

COMPTRAIN | GYM

NOV 4- NOV 10

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

NOV 4 - NOV 10

MONDAY

NOV 4

Bench Press
Heavy Set of 10

REPEAT FROM 10/28/24

"2k Row" [BENCHMARK]
For Time:
2,000 Meter Row

REPEAT FROM 11/20/23

TUESDAY

NOV 5

"Six Flags"
6 Rounds x AMRAP 4:
12 Single Dumbbell Hang Clean & Jerks (70/50)
400 Meter Run
Max Calorie Bike Erg

Rest 1 Minute Between Rounds

* Score Slowest Round

KG | 32/22.5

WEDNESDAY

NOV 6

Sumo Deadlift
Heavy Set of 10

REPEAT FROM 10/30/24

"Scotty" [HERO]
AMRAP 11:
5 Deadlifts (315/225)
18 Wallballs (20/14)
17 Burpees Over Bar

REPEAT FROM 12/2/23

KG | 142/100, 9/6

THURSDAY

NOV 7

"EuroTrip"
For Time:
4 Rounds "Work"
80/64 Calorie Row
3 Rounds "Work"
60/48 Calorie Row
2 Rounds "Work"
40/32 Calorie Row
1 Round "Work"
20/16 Calorie Row

[Work]:
30 Double Unders
5 Strict Pull-ups
15 AbMat Sit-ups

Time Cap: 35 Minutes

FRIDAY

NOV 8

Front Squat
Heavy Set of 10

REPEAT FROM 11/1/24

"One Size Fits All"
For Time:
30 Thrusters
600 Meter Run
20 Thrusters
400 Meter Run
10 Thrusters
200 Meter Run

Every Break On The Thrusters:
200 Meter Run

Barbell: (95/65)
KG | 43/29

SATURDAY

NOV 9

"Team Wittman"
[TEAMS OF 3]:
7 Rounds For Time:
15 Kettlebell Swings (53/35)
15 Power Cleans (95/65)
15 Box Jumps (24"/20")

* Each Teammate Starts At Different Station
* Rotate When All Have Finished
* Go Through Each Station 7 Times Each

KG | 24/16, 43/29

SUNDAY

NOV 10

"Armstrong"
Every 5 Minutes x 5 Rounds:
3 Rope Climbs (15')
50/40 Calorie Bike Erg

* Score Slowest Round

"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

NOV 4 - NOV 10

MONDAY

NOV 4

Bruce Lee

"Take no thought of who is right or wrong or who is better than. Be not for or against."

Avoid getting caught up in competition or judgment; focus on being true to yourself without comparison.

TUESDAY

NOV 5

Everett Dirksen

"I am a man of fixed and unbending principles, the first of which is to be flexible at all times."

Balance strong principles with the flexibility to adapt to new situations; rigidity can hinder growth.

WEDNESDAY

NOV 6

Byron Pulsifer

"Today, give a stranger a smile without waiting for it may be the joy they need to have a great day."

A simple, unsolicited act of kindness, like a smile, can brighten someone's day in ways you may never know.

THURSDAY

NOV 7

Henry Miller

"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself."

Paying close attention to the small details of life reveals their profound beauty and complexity.

FRIDAY

NOV 8

Lao Tzu

"At the center of your being you have the answer; you know who you are and you know what you want."

Deep down, you already know your true self and desires; trust your inner wisdom.

SATURDAY

NOV 8

Niels Bohr

"How wonderful that we have met with a paradox. Now we have some hope of making progress."

Embracing contradictions and paradoxes can lead to greater understanding and breakthroughs.

SUNDAY

NOV 10

Georg Lichtenberg

"Everyone is a genius at least once a year. A real genius has his original ideas closer together."

Everyone has moments of brilliance, but true genius lies in the consistent production of original ideas.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

NOV 4 - NOV 10

- Final week of our 10 rep protocol! Testing the true 10 rep on Bench, Sumo, and Front Squat! We'll be heading into our final strength cycle of the year after we finish up the 10 rep protocol. For now, we're continuing with the same 6 lifts but with a fresh focus. Going into 2025, we'll be making some adjustments to the lifts we're testing as well as a daily order of lifts!
- The week leads off with an intense 2k row test!
- Both Wednesday and Saturday this week come with Hero workouts!
- Chad is coming up on 11/11!
- [Check out the details of the Linear Progression cycle in this document](#)
- Be sure to check out the video for a daily breakdown!
- Enjoy the week, reach out with any questions!



