

COMPTRAIN | GYM

OCT 21- OCT 27

# LESSON PLAN

Elevate your programming approach.

LESSON PLAN

# WEEKLY VIEW

WEEKLY

OCT 21 - OCT 27

MONDAY

OCT 21

Strict Press  
Heavy Set of 10

REPEAT FROM 10/14/24

"Piggyback"

18-15-12:

Dumbbell Hang Snatches (R)

Bike Erg Calories

Dumbbell Hang Snatches (L)

Bike Erg Calories

Directly Into...

100' Overhead Walking Dumbbell Lunge

Dumbbell: (50/35)

Time Cap: 18 Minutes

TUESDAY

OCT 22

"Dampened"

AMRAP 2 [Until 2,000 Meters]:

5 Pull-ups

10 Push-ups

15 AbMat Sit-ups

Max Distance Row

Time Cap: 30 Minutes

WEDNESDAY

OCT 23

Deadlift

Heavy Set of 10

REPEAT FROM 10/16/24

"Back to The Bar"

For Time:

60 Double Unders, 30 Deadlifts

60 Double Unders, 15 Hang Power Cleans

60 Double Unders, 30 Deadlifts

60 Double Unders, 15 Hang Power Cleans

60 Double Unders, 30 Deadlifts

Barbell: (135/95)

Time Cap: 18 Minutes

THURSDAY

OCT 24

"Team Tosh Sprints"

3 Rounds For Time:

P1: 200 Meter Run

P2: 200 Meter Run

P1: 400 Meter Run

P2: 400 Meter Run

P1: 600 Meter Run

P2: 600 Meter Run

Time Cap: 40 Minutes

FRIDAY

OCT 25

Back Squat

Heavy Set of 10

REPEAT FROM 10/18/24

"Rahoi" [HERO]

AMRAP 12:

12 Box Jumps (24"/20")

6 Thrusters (95/65)

6 Bar-Facing Burpees

REPEAT FROM 11/1/23

SATURDAY

OCT 26

"Half The Battle"

[TEAMS OF 2]

3 Rounds Each:

21/15 Calorie Row

12 Toes to Bar

9 Power Snatches (115/85)

Directly Into...

3 Rounds Each:

21/15 Calorie Row

12 Toes to Bar

9 Power Cleans (135/95)

Time Cap: 35 Minutes

SUNDAY

OCT 27

"Gobstopper"

4 Rounds For Time:

400 Meter Run

20 Goblet Reverse Lunges

100 Meter Single Arm Farmers Carry

Dumbbell: (50/35)

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

OCT 21 - OCT 27

MONDAY

OCT 21

Oliver Holmes

"What lies behind us and what lies before us are small matters compared to what lies within us."

Your inner strength and character are far more important than past or future events.

TUESDAY

OCT 22

Dalai Lama

"With the realization of one's own potential and self-confidence in one's ability, one can build a better world."

Believing in your potential and abilities is the first step to making a positive impact on the world.

WEDNESDAY

OCT 23

Nelson Mandela

"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."

Revisiting familiar places can reveal how much you've grown and changed over time.

THURSDAY

OCT 24

Robert Anthony

"Forget about all the reasons why something may not work. You only need to find one good reason why it will."

Focus on possibilities rather than obstacles; one compelling reason can outweigh many doubts.

FRIDAY

OCT 25

Aristotle

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

Intellectual maturity involves considering different ideas and perspectives without immediately adopting them.

SATURDAY

OCT 26

Washington Irving

"Love is never lost. If not reciprocated, it will flow back and soften and purify the heart."

Even unreturned love has value; it enriches and purifies the heart, making you a better person.

SUNDAY

OCT 27

Anne Frank

"We all live with the objective of being happy; our lives are all different and yet the same."

Despite differences in circumstances, the pursuit of happiness is a common goal shared by all.

MENTAL  
FITNESS.



# COACH DIGEST

WEEKLY

OCT 21 - OCT 27

- [Check out details on the 10 Rep Protocol cycle in this document](#)
- This week marks week 2 of the short 10 rep protocol strength cycle. The intent of this week is for your members to make a true attempt at a 10 rep max (max meaning to technical failure). If they completed the exploration or primer week last week then this week is as simple as using those numbers to choose a target load for the day. If this is the first time your members are making a 10 rep attempt you can encourage them to begin with a set of 5 at around 50% and continue to build with sets of 4-6 until they reach a load they think is right for making their 10 rep attempt.
- Give your community a heads up that Friday brings a repeat hero workout with "Rahoi." The last time we completed Rahoi was November 1st, 2023.
- Keep an eye out on the resource drive and your email for continued updates and information for all things CompTrain Gym.
- Be sure to check out the video for a daily breakdown!



# DAILY VIEW

DAILY VIEW

MONDAY OCT 21

## CLASS

Strict Press  
Heavy Set of 10

REPEAT FROM 10/14/24

"Piggyback"  
18-15-12:  
Dumbbell Hang Snatches (R)  
Bike Erg Calories  
Dumbbell Hang Snatches (L)  
Bike Erg Calories

Directly Into...

100' Overhead Walking Dumbbell Lunge

Dumbbell: (50/35)

Time Cap: 18 Minutes

KG | 22.5/15

## OPEN | GAMES

15-12-9:  
Dumbbell Hang Snatches (R) (70/50)  
Echo Bike Calories  
Dumbbell Hang Snatches (L) (70/50)  
Echo Bike Calories

Directly Into...

