

COMPTRAIN | GYM

NOV 18- NOV 24

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

NOV 18 - NOV 24

MONDAY

NOV 18

Strict Press

3 Sets:
3 Strict Press

* Same Weight Across
* Aim For ~82%

"Back to Back"

AMRAP 12:

8 Dumbbell Push Press
4 Burpee Pull-ups
8 Dumbbell Step Back Lunges
4 Burpee Pull-ups

Dumbbells: (50/35)'s

KG | 22.5/15

TUESDAY

NOV 19

"Boat Shoes"

For Time:
1,500/1,350 Meter Row
1,200 Meter Run

Rest 3 Minutes

1,000/900 Meter Row
800 Meter Run

Rest 3 Minutes

500/450 Meter Row
400 Meter Run

Time Cap: 35 Minutes

REPEAT FROM 1/16/24

WEDNESDAY

NOV 20

Deadlift

3 Sets:
3 Deadlifts

* Same Weight Across
* Aim For ~82%

"Plus-Minus"

For Time:
21-15-9-6-3 Power Cleans (135/95)
42-30-18-12-6 Hand Release Push-ups

Time Cap: 18 Minutes

THURSDAY

NOV 21

"This Little Piggy"

10 Rounds For Time:
500/450 Meter Bike Erg
30 Double Unders
8 Toes to Bar

Time Cap: 30 Minutes

FRIDAY

NOV 22

Back Squat

3 Sets:
3 Back Squats

* Same Weight Across
* Aim For ~82%

"Game Over"

For Time:
1,000/900 Meter Row

Directly Into....

100 Wallballs (20/14)
50 Burpees Over Rower

* Partition Part 2 However
Time Cap: 18 Minutes
KG | 9/6

SATURDAY

NOV 23

"Snap, Crackle, Pop!"

[TEAMS OF 3]
3 Rounds For Time:
15-12-9 Rope Climbs (15')
400 Meter Team Run
60 Dumbbell Snatches (70/50)
400 Meter Team Run

Time Cap: 35 Minutes

* Run together, split inside reps as you'd like
* First athlete back can start on inside work

KG | 32/22.5

SUNDAY

NOV 24

"Fuse Box"

AMRAP 20:
30 Sit-ups
20 Box Jumps (24"/20")
1,000/900 Meter Bike Erg

"Sunday Runday"

Run 2-3 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

NOV 18 - NOV 24

MONDAY

NOV 18

Marian Edelman

"You're not obligated to win. You're obligated to keep trying to do the best you can every day."

Success isn't always about winning; it's about consistently putting in your best effort.

TUESDAY

NOV 19

Byron Pulsifer

"Everyone can taste success when the going is easy, but few know how to taste victory when times get tough."

True victory is found in overcoming challenges, not just in succeeding when things are easy.

WEDNESDAY

NOV 20

Sue Patton Thoele

"Deep listening is miraculous for both listener and speaker. When someone receives us with open-hearted, non-judging, intensely interested listening, our spirits expand."

Listening deeply and without judgment can profoundly impact both the speaker and the listener, fostering connection and understanding.

THURSDAY

NOV 21

Frank Crane

"You may be deceived if you trust too much, but you will live in torment if you don't trust enough."

While trust can sometimes lead to disappointment, a life without trust is filled with constant suspicion and fear.

FRIDAY

NOV 22

Lao Tzu

"Great indeed is the sublimity of the Creative, to which all beings owe their beginning and which permeates all heaven."

The creative force is fundamental to life and existence, and it is a source of profound inspiration and connection.

SATURDAY

NOV 23

Kathleen Norris

"All that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable."

Life often requires accepting difficult realities, letting go of what we think we can't live without, and enduring challenges.

SUNDAY

NOV 24

Confucius

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

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

MENTAL
FITNESS.