DAILY VIEW

DAILY VIEW

MONDAY NOV 4

CLASS

Bench Press
Heavy Set of 10

REPEAT FROM 10/28/24

"2k Row" [BENCHMARK]
For Time:
2,000 Meter Row

REPEAT FROM 11/20/23

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
3 Sets:
10 Barbell Good Mornings

Rest 1 Minute Between Sets

[PART B]
2 Minutes Of 25' Monster Walk (25' Each Way)

COACHING RESOURCES

- [Bench Press TTT](#)
- [2K Row](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	In Part 1, we are starting our second phase for these three lifts 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 is a repeat from 11/20/23. In this workout, athletes should aim to row at their threshold pace. This is a hard pace but one that is sustainable for the 6-10 minutes that they will be rowing for.		
SCORE	Time		
ELEMENT	STIMULUS	MODIFICATIONS	
2K ROW	<ul style="list-style-type: none">10:00 Cap	<ul style="list-style-type: none">Reduce Distance10 Minute Time Cap4,000m Bike1,600m Ski Erg	<ul style="list-style-type: none">1,600m Run1,200m Air Run

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.
- STRATEGIES
 - STRATEGY 1
 - Simple strategy
 - Think of this as a 4x500 Meter Row
 - Take 20 hard pulls at the start of each 500 meter interval
 - Settle into a manageable pace for the remaining meters
 - STRATEGY 2
 - More complex strategy
 - Start: 10-15 Hard Pulls
 - First 500: Desired Split Time +4 Seconds
 - 500-1000: Desired Split Time +3 Seconds
 - 1000-1500: Desired Split Time +2 Seconds
 - 1500-1700: Desired Split Time +1 Seconds
 - Last 300: Sprint To Finish Below Desired Split Time
 - STRATEGY 3
 - Simplest strategy
 - Keep your monitor on the display that shows your projected finish time in the bottom row (first display option).
 - Aim to keep your finish time within 10 seconds of your goal throughout, never going much faster or slower than that.
 - You'll essentially row at the same speed throughout.
- Logistics
 - Monitor Setup:
 - Select Workout
 - New Workout
 - Single Distance
 - Set to 2000 Meters
 - Set Splits to 500 Meters
 - Set Pace Boat to Desired Split Time (Optional)
 - Change Display to Show Pace Boat (Optional)

LESSON PLAN

LESSON PLAN

MONDAY NOV 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

- Line drill warm up 25' each
 - Quad pulls
 - Knuckle draggers
 - Standing figure 4
 - Lunge with reach
 - Knee pulls with calf raise
 - Side lunges
 - Inch worms
 - Gate openers
 - Gate closers

2

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

- 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 Cued bench press at light load

3

STRENGTH // 12 MINUTES | 19:00 - 31:00

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

4

PRIMER // 10 MINUTES | 31:00 - 41:00

- Today's primer is more of a specific warm up for our 2k trial.
 - 2:00 Easy Row
 - 0:10 Hard Row, 0:50 Easy Row
 - 0:15 Hard, 0:45 Easy
 - 0:20 Hard, 0:40 Easy
 - 1:00 Easy
 - Break
- Workout adjustments if needed

5

WORKOUT // 10 MINUTES | 41:00 - 51:00

- Look For
 - Row | Today is all about pushing the limits. If athletes have completed this before, they know what to expect. If not, encourage them to push as hard as they can through this 2k and really put their fitness to the test.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY NOV 5

CLASS

"Six Flags"

6 Rounds x AMRAP 4:
12 Single Dumbbell Hang Clean & Jerks
(70/50)
400 Meter Run
Max Calorie Bike Erg

Rest 1 Minute Between Rounds

* Score Slowest Round

KG | 32/22.5

OPEN | GAMES

6 Rounds x AMRAP 4:
6 Bar Muscle-ups
400 Meter Run
Max Calorie Echo Bike

Rest 1 Minute Between Rounds
Score: Lowest Calorie Round

ACCESSORY WORK

(formerly 'After Party')

"Lipson"
For Quality:
400 Meter Sled Push (Bodyweight)

REPEAT FROM 8/1/24

AGE GROUP

55+ / 13-15

(50/35)
22.5/15

COACHING RESOURCES

- [Boat Shoes Class Demo](#)
- [TTT Root The Fault](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Our goal in our interval training today is to have at least 1:00 or more to complete as many calories as possible on the bike. We should only take about 1 minute to complete our DB reps, while being able to alternate arms however we would like. Though, we must complete 6 reps on each arm.

