoting better form and increased muscle activation throughout the movement. By focusing on core engagement, we enhance stability and strength, leading to more effective workouts and reduced risk of injury.

Logistics

- Encourage athletes to use the runs as a slight recovery and pacing mechanism, setting themselves up for large sets of toes to bar and push-ups.
- Strategy will be key, as athletes will need to know when to push and when to conserve energy to optimize their performance across the 20 minutes.

# LESSON PLAN

LESSON PLAN

THURSDAY SEP 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
  - 0:30 Jog in Place
  - 0:30 High Knees
  - 0:30 Butt Kicks
  - 0:30 Inchworm to Push-Up
  - 0:20 Spiderman Stretch (each side)
  - 0:20 Hollow Body Hold
  - 0:20 Dead Hang on the Bar
  - 0:20 Arm Circles (small to large)
  - 0:20 Plank to Downward Dog
  - 0:20 Lunge with Rotation
  - 0:20 Glute Bridge
  - 0:20 Pike Stretch

2

SPECIFIC WARMUP // 14 MINUTES | 9:00 - 23:00

- Push-Up Warm-Up | Tell, Show, Do, Check
  - 0:20 Scapular Push-Ups
    - Athletes should focus on engaging the shoulder blades, squeezing them together and then pushing them apart.
    - Emphasize keeping the arms straight while allowing only the shoulder blades to move.
  - 0:20 Knee Push-Ups
    - Have athletes perform push-ups from the knees while maintaining a solid plank position from shoulders to knees.
    - Watch for the elbows staying at a 45-degree angle and the core remaining tight.
  - 0:20 Tempo Push-Ups (3-Second Descent)
    - Encourage athletes to lower slowly for three seconds, maintaining control throughout the movement.
    - Ensure the chest reaches the floor without sagging the hips or flaring the elbows.
  - 0:20 Standard Push-Ups
    - Transition to full push-ups while focusing on consistent tempo and proper form.
    - Look for athletes to maintain a neutral spine, with the head in line with the body and elbows tracking back.

STRENGTH //

PRIMER // 6 MINUTES | 23:00 - 29:00

- Practice Round
  - 100m Run
  - 4 TTB
  - 100m Run
  - 4 Push Ups
- Break
- Workout adjustments if needed

4

- Toes-to-Bar Warm-Up | Tell, Show, Do, Check
  - 0:20 Active Hang
    - Athletes should hang from the bar while engaging their shoulders, pulling them down and away from the ears.
    - Emphasize maintaining a hollow body position with the core tight and feet slightly in front.
  - 0:20 Hanging Knee Raises
    - Focus on bringing the knees up towards the chest while keeping the upper body stable.
    - Watch for athletes maintaining control and avoiding excessive swinging.
  - 0:20 Kip Swings
    - Athletes should practice the kipping motion by transitioning smoothly between the hollow and arch positions.
    - Encourage athletes to keep the core tight and control their rhythm, using the shoulders and lats to drive the swing.
  - 0:20 Kipping Leg Raises
    - Move to leg raises with straight legs, aiming to lift the feet as high as possible while maintaining core tension.
    - Look for athletes to maintain a strong grip and avoid bending the knees or losing control on the descent.
  - 0:20 Toes-to-Bar (Scaled as Needed)
    - Transition to toes-to-bar, focusing on a smooth kip, consistent rhythm, and controlled contact of the feet to the bar.
    - Watch for athletes engaging the core, using the lats, and avoiding excessive swinging after each rep.

3

WORKOUT // 20 MINUTES | 29:00 - 49:00

- Look For
  - Run | Posture and Breathing. Athletes should maintain an upright posture with a relaxed upper body. Encourage rhythmic breathing to manage oxygen intake.
  - Toes to bar | Kip and Rhythm. Look for a smooth, controlled kip with an efficient transition between the hollow and arch positions. The movement should be fluid rather than rushed.
  - Push ups | Elbow Angle. Elbows should track at a 45-degree angle from the body to protect the shoulders and maximize pressing power.

