

COMPTRAIN | GYM

SEP 30- OCT 6

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

SEP 30 - OCT 6

MONDAY

SEP 30

Bench Press
5-7 Sets [Climbing]:
3 Bench Press

* 3 Second Pause
* Aim to Increase Weight From 8/19/24

"Chipper Gone Bad"
AMRAP 18:
100 Wallballs (20/14)
80 Dumbbell Snatches (50/35)
60 Box Jumps (24"/20")
40 Dumbbell Push Press (50/35)'s
Max Calorie Row

TUESDAY

OCT 1

"30 For 30"
For Time:
21-18-15-12-9 Pull-ups
750/675 Meter Bike Erg
9-12-15-18-21 Toes to Bar
750/675 Meter Bike Erg

Time Cap: 30 Minutes

WEDNESDAY

OCT 2

Sumo Deadlift
5-7 Sets [Climbing]:
3 Sumo Deadlifts

* 3 Second Pause
* Aim to Increase Weight From 8/21/24

"Daddy Goes Surfing"
21-15-9:
Deadlifts (225/155)
400 Meter Run

Directly Into...

3 Rounds:
12 Burpees
400m Run

Time Cap: 18 Minutes

THURSDAY

OCT 3

"The Griddy"
For Time:
90 Box Step-ups (20")@dumbbell(50/35)
45 Push Jerks @weight(135/95)
15 Rope Climbs (15')

* Partition However You'd Like

Time Cap: 25 Minutes

KG | 61/43

FRIDAY

OCT 4

Front Squat
5-7 Sets [Climbing]:
3 Front Squats

* 3 Second Pause
* Aim to Increase Weight From 8/23/24

"Wasting Away"
For Time:
10-8-6-4-2 Hang Power Cleans (155/105)
100-80-60-40-20 Double Unders
1k-800-600-400-200 Bike Erg Meters

Women's Meters: 900-720-540-360-180

Time Cap: 18 Minutes

SATURDAY

OCT 5

"Team Chuck Heavy" [HERO]
For Time:
1 Mile Row
100 Push-ups
1 Mile Run
100 Thrusters @weight(45/35)
1 Mile Row

Time Cap: 40 Minutes

SUNDAY

OCT 6

"No Ifs, Ands, or Butts"
3 Rounds For Time:
50 AbMat Sit-ups
30 Shuttle Runs
150' Walking Lunge

Time Cap: 25 Minutes

"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 30 - OCT 6

MONDAY

SEP 30

Anthony Robbins

"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more."

Life is an opportunity to grow and contribute; strive to become the best version of yourself and give back to others.

TUESDAY

OCT 1

John Wooden

"You can't let praise or criticism get to you. It's a weakness to get caught up in either one."

Stay grounded and focused, not swayed by praise or criticism; maintain a balanced perspective.

WEDNESDAY

OCT 2

Og Mandino

"I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars."

Embrace both the good and challenging times in life; both have their value and lessons.

THURSDAY

OCT 3

Jane Addams

"Our doubts are traitors and make us lose the good we often might win, by fearing to attempt."

Doubts can hold you back from success; overcome them by taking action and seizing opportunities.

FRIDAY

OCT 4

Thomas Carlyle

"By nature man hates change; seldom will he quit his old home till it has actually fallen around his ears."

People often resist change until it becomes absolutely necessary; embrace change before circumstances force it upon you.

SATURDAY

OCT 5

M. Scott Peck

"Until you value yourself, you won't value your time. Until you value your time, you won't do anything with it."

Self-worth is key to valuing your time and making the most of it; respect yourself to use your time wisely.

SUNDAY

OCT 6

Maureen Dowd

"The minute you settle for less than you deserve, you get even less than you settled for."

Don't compromise on your worth; settling for less often leads to further compromises and dissatisfaction.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

SEP 30 - OCT 6

- This week we're headed into the last week of our tempo focus before testing a new 1RM of bench press, sumo deadlift, and front squat! The focus this week is on the isometric pause and will target a primary sticking point in the lift. This is a great opportunity to begin sharing about testing their new 1 reps the following week while emphasizing the focus on mechanics, quality, and time under tension for this week.
- We've got "Chipper Gone Bad" to start the week off which is a repeat benchmark workout for CompTrain gyms. Encourage attendance on this day and explain the "why" behind doing benchmarks as it relates to measurability year over year.
- Look ahead to Friday for a really fun down ladder triplet workout. There's a little something in this one for everyone with a barbell, a jump rope, and a machine.
- Keep an eye out for details and resources regarding the next strength cycle and the upcoming benchmark workouts. We're transitioning into a much shorter 10 rep cycle.
- Be sure to check out the video for a daily breakdown!