SCORE

Lowest Round of Bike Calories.

ELEMENT	STIMULUS	MODIFICATIONS	
Single DB Hang Clean and Jerks	<ul style="list-style-type: none">These are heavily programmed today. We want a challenging load, but still able to move efficiently and safely.	<ul style="list-style-type: none">Reduce Loading/RepsDumbbell SnatchKettlebell Swing	<ul style="list-style-type: none">Barbell Hang Clean & JerkBarbell Hang Power Snatch
Run	<ul style="list-style-type: none">We should take no longer than 2:15 here.	<ul style="list-style-type: none">2:30 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
Bike	<ul style="list-style-type: none">High effort to get as many calories as we can, we should remain consistent across the round.	<ul style="list-style-type: none">Echo BikeRowSkiRun	

The One Teaching Focus | **Shoulder Stability in Dumbbell Hang Clean and Jerk**

- Today’s focus is on maintaining shoulder stability during the dumbbell hang clean and jerk. Proper shoulder stability is essential for controlling the dumbbell throughout the movement, particularly during the overhead press portion. Engaging the shoulder stabilizers helps prevent injury, improves balance, and allows for a more efficient and powerful lift.

Logistics

- For classes you can start athletes in two groups, the second group 2:00 behind. Or switch out the bike for a different machine.

LESSON PLAN

LESSON PLAN

TUESDAY NOV 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

- General Flow 0:20-0:30 Each
 - Bike (30 seconds)
 - Arm Circles
 - Samson Stretch
 - Spiderman Lunges
 - Good Mornings
 - Leg Swings (Front and Side)
 - Air Squats
 - Inchworms
 - Bike (30 seconds)
 - Lateral Shuffles
 - Quick Feet Drill
 - High Knees
 - Bike (30 seconds)

2

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

- DB Warm-Up for Single DB Hang Clean & Jerks | Tell, Show, Do, Check
 - 0:20 Alternating Single DB Deadlift (Light Load)
 - Look for hips to drop slightly and the chest to stay proud throughout each rep.
 - 0:20 Alternating Single DB Deadlift + High Pull (Light Load)
 - Emphasize full hip extension before pulling the dumbbell. Watch for athletes to drive through their legs rather than just using their arms.
 - 0:20 Single DB Push Press (Each Arm) (Light Load)
 - Look for a strong finish with the dumbbell stacked directly over the body, bicep close to the ear, and core tight.
 - 0:20 Alternating Single DB Hang Clean (Light Load)
 - Focus on hips extending fully before pulling the dumbbell up to the shoulder, while keeping the torso tall and controlled.
 - 0:20 Single DB Push Jerk (Each Arm) (Light Load)
 - Watch for an explosive leg drive and smooth dip under the dumbbell for a solid lockout.
 - 0:20 Alternating Single DB Hang Clean & Jerk (Workout Load)
 - Ensure athletes fully extend their hips on the clean and drive through the legs on the jerk. Look for smooth transitions between the two movements and a strong, locked-out finish.

3

STRENGTH //

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

- Practice Round
 - 4 Single DB Hang Clean & Jerks
 - 200m Run
 - 0:30 Bike
- Break
- Workout adjustments if needed

4

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

- Look For
 - DB Hang Clean and Jerks | Look for our teaching focus today, athletes need to maintain good shoulder stability for a heavy DB overhead. If athletes start to move with poor form, drop down the loading.
 - Run | It is important to hit the time frame today, if we cannot we should modify it.
 - Bike | Encourage athletes to push the pace in order to try and get the same amount of calories each round.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY NOV 6

CLASS

Sumo Deadlift
Heavy Set of 10

REPEAT FROM 10/30/24

"Scotty" [HERO]
AMRAP 11:
5 Deadlifts (315/225)
18 Wallballs (20/14)
17 Burpees Over Bar

REPEAT FROM 12/2/23

KG | 142/100, 9/6

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

AMRAP 10:
Bike Erg Calories

Rest 2 Minutes

For Time:
Bike Erg Calories From Part 1

[RPE 6-7]

AGE GROUP

55+ / 13-15

(245/165), (20/10)

COACHING RESOURCES

- [Sumo Deadlifts](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

WEDNESDAY NOV 6

OVERVIEW

In Part 1, we are starting our second phase for these three lifts 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, Today we are repeating the Hero workout “Scotty”, this is a repeat from 12/2/23. We are looking to choose a heavy deadlift load that we can still move well and finish in under 1 minute. The burpees should be completed as lateral burpees over bar. Our goal is to complete 3-5 rounds, which means we are targeting 2:12-3:40 per round.