12/10 Bar Muscle-ups

Time Cap: 18 Minutes

## AGE GROUP

55+ / 13-15

(35/20)  
KG | 15/10

## ACCESSORY WORK

(formerly 'After Party')

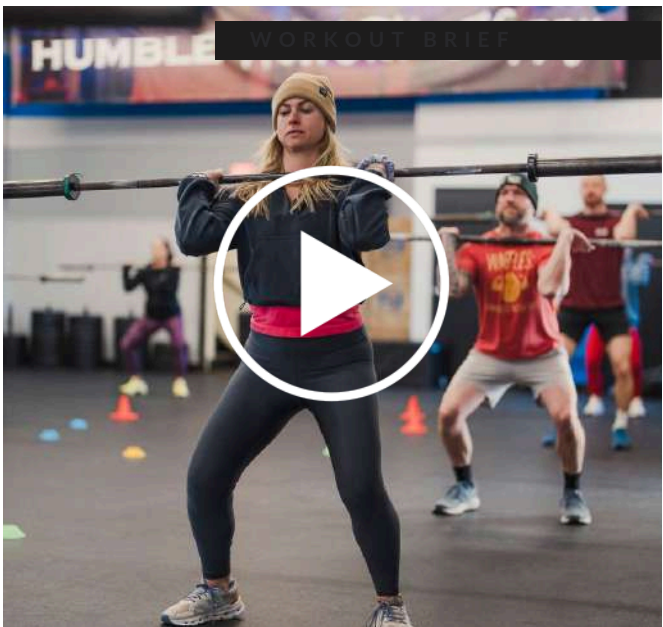
Lethal Legs  
[PART A]  
3 x 10 Double Dumbbell Deficit Reverse Lunges (10/side)

[PART B]  
3 x 10 Jumping Back Squats

Rest 2 Minutes Between All Sets

## COACHING RESOURCES

- [Strict Press Warmup](#)
- [Strict Press POP](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW

In Part 1, we are starting our second week of the 4 week 10-rep cycle. In this second week we are completing our “test” week to explore and establish a load that is hopefully heavier than last week. In part 2, This workout is a combination of power, endurance, and stability. The descending reps of dumbbell hang snatches paired with the bike erg will push your cardio and strength to the limit. After completing the reps, you’ll go straight into a challenging overhead walking lunge, which will test your shoulder stability and core strength. Stay focused on controlled, efficient movements, especially during the lunges. The goal is to keep a steady pace and finish strong!

SCORE

Time to Complete Work.

ELEMENT	STIMULUS	MODIFICATIONS	
Hang Snatches	<ul style="list-style-type: none"><li>Dumbbell load should allow for unbroken sets on each arm.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Plate Ground to Overhead</li></ul>	<ul style="list-style-type: none"><li>Kettlebell Swings</li><li>Empty Barbell Hang Power Snatches</li></ul>
Bike	<ul style="list-style-type: none"><li>For simplicity all athletes will bike the same amount of calories today. About 2:00-1:30-1:00 time frames for rounds.</li></ul>	<ul style="list-style-type: none"><li>15-12-10 Calorie Echo Bike</li><li>18-15-12 Calorie Row</li></ul>	<ul style="list-style-type: none"><li>15-12-10 Calorie Ski</li><li>200m-200m-150m Run</li></ul>
Overhead Walking Lunge	<ul style="list-style-type: none"><li>Single DB Overhead, our load should let us complete 25' sections unbroken.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Distance</li><li>Sub Kettlebells</li></ul>	<ul style="list-style-type: none"><li>Dumbbell Suitcase Lunge</li><li>32 Reverse Lunges</li></ul>

The One Teaching Focus | **Cylinder of strength**

- For today’s strict press we want to teach our athletes how to maintain a “cylinder of strength” throughout the strict press movement. By gripping the ground, squeezing the butt, squeezing the legs, and squeezing the abs the athletes will be in a strong and rigid position to execute the lift. By design, the lower back contains a lot of muscles (called erectors). We can both protect and train those muscles by maintaining an upright torso and keeping the midline engaged

Logistics

- Try to set the room for a 25’ distance on the lunges, this will allow athletes to have the target of making 25’ unbroken at a time.

# LESSON PLAN

LESSON PLAN

MONDAY OCT 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
  - Light Bike Erg (2-3 minutes)
  - Samson Stretch
  - Scorpions
  - Downward Dog
  - Spiderman Lunges
  - Bootstraps
  - Cossack Squats
  - Arm Circles (Small to Large)
  - Inchworms
  - Good Mornings
  - Dumbbell Front Rack Reverse Lunges (Light Weight)
  - Overhead Dumbbell Hold (Light Weight)

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.

- 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 Press to Eye Level
    - Focus on athletes moving the head out of the way, not pressing the bar around the head.
  - 3 Cued reps
    - Focus on “cylinder of strength”
    - Squeezed legs, butt, & stomach
  - 3 Cued reps
    - Focus on chin back first

3

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

- 12:00 includes warm up and building sets.
- Transition to part 2.

4

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

- Practice Round
  - 3 DB Snatches (right)
  - 6 Calorie Bike
  - 3 DB Snatches (left)
  - 6 Lunges
- Break
- Workout adjustments if needed

5

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

- Look For
  - DB Snatch | Look for athletes to drive through their heels and use a strong hip drive through their reps.
  - Bike | Have athletes focus on keeping their RPMs above a 75 on each set of the bike.
  - Lunge | We want athletes to keep a locked out arm on their lunges.