DAILY VIEW

DAILY VIEW

MONDAY SEP 30

CLASS

Bench Press
5-7 Sets [Climbing]:
3 Bench Press

* 3 Second Pause

* Aim to Increase Weight From 8/19/24

"Chipper Gone Bad"

AMRAP 18:
100 Wallballs (20/14)
80 Dumbbell Snatches (50/35)
60 Box Jumps (24"/20")
40 Dumbbell Push Press (50/35)'s
Max Calorie Row

KG | 9/6, 22.5/15

OPEN | GAMES

AMRAP 18:
100 Wallballs, @wallball(20/14) to 10/9ft
80 Dumbbell Snatches, @dumbbell(50/35)
60 Box Jump Overs (24"/20")
40 Handstand Push-ups
Max Calorie Row

AGE GROUP

55+ / 13-15

Wallball: (20/10)
Dumbbell: (35/20)

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
3 Giant Sets:
8 Single Dumbbell Arnold Press (R)
50' Dumbbell Overhead Carry (R)
8 Single Dumbbell Arnold Press (L)
50' Dumbbell Overhead Carry (L)

Rest 1 Minute Between Giant Sets

COACHING RESOURCES

- [Wall Ball](#)
- [Teaching Power Clean](#)
- [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 bench press, we will pause one inch above the chest, on the way up. In Part 2, This chipper is all about steady, relentless work! The movements decrease in reps but not in difficulty, and the goal is to keep moving through each station with minimal breaks. The max calorie row at the end will be a true test of how much you have left in the tank, so pace yourself early on, but be ready to empty the tank once you get there! Remember, it’s all about how much work you can accumulate in 18 minutes, so push the pace while staying smooth and steady.

SCORE

Total row calories.

ELEMENT	STIMULUS	MODIFICATIONS	
Wallballs	<ul style="list-style-type: none">5 minutes or less.	<ul style="list-style-type: none">Reduce Reps/Loading/TargetSingle Dumbbell ThrustersEmpty Barbell Thrusters150 Air Squats	
DB Snatches	<ul style="list-style-type: none">5 minutes or less.	<ul style="list-style-type: none">Reduce LoadingReduce RepsHang Dumbbell Power SnatchesPlate Ground to Overhead	<ul style="list-style-type: none">Kettlebell SwingsEmpty Barbell Hang Power Snatches
Box Jump	<ul style="list-style-type: none">4 minutes or less.	<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-Ups	<ul style="list-style-type: none">90 Squat JumpsReverse Lunges
DB Push Press	<ul style="list-style-type: none">3 minutes or less.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub KBsHSPU	
Row	<ul style="list-style-type: none">1 minute or more.	<ul style="list-style-type: none">Sub other machine: bike/ski/runner	

The One Teaching Focus | **Full-Body Tension for Power**

- Today’s emphasis is on maintaining tension throughout the entire body during the bench press. This full-body tension is key to stabilizing the lift, enabling more weight to be handled safely and efficiently. Athletes should focus on engaging not just the chest and arms, but also the legs, glutes, and core. By driving their feet into the ground, squeezing the glutes, and tightening the core, athletes create a solid foundation that translates into greater power and stability on the press.

Logistics

- If your class size is too large to run one heat, and have enough machines. You can start heats two min behind, so that once they get to the machine, group two is finished with their AMRAP.

LESSON PLAN

LESSON PLAN

MONDAY SEP 30

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

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

1

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

- General Flow 0:20 each or written time
 - 1:00 Row
 - Medball deadlifts
 - Medball good mornings (bear hug the medball)
 - Medball trunk twists (bear hug the medball)
 - Arm circles (full range of motion)
 - Alternating worlds greatest
 - Plank shoulder taps
 - Tempo knee push ups
 - Medball front squats
 - Medball shoulder press
 - Pushups
 - Medball thrusters
 - Wallballs
 - 0:30 Row