SCORE

Rounds + Reps

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlifts	<ul style="list-style-type: none">Challenging load, quick singles are a great option today.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Wallballs	<ul style="list-style-type: none">2 sets or less each round.	<ul style="list-style-type: none">Reduce Reps/Loading/TargetSingle Dumbbell Thrusters	<ul style="list-style-type: none">Empty Barbell Thrusters27 Air Squats
Burpees Over Bar	<ul style="list-style-type: none">0:90 or less, encourage athletes to stay low and quick off the floor.	<ul style="list-style-type: none">Reduce RepsBurpees Over Bar (With Step Over)	<ul style="list-style-type: none">Regular BurpeesCalories On Any Machine

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

- 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.

Logistics

- Athletes will need their own barbells today for deadlifts and burpees over bar. If you need athletes to share barbells, sub the burpees over the bar for burpees to target.

LESSON PLAN

LESSON PLAN

WEDNESDAY NOV 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 0:20-0:30 Each
 - Quick Ups (Burpee Prep)
 - Jump Rope (Single Unders)
 - Arm Circles
 - Bootstraps
 - Scorpions
 - Spiderman Lunges
 - Air Squats
 - Inchworms to Push-up
 - Reverse Lunges with Reach
 - Lateral Leg Swings
 - Burpees
 - High Knees

2

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

- Wallball | tell, show, do, check
 - Establish stance, grip, & set up
 - Squat stance
 - Arms length away from wall
 - Hands on outside of medball
 - Medball in front rack
 - Elbows down
 - 0:20 of each
 - Medball deadlifts
 - Medball front squat
 - Focus on chest up
 - Medball shoulder press
 - Medball thruster
 - Focus on aggressive hips out of the squat
 - Medball dip + throw
 - Focus on hips to hands to throw the medball
 - Wallballs
 - Focus on chest up in the squat

- 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 at light load

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 Deadlifts
 - 6 Wallballs
 - 9 Burpees Over Bar
- Break
- Workout adjustments if needed

5

WORKOUT // 11 MINUTES | 39:00 - 50:00

- Look For
 - Deadlifts | While our load here is challenging we should still be able to move with sound form. Athletes should not be so challenged that we start to move poorly.
 - Wallballs | Encourage controlled breathing throughout these reps. Its easy to let the heart rate and breathing get out of control here.
 - Burpees Over Bar | These reps are lateral, we should remain close to the ground and move quickly off the floor.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY NOV 7

CLASS

"EuroTrip"

For Time:

4 Rounds "Work"

80/64 Calorie Row

3 Rounds "Work"

60/48 Calorie Row

2 Rounds "Work"

40/32 Calorie Row

1 Round "Work"

20/16 Calorie Row

[Work]:

30 Double Unders

5 Strict Pull-ups

15 AbMat Sit-ups

Time Cap: 35 Minutes

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Killer Core

5 Super Sets

50-40-30-20-10 Medicine Ball Twists

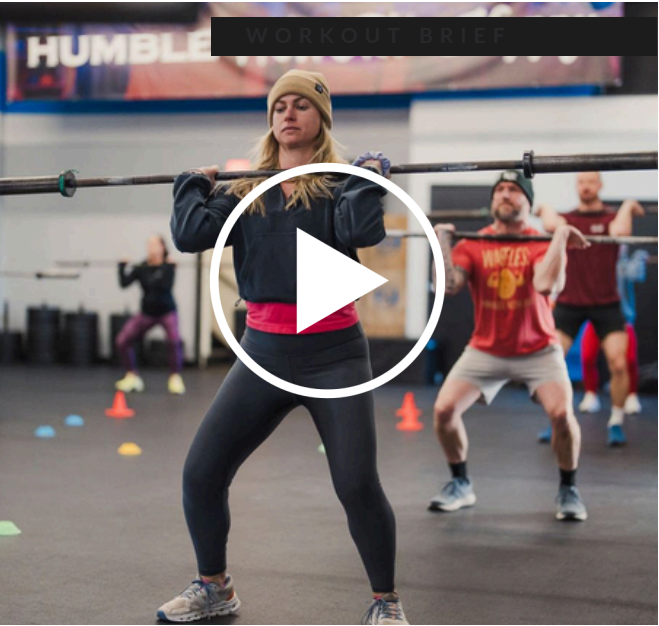
50-40-30-20-10 Front Plank Seconds

* Alternate Between Twists and Plank

* Minimal Rest Between Movements

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Today we will alternate row and our “work” rounds. Each round of “work” is 30 double unders, 5 strict pull ups, and 15 abmat sit ups. Athletes will complete 4 rounds of that triplet before advancing to the rower and follow that flow for the rest of the workout. Have athletes choose reps/modifications that will allow them to complete one round of “work” in 2 minutes.

SCORE

Time

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">6:00-4:30-3:00-1:30 or less.	<ul style="list-style-type: none">Reduce Reps45 Single UndersPlate Hops	<ul style="list-style-type: none">6 Burpees0:30 Effort On Any Machine
Double Unders	<ul style="list-style-type: none">0:30 or less.	<ul style="list-style-type: none">Reduce RepsBanded Strict Pull-UpsKipping Pull-ups	<ul style="list-style-type: none">Jumping Pull-ups with Controlled DescentRing RowsAlternating Dumbbell Plank Rows
Strict Pull Ups	<ul style="list-style-type: none">Focus on quality movement here. Athletes should be able to complete reps in about 0:30.	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Abmat Sit Ups	<ul style="list-style-type: none">Around 0:30 of work, should be done unbroken.	<ul style="list-style-type: none">[MEN] 80-60-40-20 CALORIE ROW6:00-4:30-3:00-1:30 Time Cap64-50-32-16 Calorie Ski64-50-32-16 Calorie Echo Bike80-60-40-20 Calorie Bike Erg- 1,000-800-500-250m Run5:00-3:45-2:30-1:15 Moderate Effort on Treadmill/Runner	<ul style="list-style-type: none">[WOMEN] 64-48-32-16 CALORIE ROW6:00-4:30-3:00-1:30 Time Cap52-40-26-13 Calorie Ski52-40-26-13 Calorie Echo Bike64-48-32-16 Calorie Bike Erg1,000-800-500-250m Run5:00-3:45-2:30-1:15 Moderate Effort on Treadmill/Runner

- The One Teaching Focus | **Wrist Rotation**
- Emphasize the importance of using the wrists for rotation rather than relying solely on arm movements. Efficient wrist movement increases speed and control.
 - Logistics
 - If you are short on rowers, you can have one group start on the row and the other start on the “work”.

LESSON PLAN

LESSON PLAN

THURSDAY NOV 7

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
 - Jump Rope (Single Unders)
 - Arm Circles
 - Samson Stretch
 - Spiderman Lunges
 - Jump Rope (Backwards)
 - Air Squats
 - Hollow Hold
 - Glute Bridges
 - Hip Circles
 - Inchworms
 - Jump Rope (Double Unders)
 - Shoulder Taps (in Plank Position)
 - Sit-up Prep: 15 Slow Sit-ups
 - Quick Feet Drill

2

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

- Strict Pull-Up Warm-Up | Tell, Show, Do, Check
 - 0:20 Scapular Pull-Ups
 - Athletes should hang from the bar with arms straight and focus on pulling their shoulder blades down and back without bending their arms.
 - Emphasize engaging the scapulae to initiate the pull and building shoulder stability.
 - 0:20 Hollow Hold (Hanging from Bar)
 - Look for athletes to maintain a tight, rigid body with toes pointed and a neutral spine, preparing the core for strict pull-ups.
 - 0:20 Active Hang + Pull-Up Negative
 - From an active hang (shoulders engaged, scapula pulled down), athletes will slowly lower themselves down, controlling the descent for 3-5 seconds.
 - Emphasize slow, controlled movement, ensuring that they maintain tension in the core and lats throughout the descent.
 - 0:20 Banded Strict Pull-Ups or Jumping Pull-Ups (Assisted)
 - Ensure athletes are using their upper body to pull rather than relying on momentum or assistance.
 - 0:20 Tempo Strict Pull-Ups (3-Second Descent)
 - Look for proper head positioning (in line with the body), elbows tracking back, and full range of motion—chin over the bar at the top.
 - 0:20 Strict Pull-Ups (Workout Movement)
 - Watch for smooth movement, neutral spine, and consistent pull-up technique with no kipping or excessive body movement.