COACH DIGEST

WEEKLY

NOV 18 - NOV 24

- We're moving on to week 2 of the current strength cycle and maintaining focus on the strict press, deadlift, and back squat. This week targets 3 sets of 3 reps using the same load across all sets. Athletes should look to build on the load they used last week for the sets of 5.
- This is an 8 week linear progression strength cycle that's focused on volume training with the same loading across all sets. This cycle runs from November 11th through the week of December 30th. We'll be training the strict press, deadlift, back squat, bench press, sumo deadlift, and front squat with weeks of 3x5, 3x3, 3x2, and 3x1. Athletes will target loading that they can use for all sets, which means we're not focusing on PRs as the target. Keep in mind that all our percentages are based on technical failure and not simply completion regardless of mechanics and quality. Essentially the name of the game with this cycle is that it starts challenging and stays challenging. The challenge only increases due to fatigue, not due to increased load.
- [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 18

CLASS

Strict Press

3 Sets:
3 Strict Press

- * Same Weight Across
- * Aim For ~82%

"Back to Back"

AMRAP 12:
8 Dumbbell Push Press
4 Burpee Pull-ups
8 Dumbbell Step Back Lunges
4 Burpee Pull-ups

Dumbbells: (50/35)'s

KG | 22.5/15

OPEN | GAMES

AMRAP 12:
8 Handstand Push-ups
4 Burpee Pull-ups
8 Dumbbell Step Back Lunges
4 Burpee Pull-ups

Dumbbells: (50/35)'s

KG | 22.5/15

AGE GROUP

55+ / 13-15

(35/20)'s

KG | 15/10

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs
[PART A]
3 x 10 Suitcase Bulgarian Split Squats (Each Side)

Rest 1 Minute Between Sets

[PART B]
100 Air Squats

COACHING RESOURCES

- [Strict Press P.O.P.](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, We are continuing our Linear Progression cycle. Keep in mind that all our percentages are based on technical failure and not simply completion regardless of mechanics and quality. Essentially the name of the game with this cycle is that it starts challenging and stays challenging. The challenge only increases due to fatigue, not due to increased load. In part 2, This 12-minute AMRAP combines upper body strength, conditioning, and lower body endurance. The dumbbell push press and step back lunges will challenge your shoulders and legs, while the burpee pull-ups keep your heart rate high and test your coordination. The key is to keep a steady pace and smooth transitions between movements. Stay focused on efficient reps and aim to complete as many rounds as possible within the time cap!

SCORE

Rounds plus reps.

ELEMENT	STIMULUS	MODIFICATIONS	
Dumbbell Push Press	<ul style="list-style-type: none">Double Dumbbell, loading that allows for an unbroken set of 8.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub KBsHSPU	
Burpee Pull Up	<ul style="list-style-type: none">Unbroken sets.	<ul style="list-style-type: none">Reduce Reps/Bar HeightBurpees to A TargetRegular Burpees	<ul style="list-style-type: none">Strict Pull-upsDouble Dumbbell Devil Presses
Dumbbell Step Back Lunge	<ul style="list-style-type: none">Double Dumbbell, loading that allows for an unbroken set of 8. Alternate legs each rep (4 each leg).	<ul style="list-style-type: none">Reduce/Remove LoadingReduce DistanceSingle Dumbbell	<ul style="list-style-type: none">Sub KettlebellsSub BarbellReverse Lunges

The One Teaching Focus | **Straight Line**

- A primary fault of the strict press is deviating from a straight bar path. The strict press is made exponentially more difficult if the athlete fails to pull the chin back in order to press straight off the shoulders. The most efficient way to get from point a to point b is a straight line, that's what we want to coach and encourage today.

Logistics

- Establish your room set up where athletes can have quick transitions between burpee pull ups and their dumbbells.