2

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

- DB Warm Up | tell, show, do, check
 - 0:20 Alternating Single DB Deadlift
 - Look for athletes to drop their hips throughout reps.
 - 0:20 Alternating Single DB Deadlift + High Pull
 - Emphasize athletes to fully extend the hips before pulling the DB.
 - 0:20 Single DB Push Press (Each Arm)
 - Look for finish position: DB stacked over the body, bicep by the ear.
 - 0:20 Alternating DB Hang Snatch
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch
 - 0:20 Double DB Push Press
- 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
 - 3 Cued empty bar bench press
 - Cue Athletes to Drive Feet into the Floor
 - Focus on Even Push: Encourage pressing evenly with both arms to prevent the bar from tilting.
 - 3 Cued empty bar bench press
 - Focus on smooth movement and correct bar path.
 - Focus on Tight Grip: Reinforce the tight grip throughout the movement for better control.
 - 3 Empty bar bench press with pause
 - Count out the pause

3

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

- 5-7 Building Sets of 3 Reps
- Aim to Increase Weight From 8/19/24
- Transition to part 2

4

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

- Practice Round
 - 10 Wallballs
 - 8 Dumbbell Snatch
 - 6 Box Jumps
 - 4 Dumbbell Push Press
 - 0:20 Row
- Break
- Workout adjustments if needed

5

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

- Look For
 - Wallball | Look at athletes squat depth, athletes should be reaching full depth in each wallball.
 - DB Snatch | Look for athletes to have an aggressive hip drive, we want to save the shoulders for when we get to our push press.
 - Box Jump | Athletes should find a rhythm today. We do not want to see athletes sprint sets, then rest for a long period of time. We will be better off at moving at a steady state throughout the bigger set.
 - DB Push Press | Check athletes finish position: arms are locked out, DBs stacked over the body, and biceps close the ears.
 - Row | Encourage a hard effort. Athletes won't have a lot of time here, and we are trying for as many calories as we can.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY OCT 1

CLASS

"30 For 30"

For Time:

21-18-15-12-9 Pull-ups

750/675 Meter Bike Erg

9-12-15-18-21 Toes to Bar

750/675 Meter Bike Erg

Time Cap: 30 Minutes

OPEN | GAMES

For Time:

21-18-15-12-9 Chest-To-Bar Pull-ups

750/675 Meter Bike Erg

9-12-15-18-21 Toes to Bar

750/675 Meter Bike Erg

Time Cap: 30 Minutes

ACCESSORY WORK

(formerly 'After Party')

"Nospil"

Not For Time:

400 Meter Backwards Sled Drag @weight(90/60)

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

This workout is a test of grip strength, core endurance, and cardiovascular capacity. The descending reps on pull-ups will let you push the pace early, but be mindful not to burn out before you hit the increasing reps on toes to bar. The Bike Erg serves as a steady engine test between these gymnastic movements, so find a sustainable pace that allows you to recover just enough to keep moving smoothly. Efficiency and pacing are key—plan your sets wisely and manage your grip to stay consistent throughout.

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Pull-ups	<ul style="list-style-type: none">3 sets or less.	<ul style="list-style-type: none">Reduce RepsBandedStrict	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows
Bike	<ul style="list-style-type: none">Around 1:30 respectively.	<ul style="list-style-type: none">Reduce RepsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Sit-UpsV-Ups
Toe to bar	<ul style="list-style-type: none">3 sets or less.	<ul style="list-style-type: none">Reduce Distance375/340 Row300/270 Ski	<ul style="list-style-type: none">18/15 Cal Echo Bike300m Run

The One Teaching Focus | **Pushing Down on the Bar for Powerful Toes-to-Bar**

- Lactate threshold is the intensity at which the body starts to produce Today, we’re concentrating on the technique of pushing down on the bar during toes-to-bar exercises. This method is essential for generating more power and momentum, which helps in lifting your legs to the bar more effectively. By pushing down on the bar, you engage your lats and stabilize your shoulders, creating a firmer base that supports the upward motion of your legs. This action not only helps in achieving a higher range of motion but also minimizes swinging, allowing for a more controlled and efficient movement.

Logistics

- With our gymnastics reps changing each round, athletes will be better off using their own machine today. Therefore, if you need to substitute a different machine use the conversions.