3

STRENGTH //

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

- Practice Round
 - 10 Calorie Row
 - 1 Round of “Work”
- Break
- Workout adjustments if needed

4

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

- Look For
 - Rower | Hold athletes to the time frames today. Encourage them to find a steady pace they are confident they can maintain.
 - Double Unders | Focus on our teaching focus today. We want an efficient wrist movement to relax the arms.
 - Strict Pull Ups | Look for athletes to keep tension throughout the whole body. Tighter is lighter!
 - Abmat Sit Ups | Reps should be smooth and unbroken, have athletes scale to hit that target.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY NOV 8

CLASS

Front Squat
Heavy Set of 10

REPEAT FROM 11/1/24

"One Size Fits All"

For Time:
30 Thrusters
600 Meter Run
20 Thrusters
400 Meter Run
10 Thrusters
200 Meter Run

Every Break On The Thrusters:
200 Meter Run

Barbell: (95/65)

Time Cap: 18 Minutes

KG | 43/29

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

(75/55)

ACCESSORY WORK

(formerly 'After Party')

[PART A]

3x10 Suitcase Bulgarian Split Squats (Each Side)

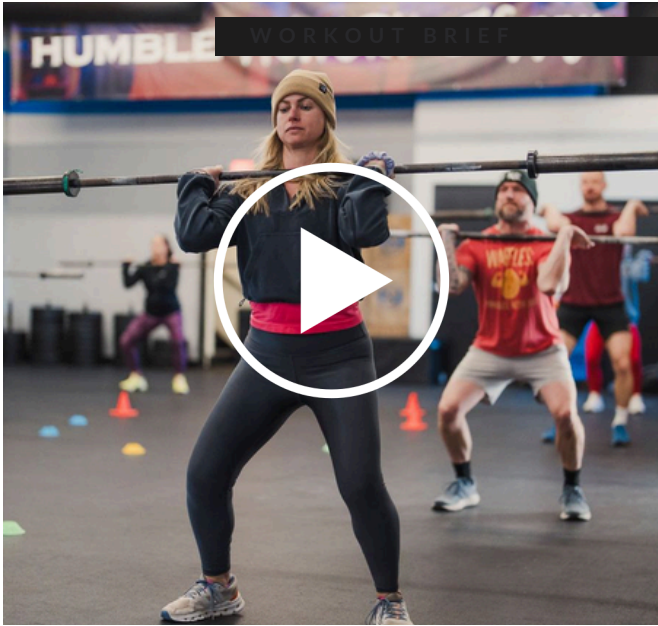
[PART B]

3x1 Minute Backwards Walking Sled Drag

Rest 1 Minute Between All Sets

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

In Part 1, we are starting our second phase for these three lifts 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, we are choosing a light load for the thruster. This should allow us to complete lets 10+ at a time. Any break on the thrusters means a 200 meter “penalty lap” on top of the prescribed runs already listed. Those runs should take place immediately upon breaking. For that reason, we want to push for larger sets on the barbell to avoid extra running.

SCORE

Time

ELEMENT	STIMULUS	MODIFICATIONS	
Thrusters	<ul style="list-style-type: none">Light load, 10+ reps unbroken at a time.	<ul style="list-style-type: none">Reduce LoadingReduce RepsThruster to TargetSub Dumbbell(s)	<ul style="list-style-type: none">Sub Front SquatsSub Push Press60-40-20 Air Squats
Run	<ul style="list-style-type: none">3:00-2:00-1:00 for our written runs, 1:00 for the “penalty laps”.	<ul style="list-style-type: none">600M RUN<ul style="list-style-type: none">3:45 Time Cap750/675m Row600/540m Ski36/30 Calorie Echo Bike1,500/1,350m Bike Erg3:00 Moderate Effort on Treadmill/Runner*24 Shuttle Runs	<ul style="list-style-type: none">400M RUN<ul style="list-style-type: none">2:30 Time Cap500/450m Row400/360m Ski25/20 Calorie Echo Bike1,000/900m Bike Erg2:00 Moderate Effort on Treadmill/Runner*16 Shuttle Runs
		<ul style="list-style-type: none">200M RUN<ul style="list-style-type: none">1:15 Time Cap250/225m Row200/180m Ski12/10 Calorie Echo Bike500/450m Bike Erg1:00 Moderate Effort on Treadmill/Runner*8 Shuttle Runs	

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

- Athletes must have their own barbell today, since they could be running and breaking at different times than everyone else in the group.