LESSON PLAN

LESSON PLAN

MONDAY NOV 18

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
 - Arm Circles
 - Air Squats
 - Lunges (Bodyweight)
 - Push-Ups
 - Double Dumbbell Deadlifts (Light Weight)
 - Double Dumbbell Strict Press (Light Weight)
 - Single Dumbbell Front Rack Reverse Lunges (Light Weight)
 - Inchworms
 - Mountain Climbers
 - Leg Swings (Front and Side)
 - Double Dumbbell Hang Cleans (Light Weight)
 - Double Dumbbell Push Press (Light Weight)
 - Double Dumbbell Front Rack Reverse Lunges (Light Weight)

2

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

- Burpee Pull Up | tell, show, do, check
 - :10 Dead hang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - Demonstrate efficient burpee pull up
 - Jump to kipping option
 - Jump into strict pull up option
 - 3 Workout reps
- 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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 82%
- Transition to part 2

4

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

- Practice Round
 - 4 Dumbbell Push Press
 - 2 Burpee Pull Ups
 - 4 Dumbbell Lunges
 - 2 Burpee Pull Ups
- Break
- Workout adjustments if needed

5

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

- Look For
 - Dumbbell Push Press | Athletes should aim to use a strong leg drive through their push press. Look for a strong finish position, biceps by the ears and arms fully locked out.
 - Burpee Pull Ups | Look for athletes to hit all performance points. Chest touches the ground on the burpee, and chin over the bar on the pull ups.
 - Dumbbell Lunges | We want the knees to track over the toes in our lunges. Encourage athletes to drive their knees out.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY NOV 19

CLASS

"Boat Shoes"
For Time:
1,500/1,350 Meter Row
1,200 Meter Run

Rest 3 Minutes

1,000/900 Meter Row
800 Meter Run

Rest 3 Minutes

500/450 Meter Row
400 Meter Run

Time Cap: 35 Minutes

REPEAT FROM 1/16/24

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

"Honeymoon"
For Quality:
400 Meter Zercher Carry (1/2 Bodyweight)

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Today is boat shoes which is a repeat workout, have members look back to see the last time we completed it so they can compare scores. This workout is all about endurance and pacing as you work through decreasing distances on both the rower and the run. Each round gets shorter, so focus on maintaining a steady, sustainable pace early on. The 3-minute rest between rounds allows you to recover just enough to keep pushing hard through each phase. Stay consistent on the row and run, and aim to finish strong in the final round!

SCORE

Total time (including rest)

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">6:00, 4:00, 2:00	<ul style="list-style-type: none">ROUND 1<ul style="list-style-type: none">7:30 Time Cap1,200/1,080m Ski75/60 Calorie Echo Bike3,000/2,700m Bike Erg6:00 Moderate Effort on Treadmill/Runner*	
Run	<ul style="list-style-type: none">6:00, 4:00, 2:00	<ul style="list-style-type: none">ROUND 2<ul style="list-style-type: none">5:00 Time Cap800/720m Ski50/40 Calorie Echo Bike2,000/1,800m Bike Erg4:00 Moderate Effort on Treadmill/Runner*	
		<ul style="list-style-type: none">ROUND 3<ul style="list-style-type: none">2:30 Time Cap400/360m Ski25/20 Calorie Echo Bike1,000/900m Bike Erg2:00 Moderate Effort on Treadmill/Runner*	

The One Teaching Focus | **Lactate Threshold**

- Lactate threshold is the intensity at which the body starts to produce lactate faster than it can be cleared away. This is the point where fatigue starts to increase noticeably, but it's not yet an all-out effort.
- Pacing: Emphasize the importance of starting at a brisk, sustainable pace where athletes can still speak in short phrases. Encourage maintaining or slightly increasing this effort through the segments, avoiding the urge to “redline” or reach complete exhaustion.
- Effort Level: Guide athletes to target a 7-8 out of 10 in effort—challenging yet manageable. Use subjective feelings and, if available, heart rate to stay within this zone.

Logistics

- If you are short on machines, you can start one group on the rowers and one group on the run.