LESSON PLAN

LESSON PLAN

TUESDAY OCT 1

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

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

1

GENERAL WARMUP // 5 MINUTES | 3:00 - 9:00

- General Flow 0:20 each or written time
 - 1:00 Bike 80-84 RPM
 - Samson stretch (right)
 - Samson stretch (left)
 - Scorpions
 - Downward dog
 - 0:40 Bike 85-90 RPM
 - Arm circles
 - Arm wraps
 - Tall plank
 - Plank toe taps
 - 0:20 Bike 90-94 RPM
 - Hollow body rocks
 - Sit ups
 - V ups

2

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

- Pull Up + Toe to Bar | Tell , Show, Do, Check
 - 0:15 Dead Hang
 - 0:15 Scap Pull Ups
 - 0:15 Top of Pull Hold
 - Scale to top of ring row hold
 - 5 Jumping Negatives
 - Scale to ring row negatives
 - 10 Kip Swings
 - Emphasize keeping the swings tight and controlled.
 - 5 Kipping Pull Ups
 - Find scaling modification
 - 3 Kipping Leg Raises
 - Get toes as high as possible
 - 3 Toes to Bar
 - Find scaling modification

3

STRENGTH //

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

- Practice Round
 - 7 Pull Ups
 - 250m Bike Erg
 - 7 Toes to Bar
 - 250m Bike Erg
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 25:00 - 55:00

- Look For
 - Bike | The bikes are short today, so we can maintain a high cycle rate as we move through rounds.
 - Toe to Bar | Focus on our teaching focus today, we are looking for athletes to push down on the bar as they kick their toes.
 - Pull Ups | The same idea can apply here, we aren't just trying to pull the chin over the bar, but pushing down on the bar so we can engage more muscles throughout our reps.

5

COOL-DOWN // 5 MINUTES | 55:00-60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY OCT 2

CLASS

Sumo Deadlift
5-7 Sets [Climbing]:
3 Sumo Deadlifts

* 3 Second Pause

* Aim to Increase Weight From 8/21/24

"Daddy Goes Surfing"
21-15-9:
Deadlifts (225/155)
400 Meter Run

Directly Into...

3 Rounds:
12 Burpees
400m Run

Time Cap: 18 Minutes

KG | 102.5/70

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

(185/135)

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
3 Supersets:
10 Barbell Hip Thrusts
10 Second Hold At Top

Rest 2 Minutes Between Supersets

COACHING RESOURCES

- [Deadlift POP](#)
- [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 sumo deadlift, we will pause at the knee, on the way up. In part 2, This workout is a blend of lifting and conditioning. You'll start with the classic 21-15-9 structure, alternating between deadlifts and a 400-meter run, which will test your strength and stamina. After that, you'll jump straight into 3 rounds of burpees and more running. The key is to pace yourself early on, manage your grip on the deadlifts, and save some energy for the burpees and runs that follow. Keep pushing and finish strong!

SCORE

Total time.

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlift	<ul style="list-style-type: none">3 sets or less for all rounds.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Burpee	<ul style="list-style-type: none">90 seconds or less each round.	<ul style="list-style-type: none">2:15 Time Cap500/450m Row400/360m Ski25/20 Calorie Echo Bike	<ul style="list-style-type: none">1,000/900m Bike Erg2:00 Moderate Effort on Treadmill/Runner*16 Shuttle Runs
Run	<ul style="list-style-type: none">Around 2:00 respectively.	<ul style="list-style-type: none">Reduce RepsNo Push-Up BurpeeSub Push-Ups	

The One Teaching Focus | **Chest Up for Strong Sumo Deadlifts**

- Today’s focus for the sumo deadlift is on maintaining an upright chest throughout the lift. Keeping the chest up is crucial for proper alignment and force transfer, ensuring the back stays straight and the core remains engaged. This posture helps distribute the load more evenly across the lower body muscles—glutes, hamstrings, and quads —reducing the risk of back strain and improving lift efficiency. It also aids in keeping the bar path straight and close to the body, which is essential for a powerful and safe execution of the lift.

LESSON PLAN

LESSON PLAN

WEDNESDAY OCT 2

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

- Burpee Warm up | 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

- 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 Shin to knee
 - Focus on Keeping the Chest Up
 - Reinforce keeping the chest elevated throughout the lift to prevent rounding of the lower back.
 - 5 Cued reps Sumo deadlifts
 - Focus on Spreading the Floor
 - Encourage athletes to imagine spreading the floor apart with their feet to engage the outer hips and glutes more effectively.
 - 3 Cued Sumo Deadlifts with Pause at Knee
 - Count Out the Pause for Each Rep

3

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

- 5-7 Building Sets of 3 Reps
- * Aim to Increase Weight From 8/21/24
- Transition to part 2