6

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

# DAILY VIEW

DAILY VIEW

TUESDAY OCT 22

## CLASS

"Dampened"  
AMRAP 2 [Until 2,000 Meters]:  
5 Pull-ups  
10 Push-ups  
15 AbMat Sit-ups  
Max Distance Row  
  
Time Cap: 30 Minutes

## OPEN | GAMES

AMRAP 2 [Until 2,000 Meters]:  
5 Toes To Bar  
10 Kettlebell Swings (53/35)  
15/12 Push-ups  
Max Distance Row  
  
Time Cap: 30 Minutes

## ACCESSORY WORK

(formerly 'After Party')

Durability  
6 Sets [Building Each Set]:  
30 Meter Zercher Carry  
  
Rest 1 Minute Between Each Set

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

- [Row TTT](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW	This workout is a sprint-style test of endurance and stamina. Every 2 minutes, you'll perform a quick round of pull-ups, push-ups, and sit-ups before hopping on the rower to rack up as many meters as possible. Your goal is to reach 2,000 meters on the rower, so push hard through each round of bodyweight movements to maximize your rowing time. It's all about maintaining speed and intensity until you hit that distance!		
SCORE	Time to complete the full row.		
ELEMENT	STIMULUS	MODIFICATIONS	
Gymnastics Round	<ul style="list-style-type: none"><li>Our round of gymnastics should take about 1:00, we should aim for unbroken reps each round.</li></ul>	<ul style="list-style-type: none"><li>PULL UPS<ul style="list-style-type: none"><li>Reduce Reps</li><li>Banded</li><li>Strict</li><li>Ring Rows</li><li>Alternating Dumbbell Plank Rows</li></ul></li></ul>	<ul style="list-style-type: none"><li>PUSH UPS<ul style="list-style-type: none"><li>Reduce Reps</li><li>Box Push-Ups</li><li>Dumbbell Bench Press</li><li>Dumbbell Floor Press</li></ul></li></ul>
			<ul style="list-style-type: none"><li>SIT UPS<ul style="list-style-type: none"><li>Reduce Reps</li><li>Hollow Rocks</li></ul></li></ul>
Row	<ul style="list-style-type: none"><li>If we complete Cindy in 1:00 that allows for 1:00 here. To finish the workout in 30 minutes we have to complete at least 133m each round.</li></ul>	<ul style="list-style-type: none"><li>4000m/3600 C2 Bike</li><li>1600m/1440m Ski</li><li>100/80 Cal Echo Bike</li><li>1600m Run</li></ul>	

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

- Try to set up the room to make quick transitions between our floor movements and our row.
- Rower monitors should stay on, have athletes keep it rolling rather than reset it.

# LESSON PLAN

LESSON PLAN

TUESDAY OCT 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 // 6 MINUTES | 3:00 - 9:00

- General Flow 0:30 Each
  - Arm Circles
  - Scorpions
  - Samson Stretch
  - Spiderman Lunges
  - Inchworms
  - Hollow Hold
  - Active Hangs (on pull-up bar)
  - Bend and Reach
  - Good Mornings
  - Leg Swings (Front and Side)
  - Cossack Squats

2

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

- Row | tell, show, do, check
  - Establish catch and finish positions
    - Catch with flat back, heels down, and vertical shins.
    - Finish with the handle at sternum and slightly open hips
    - Explain SPM and 500/m split and tell athletes where to look on the screen
  - 1:00 Easy Warm Up Pace
  - :20 @ SPM of 32-35
    - Focus on 500m/split
  - :20 @ SPM of 27-30
    - Maintain same 500m/split
  - :20 @ SPM of 23-26
    - Maintain same 500m/split
    - Help athletes understand that this is the most efficient way to complete the row today

- 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.

3

STRENGTH //

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

- Practice Round
  - 3 Pull Ups
  - 5 Push Ups
  - 7 Sit Ups
  - 100m Row
- Break
- Workout adjustments if needed

4

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

- Look For
  - Pull Up | Encourage athletes to keep these reps unbroken, if they are unable to maintain it, they should scale.
  - Push Up | Look for the body to stay tight we don't want any sagging in the hips.
  - Sit Up | Full range of motion in reps, shoulder blades touch the ground, and shoulders cross the hip each rep.
  - Row | Hard pulls throughout our row. Drive through the heels and be powerful.

5

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

# DAILY VIEW

DAILY VIEW

WEDNESDAY OCT 23

## CLASS

Deadlift  
Heavy Set of 10

REPEAT FROM 10/16/24

“Back to The Bar”

For Time:

60 Double Unders, 30 Deadlifts  
60 Double Unders, 15 Hang Power Cleans  
60 Double Unders, 30 Deadlifts  
60 Double Unders, 15 Hang Power Cleans  
60 Double Unders, 30 Deadlifts

Barbell: (135/95)

Time Cap: 18 Minutes

KG | 61/43

## OPEN | GAMES

Same as Class

## ACCESSORY WORK

(formerly 'After Party')

Posterior Pump  
[PART A]  
3x16 Front Rack Step Back Lunge Steps (8 Each Leg)