LESSON PLAN

LESSON PLAN

TUESDAY NOV 19

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

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

1

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

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

2

SPECIFIC WARMUP // 6 MINUTES | 12:00 - 18:00

- 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 500m 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

3

STRENGTH //

PRIMER // 6 MINUTES | 18:00 - 24:00

- Practice Round
 - 250m Row
 - 200m Run
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 24:00 - 59:00

- Look For
 - Row | Encourage athletes to pay attention to their stroke rate. With the rowing being paired with runs, a stroke rate between 24-28 will allow us to recover between pulls and control our breathing.
 - Run | We want to run at a pace knowing our distance decreases, and a rest is coming, but not too fast that we burnout quick. Encourage athletes to relax the shoulders on the runs.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY NOV 20

CLASS

Deadlift

3 Sets:
3 Deadlifts

* Same Weight Across
* Aim For ~82%

"Plus-Minus"

For Time:

21-15-9-6-3 Power Cleans (135/95)
42-30-18-12-6 Hand Release Push-ups

Time Cap: 18 Minutes

KG | 61/43

OPEN | GAMES

For Time:

10-8-6-4-2 Power Cleans,
@weight(185/125)
40-32-24-16-8 Hand-Release Push-ups

Time Cap: 18 Minutes

KG | 84/61

ACCESSORY WORK

(formerly 'After Party')

Gun Show

[PART A]

8x8 Double Dumbbell Curls

Rest 30 Seconds Between Sets

[PART B]

100 Banded Tricep Pressdowns

AGE GROUP

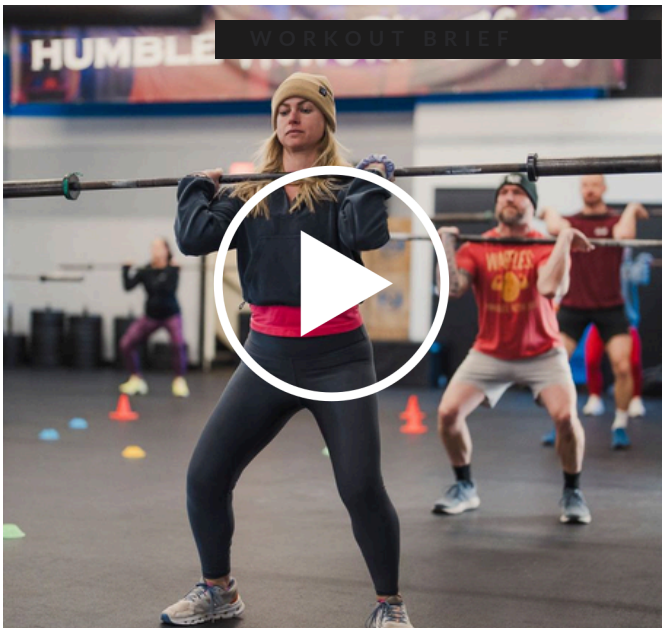
55+ / 13-15

(115/85)

KG | 52/38

COACHING RESOURCES

- [Teaching the Power Clean](#)
- [Deadlift POP](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, We are continuing our Linear Progression cycle. Keep in mind that all our percentages are based on technical failure and not simply completion regardless of mechanics and quality. Essentially the name of the game with this cycle is that it starts challenging and stays challenging. The challenge only increases due to fatigue, not due to increased load. In part 2, This workout is a descending ladder of power cleans and hand release push-ups, testing your strength and stamina. The power cleans will challenge your grip and explosiveness, while the push-ups will fatigue your chest and shoulders. Be smart about pacing—break up the push-ups early to avoid burnout and keep moving efficiently. Focus on maintaining good form on both movements to stay consistent and finish strong!

SCORE

Total time.