LESSON PLAN

LESSON PLAN

FRIDAY NOV 8

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
 - Bear Crawls
 - Arm Circles
 - Bootstraps
 - Reverse Lunges with Overhead Reach
 - Good Mornings
 - Lateral Leg Swings
 - Dynamic Toe Touches
 - High Knees
 - Butt Kicks
 - 200m Run

2

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

- Empty Barbell Warm Up
 - 0:20 Each
 - Back Rack Goodmornings
 - Back Squats
 - Back Rack Elbow Rotations
 - Back Rack Shoulder Press
 - Front Rack Elbow Rotations
 - Front Squats
 - Push Press
 - Thrusters

- 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 ½ cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - Focus on high elbows in set up and hold
 - 3 Cued Squat & hold
 - 3 Cued lightweight
 - Focus on elbows high throughout the 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
 - 3 Thrusters
 - 100m Run
 - 2 Thrusters
 - 200m Run
 - 1 Thruster
- Break
- Workout adjustments if needed

5

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

- Look For
 - Thrusters | We want to avoid extra running, so loading should be light. Athletes are aiming to complete 10+ reps unbroken at each time.
 - Run | Our runs should be smooth where we can come in and get right to work on the barbell. If athletes are struggling too much to come in and pick up the bar, we should pull back the runs.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY NOV 9

CLASS

"Team Wittman"
[TEAMS OF 3]:
7 Rounds For Time:
15 Kettlebell Swings (53/35)
15 Power Cleans (95/65)
15 Box Jumps (24"/20")

- * Each Teammate Starts At Different Station
- * Rotate When All Have Finished
- * Go Through Each Station 7 Times Each

KG | 24/16, 43/29

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

(35/25), (75/55)

KG | 16/12, 34/25

ACCESSORY WORK

(formerly 'After Party')

Zone 2
30-60 Minutes For Quality:
400 Meter Run
500 Meter Row
1,000 Meter Bike Erg

EFFORT SCALE:

- RPE 2-3: This is comfortable, easy exercise. It is fairly easy to maintain and breathing remains light. Able to continue for long periods of time.

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

SATURDAY NOV 9

OVERVIEW

Today we are completely a team version of the Hero workout “Wittman”. For todays flow athletes will all start at different stations, and switch once all three finish their reps. Athletes will flow through for 7 rounds each. We should choose loading and movements that allow us to complete each station in about 1:00-1:30.

SCORE

Time .

ELEMENT	STIMULUS	MODIFICATIONS	
KB Swings	<ul style="list-style-type: none">Sets should be unbroken of 2 sets.	<ul style="list-style-type: none">Reduce Loading/RepsSingle Dumbbell Hang Power Snatches	<ul style="list-style-type: none">Empty Barbell Hang Power SnatchesRussian Kettlebell Swings
Power Cleans	<ul style="list-style-type: none">The load here shouldn't be too heavy, athletes should be able to complete touch and go sets.	<ul style="list-style-type: none">Reduce Loading/RepsHang Power CleansSub DumbbellsLight-Moderate Deadlifts	
Box Jumps	<ul style="list-style-type: none">Do not allow athletes to rebound on these reps today.	<ul style="list-style-type: none">Reduce Box HeightBox Step-Ups30 Squat Jumps	<ul style="list-style-type: none">Alternating Single-leg Squats (Pistols)Reverse Lunges

The One Teaching Focus | **Hip Extension**

- Focus on the explosive hip extension at the top of the swing. The power should come from the hips, and the movement should finish with a straight line from the head to the heels.
- Check that the glutes are engaged at the top of the swing, with the pelvis fully pushed forward.