4

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

- Practice Round
 - 100m Run
 - 7 Deadlifts
 - 100m Run
 - 4 Burpees
- Break
- Workout adjustments if needed

5

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

- Look For
 - Deadlift | While these are not sumo deadlifts, we still want to focus on driving the chest up as we stand.
 - Run | With as many runs as we have today, we are aiming to hit our time target each round. If we start to go over, we need to encourage athletes to scale.
 - Burpee | Athletes should look to move unbroken through their 12 reps. Smooth pace, and let the arms be the pacer.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY OCT 3

CLASS

"The Griddy"
For Time:
90 Box Step-ups (20")@dumbbell(50/35)
45 Push Jerks @weight(135/95)
15 Rope Climbs (15')

* Partition However You'd Like

Time Cap: 25 Minutes

KG | 22.5/15, 61/43

OPEN | GAMES

2 Rounds For Time:
48 Single Dumbbell Box Step-ups (20")
@dumbbell(50/35)
24 Push Jerks, @weight(135/95)
8 Rope Climbs (15')

Time Cap: 25 Minutes

ACCESSORY WORK

(formerly 'After Party')

Zone 2
1 Minute Row, 6 Minute Bike Erg
2 Minute Row, 5 Minute Bike Erg
3 Minute Row, 4 Minute Bike Erg
4 Minute Row, 3 Minute Bike Erg
5 Minute Row, 2 Minute Bike Erg
6 Minute Row, 1 Minute Bike Erg

[RPE 2-3 For All]

AGE GROUP

55+ / 13-15

Dumbbell: (35/20)'s
Barbell: (115/85)

COACHING RESOURCES

- [Push Jerk POP](#)
- [Rope Climb](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

THURSDAY OCT 3

OVERVIEW

This workout gives you the freedom to break up the reps however you choose, so strategize based on your strengths. The box step-ups will challenge your legs, the push jerks will test your shoulders, and the rope climbs will demand grip and pulling power. Find a balance between these movements to keep your pace steady and minimize fatigue. Plan smart sets to stay consistent and chip away at the reps efficiently!

SCORE

Time to complete work, add “1” second for each rep not complete if time capped.

ELEMENT	STIMULUS	MODIFICATIONS	
Box Step ups	<ul style="list-style-type: none">One dumbbell on the shoulder. 1:00 or less to complete 20 reps.	<ul style="list-style-type: none">Reduce Reps/Loading/Box HeightKettlebell Box Step-OversDumbbell Walking Lunges	<ul style="list-style-type: none">Dumbbell Reverse Lunges
Rope Climbs	<ul style="list-style-type: none">Should be able to complete a rep every 0:30.	<ul style="list-style-type: none">Reduce HeightReduce Reps2 Lay to Stand Climb3 Strict Pull-Ups = 1 Rope	<ul style="list-style-type: none">4 Alternating Dumbbell Plank Rows = 1 Rope5 Ring Rows = 1 Rope5 Toes To Bar = 1 Rope
Push Jerks	<ul style="list-style-type: none">Weight should be something we can complete 15+ reps when fresh.	<ul style="list-style-type: none">Reduce LoadingSub Kettlebells or DumbbellsSub BarbellKipping HSPU	

The One Teaching Focus | **Rope Climb Sequence**

- Cue athletes to follow the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.
- Reach: Extend the arms fully to grasp the rope as high as possible, setting the foundation for a strong pull.
- Tuck: Quickly bring the knees up towards the chest to prepare for the foot clamp. This reduces the load on the arms and prepares for the next step.
- Clamp: Secure the rope between the feet. This grip is crucial for stability and allows the legs to take on most of the work, conserving upper body strength.
- Stand: With the rope securely clamped, extend the legs powerfully to ascend the rope. This maximizes the distance covered per pull.