5

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

# DAILY VIEW

DAILY VIEW

FRIDAY SEP 13

## CLASS

**Back Squat**

In a 12:00 Window  
5-7 Building Sets of 3 Reps

\* 3 Second Pause

\* Aim to Increase Weight From 8/2/24

**"Same Old Story"**

On the Minute x 15:  
15-1 Wallballs (20/14)  
Max Kettlebell Swings (70/53)

## OPEN | GAMES

On the Minute x 5:  
10 Wallballs, @wallball(20/14) to 10/9ft  
Max Hang Power Snatches,  
@weight(115/80)  
-Rest 1 Minute-  
On the Minute x 4:  
10 Wallballs, @wallball(20/14) to 10/9ft  
Max Power Snatches, @weight(135/95)  
-Rest 1 Minute-  
On the Minute x 3:  
10 Wallballs, @wallball(20/14) to 10/9ft  
Max Squat Snatches, @weight(155/105)

## AGE GROUP

55+ / 13-15

Kettlebell: (53/35)  
Wallball: (20/10)

## ACCESSORY WORK

(formerly 'After Party')

Durability  
For Quality:  
400 Meter Farmers Carry @dumbbell(70/50)'s

## COACHING RESOURCES

- [High bar vs Low bar](#)
- [Power Snatch POP](#)
- [Resource Links](#)





# FOR THE COACH

COACH TOOLS

FRIDAY SEP 13

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 back squat, we will pause at parallel, on the way up. In part 2, Get ready for a fast-paced, descending ladder workout! Over 15 minutes, you'll start each minute with a decreasing number of wallballs, beginning at 15 and reducing by one each minute down to 1. After you complete your wallballs for the minute, use any remaining time to perform as many kettlebell swings as possible. This workout demands precision in pacing and efficiency—start strong but save some energy for the heavier kettlebell swings as the number of wallballs decreases. Focus on maintaining your form and maximizing every minute to get the most swings by the end!

SCORE

Total KB swings.

ELEMENT	STIMULUS	MODIFICATIONS	
Wallballs	<ul style="list-style-type: none"><li>Unbroken.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Reduce Loading</li><li>Reduce Target Height</li></ul>	<ul style="list-style-type: none"><li>Single Dumbbell/Medball Thrusters</li><li>Empty Barbell Thrusters</li><li>20 Air Squats</li></ul>
KB Swings	<ul style="list-style-type: none"><li>Heavier than normal, but one unbroken set each min</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Single Dumbbell Hang Power Snatches</li></ul>	<ul style="list-style-type: none"><li>Empty Barbell Hang Power Snatches</li><li>Russian Kettlebell Swings</li></ul>

The One Teaching Focus | **Root the Feet**

- We’re focusing on the athlete “rooting the feet” during the back squat. This technique emphasizes grounding the feet firmly against the floor, which enhances stability and power distribution throughout the squat motion. Rooting the feet aids in engaging the entire lower body, including the glutes, quads, and hamstrings, and supports proper alignment of the knees and hips, reducing the risk of injury.

Logistics

- Flow:
  - Min 1 - 15 wallball + max KB swing
  - Min 2 - 14 wallball + max KB swing
  - Min 3 - 13 wallball + max KB swing

# LESSON PLAN

LESSON PLAN

FRIDAY SEP 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

- General Flow
  - 0:30 Jog in Place or Row
  - 0:30 Bodyweight Squats
  - 0:30 Glute Bridges
  - 0:30 World's Greatest Stretch (each side)
  - 0:30 Cossack Squats (alternating sides)
  - 0:20 Air Squats with 3-Second Pause at the Bottom
  - 0:20 Lateral Band Walks (each direction)
  - 0:20 Jumping Jacks
  - 0:20 Arm Circles (small to large, forward and backward)
- Empty Barbell Complex (15-20 seconds each):
  - Good Mornings
  - Back Squats
  - Press & Reach
  - Front Squats

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.

- 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 with the tempo
    - Count out the tempo for each rep, so athletes understand what we are looking for.
    - Move to rack & teach sound un-rack and re-rack

3

STRENGTH // 12 MINUTES | 19:00 - 33:00

- 5-7 Building Sets of 3 Reps
- Building to Increase Weight From 8/2/24
- Transition to part 2

4

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

- Practice Round
  - 5 wallballs
  - 4 KB swings
  - 3 wallballs
  - 2 KB swings
- Break
- Workout adjustments if needed

5

WORKOUT // 16 MINUTES | 39:00 - 51:00

- Look For
  - Wallball | Look for the teaching focus, throughout these reps. Root the feet throughout the balls, to enhance our power output.
  - KB Swings | Unbroken set. THis should be a heavier KB, so we need to be sure we are using as much power from the hips as possible.