ELEMENT	STIMULUS	MODIFICATIONS	
Power Cleans	<ul style="list-style-type: none">Round of 21 in 2:00 or less, if athletes hit that stimulus they should be on target for the remainder of the workout.	<ul style="list-style-type: none">Reduce Loading/RepsSub Hang Power Cleans	<ul style="list-style-type: none">Sub Dumbbell/Kettlebell Hang Power CleansSub Deadlifts
Hand Release Push Ups	<ul style="list-style-type: none">Round of 42 in 2:00 or less, if athletes hit that stimulus they should be on target for the remainder of the workout.	<ul style="list-style-type: none">Reduce RepsHand Release Push-UpsBox Push-UpsDumbbell Bench Press	

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

- In the deadlift, push, don't Pull. Remind athletes that the deadlift is a push movement with the legs, not a pulling movement with the back.
- The arms and back provide support, but the primary force comes from the legs.
- Cue athletes to drive their heels into the ground.

Logistics

- Athletes should have their own barbells today, be sure the room is spread out enough to ensure while athletes are doing push ups they won't get hit by barbells near.

LESSON PLAN

LESSON PLAN

WEDNESDAY NOV 20

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

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

1

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

- General Flow 0:20-0:30 Each
 - Arm Circles (Small to Large)
 - Leg Swings (Front and Side)
 - Air Squats
 - Push-Ups (Regular)
 - Inchworms
 - Mountain Climbers
 - Plank Shoulder Taps
 - Dynamic Lunges
 - Scapular Push-Ups
 - High Knees
 - Butt Kicks
- CT Barbell Flow :15-20 each
- Goodmornings
- Back squat
- Elbow rotations
- Behind the neck press & reach
- Stiff leg deadlifts
- Front squats

2

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

- 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.

- 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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 82%
- Transition to part 2

4

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

- Practice Round
 - 4 Power Cleans
 - 8 Hand Release Push Ups
- Break
- Workout adjustments if needed

5

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

- Look For
 - Power Clean | Look for speed under the bar, we want to see athletes move quick as they pull under the bar and punch with fast elbows.
 - Hand Release Push Ups | Look for full range of motion. Athletes will have a tendency to rest on the floor, so be sure they are still locking out at the top of each rep.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY NOV 21

CLASS

"This Little Piggy"
10 Rounds For Time:
500/450 Meter Bike Erg
30 Double Unders
8 Toes to Bar

Time Cap: 30 Minutes

OPEN | GAMES

Same as class

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

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Teaching the Double Under](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

This workout is a test of endurance, coordination, and core strength. The Bike Erg will keep your heart rate elevated, while the double unders challenge your timing and agility. The toes to bar will engage your core, and with 10 rounds to complete, it's important to pace yourself from the start. Focus on staying smooth and efficient with your transitions, keeping the double unders unbroken when possible, and maintaining control on the toes to bar to avoid fatigue later in the workout.

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Bike	<ul style="list-style-type: none">Around 1:00 to complete.	<ul style="list-style-type: none">1:15 Time Cap250/225m Row200/180m Ski12/10 Calorie Echo Bike	<ul style="list-style-type: none">200m Run1:00 Moderate Effort on Treadmill/Runner*8 Shuttle Runs
Double Under	<ul style="list-style-type: none">Unbroken set, 0:30 or less.	<ul style="list-style-type: none">Reduce Reps45 Single UndersPlate Hops	<ul style="list-style-type: none">Reps of Singles & Doubles (Mix of Both)Time On Any Machine
Toes to Bar	<ul style="list-style-type: none">Unbroken sets.	<ul style="list-style-type: none">Reduce RepsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Sit-UpsV-Ups

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

- 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.

LESSON PLAN

LESSON PLAN

THURSDAY NOV 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
 - Bend and Reach
 - Good Mornings
 - Cossack Squats
 - Hollow Hold
 - Sit-Ups
 - Quick Ups

2

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

- Double Unders | tell, show, do, check
- Establish position
- Hold the handles of the jump rope with a relaxed grip.
- The grip should be towards the end of the handles, allowing for better control and wrist movement.
- Keep the elbows close to the body, pointing downward.
- Hands should be slightly in front of the body so that you can see them in your peripheral vision while looking forward.
- :20 High Singles
- Focus on timing wrist speed
- :20 Fast Singles:
- Focus on wrist rotation and quicken the pace of the jump rope
- :20 Single-Single-High Single
- Focus on controlling the cadence and wrist speed
- :20 Single-Single-Double
- Focus on speeding up the wrist for the double
- :30 Practice

