

COMPTRAIN | GYM

NOV 25- DEC 1

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

NOV 25 - DEC 1

MONDAY

NOV 25

Back Squats
3 Sets:
2 Back Squats

* Same Weight Across
* Aim For ~86%

"Nerds Rope"
AMRAP 10:
1-2-3...Dumbbell Burpee Squat Clean
@dumbbell(50/35)'s
30 Double Unders

KG | 22.5/15

TUESDAY

NOV 26

Strict Press
3 Sets:
2 Strict Press

* Same Weight Across
* Aim For ~86%

"Boop"
AMRAP 18:
18 Toes to Bar
18 Push Press (115/85)

Every 2 Minutes [Starting at 0:00]:
200 Meter Run

Time Cap: 18 Minutes

KG | 52/36

WEDNESDAY

NOV 27

Deadlift
3 Sets:
2 Deadlifts

* Same Weight Across
* Aim For ~86%

"Christine"
3 Rounds For Time:
500 Meter Row
12 Deadlifts (Bodyweight)
21 Box Jumps (24"/20")

Time Cap: 18 Minutes

THURSDAY

NOV 28

"Murph" [HERO]
For Time:
1 Mile Run
100 Pull-ups
200 Push-ups
300 Air Squats
1 Mile Run

Partition Gymnastics As Needed

Time Cap: 60 Minutes

REPEAT FROM 5/27/24

FRIDAY

NOV 29

"Raise The Bar"
5 Rounds x AMRAP 3:
30 AbMat Sit-ups
15-12-9-6-3 Power Cleans
Max Calorie Bike Erg

Rest 3 Minutes Between Rounds

Round 1: (115/85)
Round 2: (135/95)
Round 3: (155/105)
Round 4: (185/135)
Round 5: (205/145)

SATURDAY

NOV 30

"Chicken Out"
[TEAMS OF 3]
For Time:
10,000/9,000 Meter Row

P1: Row Meters
P2: Farmers Hold (70/50)'s
P3: Rest

Time Cap: 45 Minutes

SUNDAY

DEC 1

"Kettle Corn"
5 Rounds For Time:
21 Kettlebell Swings
18/15 Calorie Bike Erg
12 Kettlebell Goblet Lunges

Kettlebell: (53/35)

KG | 24/16

"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 25 - DEC 1

MONDAY

NOV 25

Tony Robbins

"It is in your moments of decision that your destiny is shaped."

The choices you make determine the course of your life.

TUESDAY

NOV 26

"An obstacle may be either a stepping stone or a stumbling block."

How you perceive and handle obstacles determines whether they help or hinder you.

WEDNESDAY

NOV 27

Pierre Auguste Renoir

"The pain passes, but the beauty remains."

Difficult experiences fade over time, but the positive outcomes and beauty endure.

THURSDAY

NOV 28

Bob Newhart

"All I can say about life is, Oh God, enjoy it!"

Life is short; make the most of it by enjoying every moment.

FRIDAY

NOV 29

Rita Mae Brown

"Creativity comes from trust. Trust your instincts. And never hope more than you work."

Creativity flourishes when you trust yourself, but remember that effort is essential to achieving success.

SATURDAY

NOV 30

Lululemon

"Your outlook on life is a direct reflection of how much you like yourself."

A positive self-image leads to a positive outlook on life.

SUNDAY

DEC 1

Lao Tzu

"I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures."

These three virtues—simplicity, patience, and compassion—are the keys to a fulfilling life.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

NOV 25 - DEC 1

- Check out the details of the Linear Progression cycle in this [document](#).
- We're moving on to week 3 of the linear progression cycle. This week we're testing doubles for the back squat, deadlift, and strict press. Something to note here is that the order is a bit different this week in order to accommodate Murph. So inform your community, coaches, and plan accordingly! Target range should be around 86% and lifts should be completed to technical failure.
- It's a big week with both Christine and Murph falling back-to-back days. Neither of these are technically benchmarks based on the CompTrain training calendar, but they're both highly recognized workouts within our larger community.
- Friday is a really fun workout that includes an ascending load clean ladder. You can build some excitement around this one if you'll let your members know it's coming up.