[PART B]  
3x30 Banded Good Mornings

Rest 1 Minute Between Sets

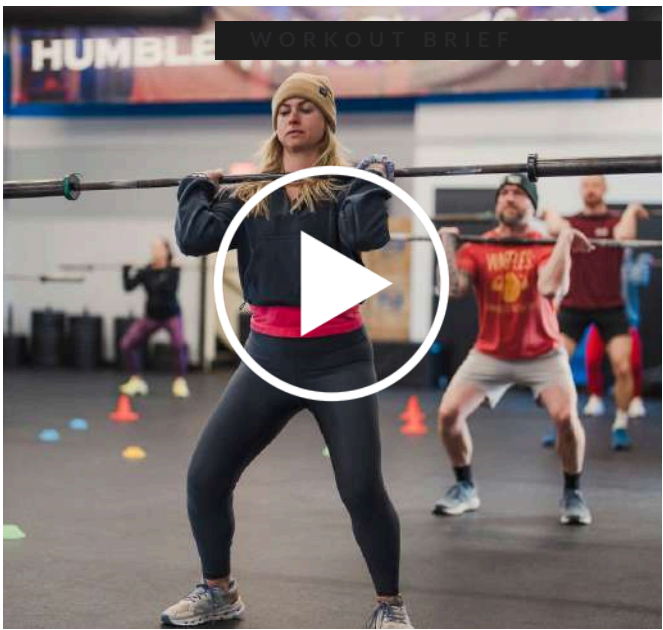
## AGE GROUP

55+ / 13-15

(115/85)  
KG | 52/38

## COACHING RESOURCES

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



# FOR THE COACH

OVERVIEW

In Part 1, we are starting our second week of the 4 week 10-rep cycle. In this second week we are completing our “test” week to explore and establish a load that is hopefully heavier than last week. In part 2, This workout is a blend of cardio, strength, and barbell cycling. The double unders will elevate your heart rate, while the deadlifts and hang power cleans will challenge your grip and posterior chain. The key is to stay smooth and efficient on the double unders, breaking the barbell work into manageable sets if needed. Keep a steady pace throughout to avoid burning out early, especially on the barbell movements. The goal is for this to be a 10-15 minute workout (18 Minute cap).

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Double Unders	<ul style="list-style-type: none"><li>Around 1:00 or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>90 Single Unders</li><li>Plate Hops</li></ul>	<ul style="list-style-type: none"><li>Reps of Singles &amp; Doubles (Mix of Both)</li><li>Time On Any Machine</li></ul>
Hang Power Cleans	<ul style="list-style-type: none"><li>This should be our deciding factor for our loading. We should be able to complete these sets of 15 in 2 sets.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Sub Dumbbells or Kettlebells</li></ul>	<ul style="list-style-type: none"><li>Good Mornings</li><li>Kettlebell Sumo Deadlift</li></ul>
Deadlifts	<ul style="list-style-type: none"><li>Our loading should allow for 2 sets or less here.</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>

The One Teaching Focus | **Knee Position in the Deadlift**

- Today’s focus is on pushing the knees out of the way during the deadlift to maintain an optimal bar path and ensure efficient movement. As the barbell rises from the floor, it’s crucial to keep it close to the body, allowing for a stronger and more controlled lift. By actively pushing your knees back during the initial pull, you create a straight bar path and avoid letting the bar drift forward, which could strain the lower back. Proper knee movement allows for better leverage and smoother transitions from the ground to the top of the lift.



# LESSON PLAN

LESSON PLAN

WEDNESDAY OCT 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

- General Flow 0:20-0:30 Each
  - Arm Circles
  - Scorpions
  - Samson Stretch
  - Spiderman Lunges
  - Bootstraps
  - Leg Swings (Front and Side)
  - Air Squats
  - Jump Rope (Double Under Practice)
  - Inchworms
  - Cossack Squats
  - Hollow Hold
  - High Knees
  - Jump Rope (Workout Movement)

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.

- 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
  - 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
  - Add light load
  - 5 Cued reps with loaded barbell
    - Check for athletes to be driving though the ground, and bracing in each rep

3

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

- 12:00 includes warm up and building sets.
- Transition to part 2.

4

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

- Practice Round
  - 15 Double Unders
  - 3 Deadlifts
  - 15 Double Unders
  - 3 Hang Power Cleans
- Break
- Workout adjustments if needed

5

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

- Look For
  - Deadlifts | As we move through bigger sets we want to be sure athletes are keeping a straight back and not getting lazy in their reps.
  - Hang Power Cleans | Athletes should focus on their elbow speed through the barbell. The faster our reps can be, the less time under tension.
  - Double Unders | Relaxed shoulders, and elbows close. Our wrists are the movers not our whole arm.

6

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

# DAILY VIEW

DAILY VIEW

THURSDAY OCT 24

## CLASS

"Team Tosh Sprints"  
3 Rounds For Time:  
P1: 200 Meter Run  
P2: 200 Meter Run  
P1: 400 Meter Run  
P2: 400 Meter Run  
P1: 600 Meter Run  
P2: 600 Meter Run