6

COOL-DOWN // 9 MINUTES | 51:00 - 60:00

# DAILY VIEW

DAILY VIEW

SATURDAY SEP 14

## CLASS

**"Team Small" [TEAMS OF 2]**

3 Rounds For Time:

1,000 Meter Row

50 Burpees

50 Box Jumps (24"/20")

800 Meter Team Run

Time Cap: 45 Minutes

\* One rower per team

\* Split row, burpees, and box jumps as you'd like

\* Run together (first partner back can start rowing)

SEE NOTE FOR INDIVIDUAL VERSION

## OPEN | GAMES

3 Rounds For Time:

1,000 Meter Row

50 Burpees

50 Box Jumps (24"/20")

800 Meter Run

Time Cap: 45 Minutes

REPEAT FROM 8/26/23

## ACCESSORY WORK

*(formerly 'After Party')*

Posterior Pump

2 Giant Sets For Quality:

30 Seated Banded Abductions

30 Seated Banded Abductions (Lean Back)

30 Seated Banded Abductions (Lean Forward)

Rest 1 Minute Between Sets

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

- [TTT-Root the Fault-Rowing](#)
- [Warm up demo - burpee](#)
- [Resource Links](#)





# FOR THE COACH

COACH TOOLS

SATURDAY SEP 14

OVERVIEW

Teams will be challenged on their pacing in this aerobic based workout. If paced correctly, each round should take roughly the same amount of time. Goal should be consistency until the final round where we should increase our pace towards the end if able.

SCORE

Total Time. If time capped, add 1s for every rep not completed.

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none"><li>4:30 or less to complete.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>800m Ski</li><li>2000m Bike</li><li>800m Run</li></ul>	<ul style="list-style-type: none"><li>4:00 Effort on Air Runner/Treadmill</li><li>50 Calorie Echo/Assault</li></ul>
Burpees	<ul style="list-style-type: none"><li>Should take 4:00 or less to complete.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>No Push-Up Burpee</li><li>Sub Push-Ups</li><li>4:00 Time Cap</li></ul>	<ul style="list-style-type: none"><li>40 Calories On Any Machine</li><li>Sub Light Kettlebell Swing</li><li>Sub Box Jumps</li></ul>
Box Jumps	<ul style="list-style-type: none"><li>Should take 2:00 or less to complete.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Reduce Box Height</li><li>Box Step-Ups</li></ul>	<ul style="list-style-type: none"><li>75 Squat Jumps</li><li>Reverse Lunges</li></ul>
Run	<ul style="list-style-type: none"><li>The 800m run should take 4:30 or less to complete.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>4:00 Time Cap</li><li>500m Row</li><li>400m Ski</li></ul>	<ul style="list-style-type: none"><li>1000m Bike</li><li>25 Calorie Assault/Echo</li><li>4:00 Effort on Air Runner/Treadmill</li></ul>

The One Teaching Focus | **Intensity**

- Today, our focus is on maintaining high intensity by working in quick sets. As soon as you feel your pace start to slow down on any movement, it's time to switch out. Tag your partner in and let them take over so we can keep the energy up throughout the workout.

Logistics

- INDY VERSION
  - "Small" [HERO]
  - 3 Rounds For Time:
  - 1,000 Meter Row
  - 50 Burpees
  - 50 Box Jumps (24"/20")
  - 800 Meter Run
- Time Cap: 45 Minutes
- REPEAT FROM 8/26/23

# LESSON PLAN

LESSON PLAN

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

- Partner warm up
  - Partner 1- 200m run
  - Partner 2- Row (switch partner 1 gets back)

2

SPECIFIC WARMUP // 4 MINUTES | 7:00 - 11:00

- Quick Flow
  - 0:20 Step Ups
  - 0:20 Squats Jumps
  - 0:20 Burpees
  - 0:20 Box Jumps

3

STRENGTH //

PRIMER // 6 MINUTES | 11:00 - 17:00

- Practice Round
  - 200m row (split)
  - 4 Burpees (split)
  - 4 Box jumps (split)
  - 100m team run
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 17:00 - 57:00

- Look For
  - Row | athletes are looking to hold a high intensity effort, and then switching out partners.
  - Burpees | Look for athletes to jump feet outside of the hands.
  - Box jumps | Athletes should be reaching full extension at the top of each rep.
  - Run | Athletes can afford to push the run a little today knowing they will get some rest throughout the rest of the workout.

5

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

# DAILY VIEW

DAILY VIEW

SUNDAY SEP 15

## CLASS

**"Don't Sweat It"**  
On the Minute x 32 [8 Rounds]:  
Minute 1: Bike Erg Calories  
Minute 2: AbMat Sit-ups  
Minute 3: Dumbbell Bench Press (50/35)'s  
Minute 4: Rest

**"Sunday Runday"**  
Run 2-3 Miles

## OPEN | GAMES

N/A

## ACCESSORY WORK

(formerly 'After Party')

Gun Show  
[PART A]  
3x10 Incline Dumbbell Bench Press

[PART A]  
3x30 Banded Tricep Pressdowns

Rest 1 Minute Between All Sets

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

- [Resource Links](#)



# FOR THE COACH

OVERVIEW

Get ready to revisit a comprehensive workout that tests your endurance, strength, and core stability. This 32-minute session consists of eight rounds, each spanning four minutes. The fourth minute in each round is your chance to rest and recover. Focus on maintaining a consistent pace throughout, as your score will be determined by the lowest number of calories, sit-ups completed, and bench presses achieved in any round. This means your weakest round sets your score, so push for consistency in every minute. Use the rest periods strategically to catch your breath and prepare mentally for the next set. Aim to match or improve your performance from the previous session on 03/03/24, keeping your movements efficient and your transitions smooth.