STRENGTH //

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

- Practice Round
 - 200m Bike
 - 10 Double Unders
 - 4 Toes To Bar
- Break
- Workout adjustments if needed

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

3

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

- Look For
 - Bike | Athletes should aim to keep their RPM above a 75. Cue athletes to have light feet, and pull on the pedals in the bottom of the stroke.
 - Double Unders | Cue athletes to focus on their wrist turn, The elbows should stake close to the body, and focus on spinning the wrists fast.
 - Toes to Bar | Look for athletes to actively push down on the bar as they kick. We want athletes to engage the lats as they pull.

5

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

4

DAILY VIEW

DAILY VIEW

FRIDAY NOV 22

CLASS

Back Squat
3 Sets:
3 Back Squats

- * Same Weight Across
- * Aim For ~82%

"Game Over"
For Time:
1,000/900 Meter Row

Directly Into....

100 Wallballs (20/14)
50 Burpees Over Rower

- * Partition Part 2 However

Time Cap: 18 Minutes

KG | 9/6

OPEN | GAMES

For Time:
1,000/900 Meter Row

Directly Into...

100 Wallballs, @wallball(20/14) to 10/9 ft
50 Burpees Over Rower

Time Cap: 18 Minutes

KG | 9/6

- * Complete the full row before advancing to part 2
- * Part 2 is completed as written

AGE GROUP

55+ / 13-15

(20/10)

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
[PART A]
3x10 Kneeling 1-Arm DB Press (10/side)

[PART B]
3x10 Front Plate Raises

Rest 2 Minutes Between All Sets

COACHING RESOURCES

- [TTT Modifying the Back Squat](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, We are continuing our Linear Progression cycle. Keep in mind that all our percentages are based on technical failure and not simply completion regardless of mechanics and quality. Essentially the name of the game with this cycle is that it starts challenging and stays challenging. The challenge only increases due to fatigue, not due to increased load. In part 2, This workout kicks off with a hard effort on the rower, followed by a challenging combo of wallballs and burpees. The row sets the tone, so push hard but leave enough in the tank for the second part. You can break up the 100 wallballs and 50 burpees however suits you best—find a strategy that allows you to keep moving without burning out. Stay steady and focus on maintaining consistent, manageable sets to finish strong!

SCORE

Time to complete work

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">4:00-5:00	<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*
Wallballs	<ul style="list-style-type: none">Loading should allow for 10+ reps unbroken at a time.	<ul style="list-style-type: none">Reduce Reps>Loading/Target HeightSingle Dumbbell ThrustersEmpty Barbell Thrusters	<ul style="list-style-type: none">Wallball ThrustersNo Squat Wallballs150 Air Squats
Burpee Over Rower	<ul style="list-style-type: none">5:00 total working time, choose sets that allow you to move unbroken.	<ul style="list-style-type: none">Reduce RepsLateral Jump Over LineBurpees to a 6" Target	<ul style="list-style-type: none">Regular BurpeesCalories on Any Machine

The One Teaching Focus | **Brace Your Core**

- Instruct athletes to take a deep breath into their belly and engage their core before descending into the squat.
- This stabilizes the spine, helps maintain an upright torso, and prevents rounding of the lower back.

Logistics

- Part two can be partitioned however
 - Options include:
 - 5 Rounds: 20 + 10
 - 10 Rounds: 10 + 5
 - 40-30-20-10 + 20+15+10+5
- Classes can easily stagger start, once one group gets off the rower, group two can start their workout. If you have two groups, you can sup out burpees over bar.