Logistics

- "Wittman" [HERO]
- 7 Rounds For Time:
- 15 Kettlebell Swings (53/35)
- 15 Power Cleans (95/65)
- 15 Box Jumps (24"/20")
-
- Time Cap: 30 Minutes
-
- REPEAT FROM 12/13/23

LESSON PLAN

LESSON PLAN

SATURDAY NOV 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 0:20-0:30 Each
 - Box Step Ups
 - Arm Circles (Small to Large)
 - Scorpions
 - Spiderman Lunges
 - Cossack Squats
 - Hip Circles
 - Air Squats
 - Box Step-Ups
 - Dynamic Toe Touches
 - Lateral Shuffles
 - High Knees
 - Box Jumps

2

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

- 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.
- 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 Low hang power cleans
 - Bar should stay close the body
 - 5 Power cleans
 - Big hip extension
 - Speed under the bar, with fast elbows.

3

STRENGTH //

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

- Practice Round
 - 7 reps at each station
 - Rotate once each partner finishes a station.
- Break
- Workout adjustments if needed

4

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

- Look For
 - In all of our movements we can use the teaching focus “strong hip extension”. KB swings should use a strong hip extension at the top of their swing. For our power cleans, the hips should extend hard and fast before pulling under the bar. Lastly in our box jumps, we should be aiming to jump high and land high, which means we need a hard hip extension.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY NOV 10

CLASS

"Armstrong"
Every 5 Minutes x 5 Rounds:
3 Rope Climbs (15')
50/40 Calorie Bike Erg

* Score Slowest Round

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
3 Sets:
10 Chest Supported Incline T-Y-I Complexes

Rest 1 Minute Between Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

Interval work today, every 5 minutes for 5 rounds we complete rope climbs then our bike calories. The rope climbs should be completed in 0:90 or less. Ideally the full round will take 4:00 which will give us 1 minute of rest before the next round.

SCORE

Slowest Round

ELEMENT	STIMULUS	MODIFICATIONS	
Rope Climb	<ul style="list-style-type: none">0:90 or less, 1 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
Bike	<ul style="list-style-type: none">Around 2:30 or less each round.	<ul style="list-style-type: none">4:00 Time Cap40/30 Calorie Echo Bike50/40 Calorie Row40/30 Calorie Ski	<ul style="list-style-type: none">600m Run3:00 Moderate Effort on Treadmill/Runner*

- The One Teaching Focus | **Mastering the Foot Clamp in Rope Climbs**
- Today’s focus is on perfecting the foot clamp, a crucial part of the rope climb that allows athletes to stabilize and use their legs to drive up the rope. A strong and secure foot clamp minimizes the strain on the upper body, helping athletes conserve energy while maintaining control during the climb. Properly clamping the rope with the feet will provide a solid base to push from, enabling more efficient climbing.
 - Logistics
 - Athletes can treat today as more of a recovery from the rest of the week, and going into next week.

LESSON PLAN

LESSON PLAN

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

- General Flow 0:20-0:30
 - Bike (1 minute)
 - Arm Circles (Small to Large)
 - Samson Stretch with Overhead Reach
 - Scorpions
 - Spiderman Lunges
 - Inchworms to Plank
 - Shoulder Taps (in Plank Position)
 - Lateral Leg Swings
 - Air Squats
 - Pull-Up Bar Active Hangs
 - Hollow Hold
 - Seal Jacks

2

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

- Rope | tell, show, do, check
 - Progression
 - 4 Reps ring rows
 - 2 Reps stand to stand
 - 4 Reps jumping rope pull ups
 - 4 Reps jumping rope pull up with knee tuck
 - 5 rep Reach
 - Standing to reach and grasp
 - 5 rep Tuck
 - Grasp and tuck knees to chest
 - 5 rep Clamp
 - Grasp, tuck knees, clamp feet
 - 5 rep Stand
 - Grasp, tuck knees, camp feet, stand tall
 - 2 Reps workout movement

3

STRENGTH //

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

- Practice Round
 - 1 Rope Climb
 - 10 Cal Bike
- Break
- Workout adjustments if needed

4

WORKOUT // 25 MINUTES | 20:00 - 45:00

- Look For
 - Rope Climb | While we want a strong foot clamp, we should also aim to tuck the knees as far into the chest as we can to minimize how many pulls we need.
 - Bike | If we cannot finish our bike calories in time to give us 1 minute of rest before our next round, we should scale the calories.

5

COOL-DOWN 15 MINUTES// 45:00-60:00