Time Cap: 40 Minutes

## OPEN | GAMES

Same as class

## AGE GROUP

55+ / 13-15

Same as class

## ACCESSORY WORK

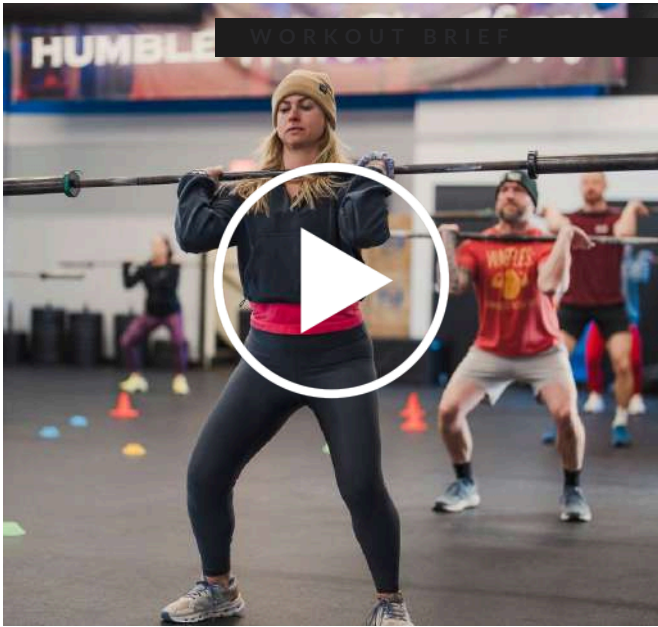
(formerly 'After Party')

Gun Show  
3 Giant Sets:  
7 Bicep Curls (Bottom Half)  
7 Bicep Curls (Top Half)  
7 Bicep Curls (Full Range)

Rest 2 Minutes Between Giant Sets

## COACHING RESOURCES

- [Resource Links](#)



# FOR THE COACH

OVERVIEW

This workout is a pure test of your running endurance and pacing strategy. Each round challenges you with increasing distances, so it's crucial to manage your speed and effort. The partner rest ratio should allow you to recover, but you'll need to push hard during each run to maintain a strong pace throughout. Focus on staying consistent and finishing each round as quickly as possible!

SCORE

Time for both partners to complete 3 rounds.

ELEMENT	STIMULUS	MODIFICATIONS
Runs	<ul style="list-style-type: none"><li>1:00-2:00-3:00 for the 200-400-600 meter runs. Each partner should complete the 200-400-600 meters 3 full times.</li></ul>	<div><ul style="list-style-type: none"><li>200M RUN<ul style="list-style-type: none"><li>1:15 Time Cap</li><li>250/225m Row</li><li>200/180m Ski</li><li>12/10 Calorie Echo Bike</li><li>500/450m Bike Erg</li><li>1:00 Moderate Effort on Treadmill/Runner*</li><li>8 Shuttle Runs (1 rep = 25ft down &amp; back)</li><li>15 Burpees</li></ul></li></ul></div> <div><ul style="list-style-type: none"><li>400M RUN<ul style="list-style-type: none"><li>2:30 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li><li>25/20 Calorie Echo Bike</li><li>1,000/900m Bike Erg</li><li>2:00 Moderate Effort on Treadmill/Runner*</li><li>16 Shuttle Runs (1 rep = 25ft down &amp; back)</li><li>30 Burpees</li></ul></li></ul></div>
		<div><ul style="list-style-type: none"><li>600M RUN<ul style="list-style-type: none"><li>3:45 Time Cap</li><li>750/675m Row</li><li>600/540m Ski</li><li>36/30 Calorie Echo Bike</li><li>1,500/1,350m Bike Erg</li><li>3:00 Moderate Effort on Treadmill/Runner*</li><li>24 Shuttle Runs (1 rep = 25ft down &amp; back)</li></ul></li></ul></div>

The One Teaching Focus | **Knee Lift and Stride Length**

- Adequate knee lift with each stride.
- Stride length should be comfortable and natural.
- Avoid overstriding (landing too far in front of the body) or understriding,

# LESSON PLAN

LESSON PLAN

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

- Line Drills 25' each
- Quad Pulls
- Knuckle Draggers
- Hip Closers + Air Squat
- Opener Right + Opener Left + Air Squat
- Inchworm + Spiderman
- Toe Walk
- Heel Walk
- High Knees
- Butt Kicks

2

SPECIFIC WARMUP // 7 MINUTES | 7:00 - 14:00

- Run Falling Drill | tell, show, do, check
  - Objective:
    - To teach athletes to use a forward lean, engaging gravity to help drive forward movement, rather than pushing through the legs inefficiently.
  - Starting Position:
    - Have the athletes stand tall with feet hip-width apart.
    - Encourage them to stand in a neutral position—head up, shoulders back, and core engaged.
    - Arms should be relaxed by their sides or slightly bent, mimicking the natural arm swing during running.
  - Controlled Fall
    - Instruct the athletes to slightly lift onto the balls of their feet (no need to come up too high).
    - Now, ask them to lean forward from their ankles, maintaining a straight line from head to heel (no bending at the waist or hips). The idea is to keep the body as a rigid plank.
    - Tell them to fall forward slowly and allow gravity to pull them forward, not forcing the motion.
  - Catch and Drive
    - As they fall forward, they should wait until they are about to lose balance, then take a step forward to “catch” themselves.
    - The first step should be small and quick, and the other leg should immediately follow to keep the forward momentum.
    - Continue with a few running steps, focusing on short, quick steps as they maintain the forward lean.
  - Have athletes work through a couple of these drills, working on picking up the speed each set.

3

STRENGTH //

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

- Practice Round
  - 2 Rounds:
  - 100m run (partner 1)
  - 100m run (partner 2)
- Break
- Workout adjustments if needed

4

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

- Look For
  - Run | Look at athletes' posture as they run. We want the chest to be up, and our hips to push forward in order to move.