LESSON PLAN

LESSON PLAN

FRIDAY NOV 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 0:20 Each or Written Time
 - Light EffortRow
 - Samson Stretch
 - Scorpions
 - Downward Dog
 - Spiderman Lunges
 - Bootstraps
 - Moderate Effort Row
 - Bend and Reach
 - Good Mornings
 - Cossack Squats
 - Quick Ups
 - Hard Effort Row
 - Mountain Climbers
 - Inchworms

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

- 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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 82%
- Transition to part 2

4

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

- Practice Round
 - 200m Row
 - 5 Wallballs
 - 5 Burpee Over Rower
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | Athletes should pace the rower in a way they can get off the rower and get right to work on partitioned work.
 - Wallball | Look for athletes to drive with the legs through their wallballs, the shoulders will fatigue from the burpees so the more we can drive with the legs and hips the better.
 - Burpee Over Rower | Look for steady pacing, athletes should be consistently moving through reps, if they are having to rest too long they chose the wrong rep scheme.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY NOV 23

CLASS

"Snap, Crackle, Pop!"
[TEAMS OF 3]
3 Rounds For Time:
15-12-9 Rope Climbs (15')
400 Meter Team Run
60 Dumbbell Snatches (70/50)
400 Meter Team Run

Time Cap: 35 Minutes

- * Run together, split inside reps as you'd like
- * First athlete back can start on inside work

KG | 32/22.5

OPEN | GAMES

5 Rounds For Time:
3 Rope Climbs (15')
400 Meter Run
12 Dumbbell Snatches, @dumbbell(70/50)

- Rest 2 Minutes Between Rounds

KG | 32/22.5

ACCESSORY WORK

(formerly 'After Party')

Zone 2
Every 15 Minutes x 3 Sets:
4,500 Meter Bike Erg
Row With Time Remaining

[RPE 2-3 For All]

AGE GROUP

55+ / 13-15

(50/35)

KG | 22.5/15

COACHING RESOURCES

- [Teaching The Rope Climb](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

This team workout is all about coordination and efficiency. You'll tackle rope climbs, snatches, and runs together as a unit, splitting the reps inside as you like. During the runs, stay together as a team, but the first athlete back can start the next set of work, keeping the flow moving. Focus on smart rep distribution on the rope climbs and snatches to avoid burnout, and communicate well with your teammates to keep transitions smooth and fast!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Rope Climbs	<ul style="list-style-type: none">5:00, 4:00, 3:00 or less respectively	<ul style="list-style-type: none">Reduce Height3-5 Strict Pull-Ups = 1 Rope3-5 Ring Rows = 1 Rope3-5 Toes To Bar = 1 Rope	<ul style="list-style-type: none">4-6 Alternating Dumbbell Plank RowsLay to Stand Climb
Run	<ul style="list-style-type: none">2:15 or less each run.	<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
DB Snatch	<ul style="list-style-type: none">5:00 or less. Weight is challenging, but can be cycled for 6+ at a time.	<ul style="list-style-type: none">Reduce LoadingReduce RepsHang Dumbbell Power Snatches	<ul style="list-style-type: none">Plate Ground to OverheadKettlebell SwingsEmpty Barbell Hang Power Snatches

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

- Cue athletes to follow the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.

- Logistics
- INDY VERSION
 - "Snap, Crackle, Pop!"
 - 5 Rounds For Time:
 - 3 Rope Climbs (15')
 - 400 Meter Run
 - 12 Dumbbell Snatches (70/50)
 - Rest 2 Minutes Between Rounds
 - Time Cap: 35 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY NOV 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 Each
 - 200m Run
 - Samson Stretch
 - Scorpions
 - Downward Dog
 - Spiderman Lunges
 - Bootstraps
 - Cossack Squats
 - Good Mornings
 - Bend and Reach
 - Hollow Hold
 - Quick Ups
 - High Knees
 - Butt Kicks

2

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

- 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

- 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

3

STRENGTH //

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

- Practice Round
 - 3 Rope Climbs (1 each)
 - 200m Run (Together)
 - 6 DB Snatches (2 each)
- Break
- Workout adjustments if needed