Logistics

- Partition options include:
 - 5 Rounds: 18+9+3
 - 3 Rounds: 30+15+5
 - 15 Rounds: 6+3+1
 - 24-20-18-16-12, 15-12-9-6-3, 5-4-3-2-1

LESSON PLAN

LESSON PLAN

THURSDAY OCT 3

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
 - Box step ups
 - Bootstraps
 - Bend and reach
 - Cossak squats
 - Reverse lunge
 - DB Crush grip press
 - Box step ups
 - DB goblet squats
 - Single arm DB push press (each arm)
 - Hollow body rocks
 - Sit ups
 - DB Box step ups

2

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

- PushPress | 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 dip and hold
 - Focus on upright torso
 - 3 Cued dip hold fast stand
 - Focus on hard extension of knees and hips
 - 3 Cued push press
 - Focus on extending the hips and knees before pressing
 - Hold top position, look for stacked position overhead

- 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

3

STRENGTH //

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

- Practice Round
 - 4 Box Step Ups
 - 1 Rope Climb
 - 4 Box Step Ups
 - 2 Push Jerks
- Break
- Workout adjustments if needed

4

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

- Look For
 - DB Box Step Ups | Emphasize for athletes to keep their chest up as they stand.
 - Rope Climbs | Look for our teaching focus, we want a proper sequence and a solid clasp.
 - Push Press | We are looking for an explosive hip drive, Legs should powerfully drive the bar overhead. This generates momentum for the press and ensures overhead power.

5

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

DAILY VIEW

DAILY VIEW

FRIDAY OCT 4

CLASS

Front Squat
5-7 Sets [Climbing]:
3 Front Squats

* 3 Second Pause

* Aim to Increase Weight From 8/23/24

"Wasting Away"

For Time:

10-8-6-4-2 Hang Power Cleans (155/105)
100-80-60-40-20 Double Unders
1k-800-600-400-200 Bike Erg Meters

Women's Meters: 900-720-540-360-180

Time Cap: 18 Minutes

KG | 70/48

OPEN | GAMES

For Time:

10-8-6-4-2 Hang Power Cleans,
@weight(155/105)
100-80-60-40-20 Double Unders
1k-800-600-400-200 Bike Erg Meters

Women's Meters: 900-720-540-360-180

Time Cap: 18 Minutes

AGE GROUP

55+ / 13-15

(135/95)

ACCESSORY WORK

(formerly 'After Party')

Killer Core
3 Super Sets:
10 Weighted Sit-ups (Moderate)
20 Sit-ups (Unweighted)

Rest 2 Minutes Between Super Sets

COACHING RESOURCES

- [Double Unders](#)
- [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 front squat, we will pause right above parallel, on the way up. In part 2, This workout is all about keeping a steady pace as the reps and meters decrease. Stay strong on the cleans, keep your double unders smooth, and push through the Bike Erg. The goal is to finish within the time cap, so focus on moving consistently and efficiently!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Hang Power Clean	<ul style="list-style-type: none">Challenging moderate weight that we can cycle unbroken.	<ul style="list-style-type: none">Reduce Loading/RepsSub Regular Power Cleans	<ul style="list-style-type: none">Sub Dumbbell/Kettlebell Hang Power CleansSub Deadlifts (Light)
Double Unders	<ul style="list-style-type: none">1:40-1:10-1:00-0:40-0:20 Respectively.	<ul style="list-style-type: none">Reduce Reps1.5x Single UndersPlate Hops	<ul style="list-style-type: none">Reps of Singles & Doubles (Mix of Both)Time On Any Machine
Bike	<ul style="list-style-type: none">Shooting for 2:00 for the 1k, then slightly decreasing time each round.	<ul style="list-style-type: none">Row: 500/450-400/360-300/270-200/180-100/90 MetersSki: 400/360-320/290-240/215-160/145-80/75 MetersEcho Bike: 25/20-21/17 -17/14 -13/10 -9/7 -5/4 Calories	

The One Teaching Focus | **Midline Stability in Front Squats**

- In today's session, we will concentrate on maintaining midline stability during the front squat. This focus ensures that the core is engaged and the spine remains neutral throughout the movement, which is crucial for supporting the weight and preventing injury. Proper midline stability helps distribute the force evenly through the lower body and aids in maintaining balance and proper posture, which are key for an effective front squat.

Logistics

- Sharing machines will be difficult, but possible today. If athletes can have their own machine, flow will work best. Though, if you need to share have one group start on another movement.