5

COOL-DOWN // 60:00



# DAILY VIEW

DAILY VIEW

FRIDAY OCT 25

## CLASS

Back Squat  
Heavy Set of 10

REPEAT FROM 10/18/24

"Rahoi" [HERO]  
AMRAP 12:  
12 Box Jumps (24"/20")  
6 Thrusters (95/65)  
6 Bar-Facing Burpees

REPEAT FROM 11/1/23

KG | 43/29

## OPEN | GAMES

Same as class

## AGE GROUP

55+ / 13-15

(75/55)  
KG | 34/25

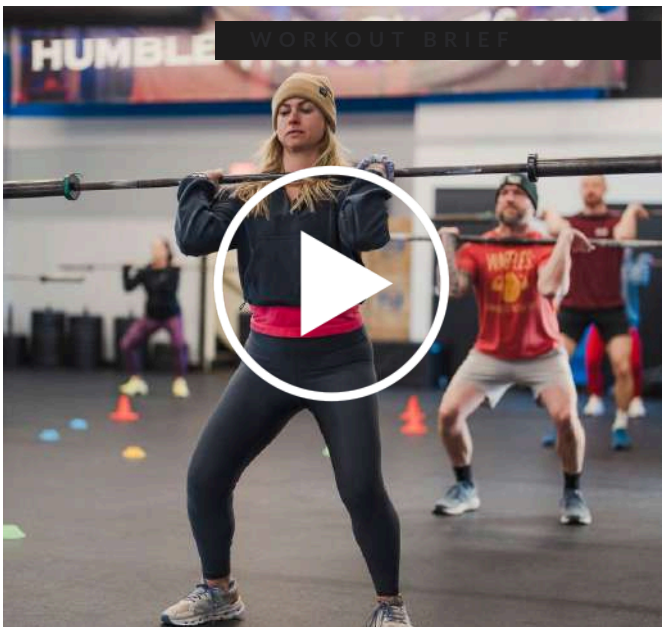
## ACCESSORY WORK

(formerly 'After Party')

Killer Core  
5 Rounds of:  
20 Second Side Plank (R), 10 Second Rest  
20 Second Side Plank (L), 10 Second Rest  
20 Second Hollow Hold, 10 Second Rest  
20 Second Arch Hold, 10 Second Rest

## COACHING RESOURCES

- [Low Bar vs High Bar Back Squats](#)
- [Back Squat POP](#)
- [Resource Links](#)



# FOR THE COACH

OVERVIEW

In Part 1, we are starting our second week of the 4 week 10-rep cycle. In this second week we are completing our “test” week to explore and establish a load that is hopefully heavier than last week. In part 2, This 12-minute AMRAP is all about intensity and quick transitions. The box jumps will keep your heart rate up, the thrusters test your strength and endurance, and the bar-facing burpees add a cardio and agility challenge. The key is to move efficiently and stay consistent, aiming to keep a steady pace from start to finish. Our rounds should take 1:20-2:00 each time allowing us to complete 6-9 rounds.

SCORE

otal round and reps in the 12 Minutes.

ELEMENT	STIMULUS	MODIFICATIONS	
Box Jumps	<ul style="list-style-type: none"><li>0:30-0:40 seconds each round.</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>18 Squat Jumps</li><li>Reverse Lunges</li></ul>
Thrusters	<ul style="list-style-type: none"><li>Light barbell should allow for unbroken reps all the way through the 12 minutes.</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>
Bar Facing Burpees	<ul style="list-style-type: none"><li>0:30-0:40 seconds each round.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Bar-Facing Burpees (With Step Over)</li><li>Lateral Barbell Burpees</li></ul>	<ul style="list-style-type: none"><li>Regular Burpees</li><li>Calories On Any Machine</li></ul>

The One Teaching Focus | **Chest Up**

- Cue athletes to keep their chest lifted and shoulders back throughout the movement.
- Maintaining an upright torso helps prevent forward lean and keeps the bar path over the midfoot for better balance and control.

Logistics

- Have athletes look back to see if they completed this last year. Lets see if we can improve that score!

# LESSON PLAN

LESSON PLAN

FRIDAY OCT 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

- General Flow 0:20-0:30 Each
  - Arm Circles
  - Scorpions
  - Samson Stretch
  - Spiderman Lunges
  - Bootstraps
  - Box Step-Ups
  - Box Step-Downs
  - Box Jumps (Low Height, Controlled)
  - Burpee Step-Backs (Slow, controlled burpee movement without the jump)
  - Quick Ups (Fast floor-to-standing for burpee prep)
  - Inchworms
  - High Knees

2

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

- 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

- 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
    - 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 | 21:00 - 33:00

- 12:00 includes warm up and building sets.
- Transition to part 2.

4

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

- Practice Round
  - 3 Box Jumps
  - 3 Thrusters
  - 3 Bar Facing Burpees
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 39:00 - 51:00

- Look For
  - Box Jump | Jump tall and land tall. Athletes should avoid landing in a squat, and should stand tall at the top of each rep.
  - Thruster | Hip drive, we want the power to be transferred from our hips to overhead.
  - Bar Facing Burpee | Stay low, these are short sets and we want our reps to be quick. The lower we stay, the faster we can move.

6

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

# DAILY VIEW

DAILY VIEW

SATURDAY OCT 26

## CLASS

"Half The Battle"  
[TEAMS OF 2]  
3 Rounds Each:  
21/15 Calorie Row  
12 Toes to Bar  
9 Power Snatches (115/85)

Directly Into...