4

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

- Look For
 - Rope Climb | Look for the proper sequence so that athletes doing burnout their arms too quick.
 - Run | Look for teams to hit the time stimulus target, with this any runs we need to be sure we are managing time frames.
 - DB Snatch | The dumbbell should be challenging today, we are looking for teams to complete small sets and switch out quick. If our form starts to waiver, encourage athletes to lower weight.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY NOV 24

CLASS

"Fuse Box"
AMRAP 20:
30 Sit-ups
20 Box Jumps (24"/20")
1,000/900 Meter Bike Erg

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
3 Super Sets:
10 Single Leg Hip Thrusts (Each)
15 Dumbbell RDL

Rest 1 Minutes Between Super Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

SUNDAY NOV 24

OVERVIEW

This 20-minute AMRAP is a mix of core work, plyometrics, and cardio. The sit-ups will engage your core, while the box jumps will elevate your heart rate and challenge your explosiveness. The Bike Erg caps off each round, testing your endurance. The key to success is maintaining a steady pace and transitioning smoothly between movements. Stay consistent on the sit-ups and box jumps, and push hard on the Bike Erg to maximize your rounds!

SCORE

Rounds Plus Reps

ELEMENT	STIMULUS	MODIFICATIONS	
Sit Ups	<ul style="list-style-type: none">Unbroken set, finishing in about 1:30	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Box Jumps	<ul style="list-style-type: none">Smooth and steady, about 2:00	<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-Ups	<ul style="list-style-type: none">30 Squat JumpsReverse Lunges
Bike Erg	<ul style="list-style-type: none">Consistent pace here, ideally 2:00-2:30	<ul style="list-style-type: none">2:30 Cap500/450m Row400/375m Ski	<ul style="list-style-type: none">25/20 Echo Bike30 Burpees15 Shuttle Runs

The One Teaching Focus | **Landing Soft on Box Jumps**

- Today’s focus is on landing softly during box jumps to promote control, reduce impact, and prevent injury. Soft landings help absorb the force through your legs and maintain stability, protecting your joints and ensuring a safer and more efficient movement. Proper landing technique allows for smoother transitions between jumps and better overall control.
- 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 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 // 9 MINUTES | 3:00 - 12:00

- General Flow 0:30 each
 - Samson Stretch
 - Scorpions
 - Easy Bike
 - Downward Dog
 - Spiderman Lunges
 - Bootstraps
 - Easy Bike
 - Box Step-Ups (Alternating Legs)
 - Box Step-Downs
 - Vertical Jumps (Max Height)
 - Easy Bike
 - Cossack Squats
 - Good Mornings
 - Box Jump

2

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

- Sit up | tell, show, do, check
 - 0:20 leg raises
 - Lying on the back, keeping the legs straight
 - 0:20 russian twists
 - Athletes should be keeping the core squeezed through all reps
 - 0:20 hollow body rocks
 - Cue athletes to push the low part of the back into the ground, and feet squeezed
 - 0:20 ab mat sit ups
 - Look for full range of motion. As athletes go back they should get a full stretch in the midline, and squeeze the abs tight as they sit all the way up.
- Bike | tell, show, do, check
 - Cadence warm up
 - 0:30 each
 - 80-84 RPM
 - Focus on 1k/split
 - 85-90 RPM
 - Decrease 1k/split time
 - 90-94 RPM
 - Decrease 1k/split time

3

STRENGTH //

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

- Practice Round
 - 5 Sit Ups
 - 3 Box Jumps
 - 200m Bike
- Break
- Workout adjustments if needed

4

WORKOUT // 20 MINUTES | 28:00 - 48:00

- Look For
 - Sit Ups | Look for full range of motion, the shoulder blades should touch the ground, and shoulders cross the hips at the top.
 - Box Jumps | Looking for a soft landing, todays teaching focus.
 - Bike | Smooth effort that allows us to get off the bike and right back to work on the sit ups.

5

COOL-DOWN // 12 MINUTES | 48:00-60:00