LESSON PLAN

LESSON PLAN

FRIDAY OCT 4

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 or written time
 - 1:00 Light Bike Erg
 - Jump Rope (Single Unders)
 - Dynamic Leg Swings (Front and Side)
 - 1:00 Medium Intensity Bike Erg
 - Jump Rope (Double Under Practice)
 - Air Squats
 - Push-Ups
 - High Knees
 - Butt Kicks
 - Arm Circles
 - 0:30 High Intensity Bike
 - Hollow Body Hold
 - CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

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

- Hang Power Clean | tell, show, do, check
 - 5 Deadlifts
 - 5 Double elbow rotations
 - 5 Dip + High pull
 - Look for elbows to be high and outside
 - 5 Muscle cleans
 - Emphasize a fast transition with elbows
 - 5 High hang power cleans
 - Strong hip extension, fast under the bar
 - 5 Mid hang power cleans
 - Bar should stay close the body
 - 5 Low hang power cleans
 - Big hip extension
 - Speed under the bar, with fast elbows.

- 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
- Aim to Increase Weight From 8/23/24
- Transition to part 2

4

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

- Practice Round
 - 2 Hang Power Cleans
 - 20 Double Unders
 - 200m Bike
- Break
- Workout adjustments if needed

5

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

- Look For
 - Hang Power Cleans | Speed under the bar, we want our reps to be unbroken while moving a challenging weight so the faster we are under the bar the less effort we will have to give.
 - Double Unders | Sustainable sets, some athletes may benefit from planned sets to avoid burnout too quickly.
 - Bike | As our distance decreases, we should try to increase our stroke rate as we move through rounds.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY OCT 5

CLASS

"Team Chuck Heavy" [HERO]

For Time:

1 Mile Row

100 Push-ups

1 Mile Run

100 Thrusters @weight(45/35)

1 Mile Row

* Teams of 2

* Split: Rows & Runs. Switch every 200 (4x Each)

* Together: Push-ups & Thrusters

* Each partner has own barbell. Can work at the same time on both stations. First partner to finish can advance to next station.

Time Cap: 40 Minutes

KG | 20/16

OPEN | GAMES

For Time:

1 Mile Row

100 Push-ups

1 Mile Run

100 Thrusters, @weight(45/35)

1 Mile Row

Time Cap: 40 Minutes

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs

4 Supersets:

15/12 Cal Bike Erg (Damper 10)

10 Meter Double Dumbbell Walking Lunge @weigh (70/50)

Rest 2 Minutes Between Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

This team workout combines cardio, strength, and coordination. You and your partner will split the rows and runs, switching every 200 meters to keep the pace high. For the push-ups and thrusters, you can work at the same time, each using your own barbell. The key is to communicate and move efficiently through the shared movements—push each other to stay strong and keep the momentum going. The first partner to finish each station can move ahead, so aim to stay synchronized and finish as fast as possible!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">7:00 or less.	<ul style="list-style-type: none">7:30 Time Cap3,200m Bike Erg80 Calorie Echo Bike1,200m Ski	<ul style="list-style-type: none">1,200m Run6:30 Moderate Effort on Treadmill/Runner*
Push Up	<ul style="list-style-type: none">15 Reps each minute, 7 min to clear the station.	<ul style="list-style-type: none">Reduce RepsHand Release Push-UpsBox Push-UpsDumbbell Bench Press	
Thruster	<ul style="list-style-type: none">15 Reps each minute, 7 min to clear the station.	<ul style="list-style-type: none">Reduce LoadingReduce RepsThruster to TargetSub Dumbbell(s)	<ul style="list-style-type: none">Sub Front SquatsSub Push Press2x Air Squats
Run	<ul style="list-style-type: none">10:00 or less.	<ul style="list-style-type: none">10:00 Time Cap2,000/1,800m Row1,600/1,440m Ski	<ul style="list-style-type: none">100/80 Calorie Echo Bike4,000/3,600m Bike Erg8:00 Effort on Treadmill/Runner*

The One Teaching Focus | **Keeping the Body Tight in Push-Ups**

- Today’s focus is on maintaining a tight, engaged body throughout the entire push-up movement. Keeping your body tight ensures proper form, maximizes strength, and reduces the risk of injury. By engaging your core, glutes, and legs, you create a solid plank position that allows for more efficient and effective push-ups. This full-body tension helps you move smoothly as a single unit, improving overall performance.