3 Rounds Each:  
21/15 Calorie Row  
12 Toes to Bar  
9 Power Cleans (135/95)

Time Cap: 35 Minutes

\* Switch after full rounds

KG | 52/36, 61/43

## OPEN | GAMES

[On the 0:00]  
3 Rounds:  
21/15 Calorie Row  
15-12-9 Toes to Bar  
9 Power Snatches (115/85)  
[On the 15:00]  
3 Rounds:  
21/15 Calorie Row  
15-12-9 Toes to Bar  
9 Power Snatches (135/95)

Time Cap: 30 Minutes

## AGE GROUP

55+ / 13-15

Power Snatches: (95/65)  
Power Cleans: (115/85)  
KG | 43/29, 52/38

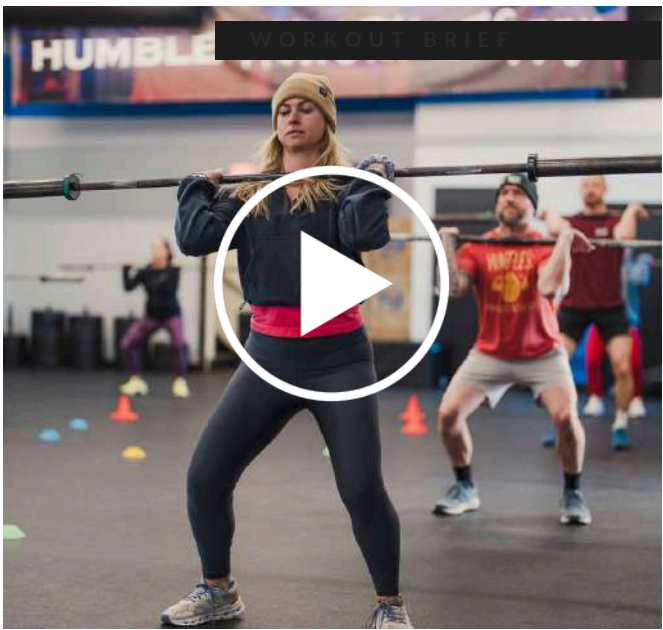
## ACCESSORY WORK

(formerly 'After Party')

5 Sets:  
Max Unbroken Push-ups  
  
Rest 2-3 Minutes Between Sets

## COACHING RESOURCES

- [Toes to Bar](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW	This team workout combines conditioning, gymnastics, and strength, testing your ability to move efficiently and transition smoothly between movements. Each partner completes all three rounds before switching, so push hard during your work period and use the rest while your partner goes. The first part focuses on power snatches, while the second shifts to power cleans at a heavier weight. Communicate with your teammate to keep transitions fast, and maintain strong, efficient reps throughout both sections to complete all rounds as quickly as possible!			
SCORE	Total working time			
ELEMENT	STIMULUS		MODIFICATIONS	
Row	<ul style="list-style-type: none"><li>0:90 or less each round.</li></ul>		<ul style="list-style-type: none"><li>1:30 Time Cap</li><li>15/12 Calorie Ski</li><li>15/12 Calorie Echo Bike</li><li>21/15 Calorie Bike Erg</li></ul>	<ul style="list-style-type: none"><li>250m Run</li><li>1:15 Effort on Treadmill/Runner*</li><li>10 Shuttle Runs (</li></ul>
Toes to Bar	<ul style="list-style-type: none"><li>Less than a minute, 1-2 sets.</li></ul>		<ul style="list-style-type: none"><li>Reduce Reps</li><li>Toes To As High As Possible</li><li>Knees To Chest</li></ul>	<ul style="list-style-type: none"><li>Sit-Ups</li><li>V-Ups</li></ul>
Power snatches	<ul style="list-style-type: none"><li>Less than a minute, 1-2 sets.</li></ul>		<ul style="list-style-type: none"><li>Reduce Loading</li><li>Hang Power Snatches</li></ul>	<ul style="list-style-type: none"><li>Dumbbell Power Snatches</li><li>Kettlebell Swings</li></ul>
Power Cleans	<ul style="list-style-type: none"><li>Less than a minute, 1-2 sets.</li></ul>		<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Sub Hang Power Cleans</li></ul>	<ul style="list-style-type: none"><li>Sub Dumbbell/Kettlebell Hang Power Cleans</li><li>Sub Deadlifts (Light to Moderate</li></ul>

The One Teaching Focus | **Elbows beat the feet on Power Snatches**

- Cue athletes to punch hard and fast after fully extending the hips and legs. This will encourage athletes to land with their elbows already locked out and in an active overhead position.