SCORE

Lowest Calories + Sit-ups + Bench

ELEMENT	STIMULUS	MODIFICATIONS	
Bike	<ul style="list-style-type: none"><li>Consistent moderate effort.</li></ul>	<ul style="list-style-type: none"><li>Sub any machine</li></ul>	
Sit up	<ul style="list-style-type: none"><li>Unbroken set</li></ul>	<ul style="list-style-type: none"><li>Lying leg raises</li><li>Hollow Rocks</li></ul>	
DB Bench	<ul style="list-style-type: none"><li>Unbroken set</li></ul>	<ul style="list-style-type: none"><li>Reduce loading</li><li>DB floor press</li><li>Single DB crush grip press</li><li>Push ups</li></ul>	

The One Teaching Focus | **Controlled Movement and Engagement**

- Our focus today is mastering control and muscle engagement during the dumbbell bench press. This exercise demands not just pushing strength, but also precise control to manage two separate weights effectively. Emphasizing a slow, controlled descent and a strong, deliberate press enhances muscle activation across the chest, shoulders, and triceps, while also improving stability and symmetry in strength development. Maintaining a slight squeeze towards the center as if trying to crush a grape between the dumbbells will further engage the chest muscles.

Logistics

- Athletes can start on different sections, and rotate through if you do not have enough bikes/benches.



# LESSON PLAN

LESSON PLAN

SUNDAY SEP 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 0:20 each or written time
  - Light Bike (2 minutes)
  - Jumping Jacks
  - Arm Circles
  - Push-Ups -
  - Dynamic Planks
  - Leg Raises
  - Spidermans
  - Inchworms .
  - Glute Bridges
  - Air Squats
  - Scap Push-Ups
  - Shoulder Taps

2

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

- DB Bench | tell, show, do, check
  - Establish Grip, Position, & Set-Up
    - Grip: Hold the dumbbells with a neutral or slightly rotated grip, depending on comfort.
    - Position on Bench: Lie back with feet flat on the floor, a slight arch in the lower back, and dumbbells held directly above the chest.
  - 5 Light Dumbbell Chest Presses
    - Start with very light dumbbells to warm up the muscles and joints.
  - Scapular Retraction Exercise
    - Perform 5 reps of pulling the shoulder blades together while lying on the bench without weights to engage the stabilizing muscles.
  - 3 Cued DB Bench Presses with “Press and Pause”
    - Pause at Top: Briefly pause at the top of each press to focus on stabilizing the weights and maintaining control.
    - Focus on Even Pressing: Encourage athletes to press evenly with both arms to keep the dumbbells level and stable.
  - 3 Cued DB Bench Presses with “Press and Pause”
    - Pause at Chest: Pause the dumbbells just above the chest on each rep to enhance muscle engagement and control at the bottom of the lift.
    - Focus on Smooth Movement: Emphasize a controlled and smooth press to avoid jerky movements that can lead to imbalance or injury.
  - 3 DB Bench Presses

STRENGTH //

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

- Practice Round
  - :20 bike
  - :20 sit up
  - :20 DB bench
- Break
- Workout adjustments if needed

4

- Sit up | tell, show, do, check
  - 0:20 leg raises
    - Lying on the back, keeping the legs straight
  - 0:20 russian twists
    - Athletes should be keeping the core squeezed through all reps
  - 0:20 hollow body rocks
    - Cue athletes to push the low part of the back into the ground, and feet squeezed
  - 0:20 ab mat sit ups
    - Look for full range of motion. As athletes go back they should get a full stretch in the midline, and squeeze the abs tight as they sit all the way up.

3

WORKOUT // 31 MINUTES | 27:00 - 59:00

- Look For
  - Bike | Encourage a lower damper today and a higher stroke rate. The bike is not meant to be a max effort, but a smooth pace that allows for consistency throughout all our movements.
  - Ab mat sit up | Full range of motion in our reps. Shoulder blades should touch the ground each rep, and shoulders pass the hip crease at the top.
  - DB bench press | We want full range of motion here. One head of the DB should touch the shoulder, and locked out arms at the top. If athletes are having difficulty stabilizing the DBs, lets go down to a load we can better control.

5

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