- Logistics
- INDY VERSION
 - For Time:
 - 1 Mile Row
 - 100 Push-ups
 - 1 Mile Run
 - 100 Thrusters @weight(45/35)
 - 1 Mile Row
 - Time Cap: 40 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY OCT 5

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

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

1

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

- Line drill warm up 25' each
 - 100m run
 - Quad pulls
 - Knee pulls + calf raise
 - Knuckle draggers
 - Lunge + reach
 - Toe walk
 - Heel walk
 - Gate openers
 - Inchworm + spiderman
 - Bunny hops
 - Broad jumps
 - A skips
 - Butt kicks
 - High knees
 - 200m row
- Push Up | tell, show, do, check
 - 0:30 Tall plank hold
 - 0:20 Scap push ups
 - 0:20 Bottom of push ups hold
 - 0:20 Tempo push ups
 - 0:20 Push ups
-

2

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

- Thruster | tell, show, do, check
 - 3 Cued front squat reps
 - Cue hips back first
 - 3 Cued front squat reps
 - Cue high elbows throughout
 - 5 Cued push press reps
 - Cue timing of extension and then press
 - 5 Cued thruster
 - Cue timing of extension and then press

3

STRENGTH //

PRIMER // 6 MINUTES | 14:00 - 20:00

- Practice Round
 - 200m Row
 - 5 Push Ups
 - 200m Run
 - 5 Thrusters
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 20:00 - 60:00

- Look For
 - Run | We have a lot of running today, with little break between. Athletes need to pace their runs accordingly. We want to come straight in and get to work on our barbell.
 - Clean and Jerk | We are looking for a quick transition from the clean to the jerk. The quicker the transition, the less time we are spending under tension.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY OCT 6

CLASS

"No Ifs, Ands, or Butts"

3 Rounds For Time:
50 AbMat Sit-ups
30 Shuttle Runs
150' Walking Lunge

Time Cap: 25 Minutes

"Sunday Runday"

Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

VO2 Max

15 Sets:

30 Seconds Bike or Row [RPE 7-8]

Rest 30 Seconds Between Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY OCT 6

OVERVIEW

This workout is a mix of core strength, conditioning, and lower body endurance. The AbMat sit-ups will target your midline, while the shuttle runs will keep your heart rate elevated. The walking lunges will challenge your legs and stamina. Focus on maintaining a steady pace through the sit-ups, keeping your shuttle runs quick, and staying strong and controlled during the lunges. Efficient transitions between movements will help you push through all three rounds!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Sit Ups	<ul style="list-style-type: none">2:00 or less.	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Shuttle Run	<ul style="list-style-type: none">5:00 or less.	<ul style="list-style-type: none">5:00 Time Cap800/720m Ski50/40 Calorie Echo Bike2,000/1,800m Bike Erg	<ul style="list-style-type: none">800m Run4:00 Moderate Effort on Treadmill/Runner*
Walking Lunge	<ul style="list-style-type: none">2:00 or less.	<ul style="list-style-type: none">Reduce Distance48 Lunges in Place50 Air Squats	

The One Teaching Focus | **Knees Over Toes in Walking Lunges**

- Today’s focus is on allowing the knees to travel over the toes during walking lunges. Embracing this natural movement enhances lower body strength, improves mobility, and mirrors real-life motions like climbing stairs or walking uphill. Letting the knee go over the toe engages the quadriceps and ankles more effectively, promoting better functional fitness and joint health when performed with proper form.

LESSON PLAN

LESSON PLAN

SUNDAY OCT 6

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

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

1

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

- General Flow
 - 0:20 Jumping Jacks
 - 0:20 High knees
 - 0:20 Butt kicks
 - 0:20 Bend and reach
 - 0:20 Side lunges
 - 0:20 Scorpions
 - 0:20 inchworms
 - 0:20 Air squats
 - 2 Shuttle runs
 - 0:20 Reverse lunge + reach
 - 2 Shuttle runs
 - 0:20 Walking Lunge

2

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

- Sit Up | tell, show, do, check
 - 0:30 Plank
 - 0:20 Plank shoulder taps
 - 0:20 Plank toe taps
 - 0:20 Hollow body rocks
 - 0:20 V ups or single leg V ups
 - 0:20 Sit ups

3

STRENGTH //

PRIMER // 6 MINUTES | 14:00 - 20:00

- Practice Round
 - 10 Sit Ups
 - 3 Shuttle Runs
 - 25' Walking Lunge
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 20:00 - 60:00

- Look For
 - Sit Ups | Full range of motion, athletes should touch the shoulder blades to the ground, and shoulders cross the hips at the top.
 - Shuttle Runs | Speed on the run around. Athletes need to be efficient with their turns, and try to come out quick each time.
 - Walking Lunge | Lockout at the top of each rep. With athletes walking forward, they should not try and cut the lockout at the top of each rep.

5

COOL-DOWN //60:00