Logistics

- INDY VERSION
  - [On the 0:00]
  - 3 Rounds:
    - 21/15 Calorie Row
    - 15-12-9 Toes to Bar
    - 9 Power Snatches (115/85)
  - [On the 15:00]
  - 3 Rounds:
    - 21/15 Calorie Row
    - 15-12-9 Toes to Bar
    - 9 Power Cleans (135/95)
  - Time Cap: 30 Minutes

# LESSON PLAN

LESSON PLAN

SATURDAY OCT 26

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
  - Light Row (2-3 minutes)
  - Arm Circles
  - Scorpions
  - Samson Stretch
  - Spiderman Lunges
  - Bootstraps
  - Air Squats
  - Inchworms
  - Leg Swings (Front and Side)
  - Plank to Downward Dog
  - Mountain Climbers
  - Cossack Squats
  - High Knees

2

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

- Toes to Bar | 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

- Power Snatch | tell, show, do, check
  - Establish stance & grip
    - Feet hip width apart
    - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
  - Bar in contact with shins
  - Shoulders slightly over the bar
  - Eyes on the horizon
- 5 Snatch dip + drive
  - Focus on speed through the middle
- 5 Snatch high pull
  - Focus on bar close
- 3 Cued Snatch
  - Elbows beat the feet

- Power Clean | tell, show, do, check
  - 5 Dip + High pull
    - Look for elbows to be high and outside
  - 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.
  - 5 Power Cleans

3

STRENGTH //

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

- Practice Round
  - 5 Calorie Row
  - 4 Toes To Bar
  - 3 Snatches
  - 3 Power Cleans
- Break
- Workout adjustments if needed

4

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

- Look For
  - Row | Strong leg drive, we want to keep the heels down and drive through them.
  - Toes To Bar | Encourage athletes to drive the heels down as they go back into their kip swing.
  - Snatches | Elbows beat the feet, we are looking for a fast turnover under the bar each rep.
  - Power Clean | Elbows beat the feet here too, fast elbows under the bar.

5

COOL-DOWN // 60:00

# DAILY VIEW

DAILY VIEW

SUNDAY OCT 27

## CLASS

"Gobstopper"  
4 Rounds For Time:  
400 Meter Run  
20 Goblet Reverse Lunges  
100 Meter Single Arm Farmers Carry

Dumbbell: (50/35)

Time Cap: 25 Minutes

KG | 22.5/15

"Sunday Runday"  
Run 2-3 Miles

## OPEN | GAMES

N/A

## AGE GROUP

55+ / 13-15

(35/25)

## ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders  
3 Supersets:

20 Banded Front Raises  
20 Banded Pull Aparts

Rest 1 Minutes Between Supersets

## COACHING RESOURCES

- [Resource Links](#)



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

# FOR THE COACH

COACH TOOLS

SUNDAY OCT 27

OVERVIEW

This workout is a great test of endurance, lower body strength, and grip stamina. The 400-meter run will keep your heart rate elevated, while the goblet reverse lunges target your legs and core. The 100-meter single arm farmer’s carry challenges your grip and shoulder stability, forcing you to focus on posture and core engagement. Pace yourself on the runs and focus on controlled, steady reps for the lunges and carry. Smooth transitions will help you push through all four rounds efficiently!

SCORE

Total Time

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none"><li>2:15 or less each round</li></ul>	<ul style="list-style-type: none"><li>2:30 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li><li>25/20 Calorie Echo Bike</li></ul>	<ul style="list-style-type: none"><li>1,000/900m Bike Erg</li><li>16 Shuttle Runs</li><li>30 Burpees</li></ul>
Lunges	<ul style="list-style-type: none"><li>Unbroken set. 20 Total, 10 each leg.</li></ul>	<ul style="list-style-type: none"><li>Reduce/Remove Loading</li><li>Reduce Distance</li><li>Dumbbell Suitcase Lunge</li><li>Single Dumbbell</li></ul>	<ul style="list-style-type: none"><li>Sub Kettlebells</li><li>Sub Barbell</li><li>Reverse Lunges</li></ul>
Carry	<ul style="list-style-type: none"><li>Unbroken, alternate arms whenever an athlete chooses.</li></ul>	<ul style="list-style-type: none"><li>Reduce Distance</li><li>Reduce Load</li></ul>	

The One Teaching Focus | **Knees Over Toes in Goblet Reverse Lunge**

- Today’s focus is on allowing the front knee to travel over the toes during the goblet reverse lunge. Encouraging this natural knee movement helps engage the quads more effectively, improves mobility, and promotes stronger, more functional lower body mechanics. By keeping the knee aligned over the toes, athletes can control the descent and maintain proper form, leading to better balance and joint stability.
- Logistics
  - Athletes can treat today as more of a recovery workout if needed to prep for the week ahead.



# LESSON PLAN

LESSON PLAN

SUNDAY OCT 27

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
  - 200m Run
  - Arm Circles
  - Samson Stretch
  - Scorpions
  - Spiderman Lunges
  - Bootstraps
  - Air Squats
  - Lateral Lunges
  - Good Mornings
  - Leg Swings (Front and Side)
  - Shoulder Taps (in Plank Position)
  - High Knees
  - Butt Kicks

2

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

- Lunge | tell, show, do, check
  - 0:20 DB Goodmorning
  - 0:20 Goblet Tempo Squats
  - 0:20 Alternating Lunges
  - 0:20 Goblet Alternating Lunges
- Farmers Carry | tell, show, do, check
  - 0:20 DB Farmers Hold
  - 0:20 Suitcase Carry (right)
  - 0:20 Suitcase Carry (left)
  - 0:20 Farmers Carry

3

STRENGTH //

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

- Practice Round
  - 200m Run
  - 6 Lunges
  - 50m Farmers Carry
- Break
- Workout adjustments if needed

4

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

- Look For
  - Run | Smooth effort that allows us to come in and get right to work on our lunges.
  - Lunges | Knees should track over the toes, and our chest remains upright throughout our reps.
  - Farmers Carry | Roll the shoulders back throughout our walk, we want a "big chest".

5

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