DAILY VIEW

DAILY VIEW

MONDAY NOV 25

CLASS

Back Squats

3 Sets:
2 Back Squats

* Same Weight Across
* Aim For ~86%

"Nerds Rope"

AMRAP 10:
1-2-3...Dumbbell Burpee Squat Clean
@dumbbell (50/35)'s
30 Double Unders

KG | 22.5/15

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

(35/20)'s

KG | 15/10's

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs

[PART A]

3x8 Deep KOT Lunge (Each Side)

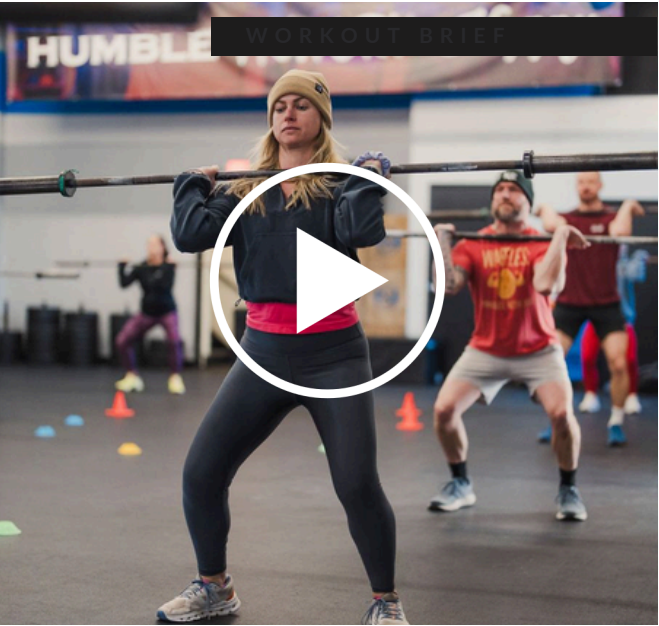
Rest 1 Minute Between Sets

[PART B]

3 Minutes Backwards Walking Sled Drag

COACHING RESOURCES

- [High Bar vs Low Bar Back Squats](#)
- [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 10-minute AMRAP combines full-body strength and conditioning. After each set of squat cleans, you'll hit 30 double unders, spiking your heart rate and testing your cardio under fatigue. The key is to stay smooth and controlled on the squat cleans, finding a consistent rhythm on the double unders to keep moving. As the reps climb, focus on maintaining your form and pacing to maximize rounds!

SCORE

Total Rounds and Reps.

ELEMENT	STIMULUS	MODIFICATIONS	
Devil Clean	<ul style="list-style-type: none">This is a Dumbbell Burpee Squat Clean. Chest must touch the ground between the DBs, before swinging them up for the squat clean. Should be able to complete 6 reps on the minute.	<ul style="list-style-type: none">Reduce LoadingBurpee Power CleanDB Squat CleansFront Squats	
Double Unders	<ul style="list-style-type: none">Unbroken and consistent sets.	<ul style="list-style-type: none">Reduce Reps1.5x Single UndersPlate Hops	<ul style="list-style-type: none">6 Burpees0:30 Effort On Any Machine

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

- We have burpee squat cleans once before, these reps are meant to be a true squat clean. We still want athletes to reach full hip extension before pulling under the DBs.

LESSON PLAN

LESSON PLAN

MONDAY NOV 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 Each
 - Jump Rope (Easy Pace Singles)
 - Arm Circles
 - Scorpions
 - Samson Stretch
 - Spiderman Lunges
 - Air Squats
 - Bootstraps
 - Jump Rope (Fast Singles)
 - Inchworms
 - Lateral Lunges
 - Good Mornings
 - High Knees
 - Leg Swings (Front and Side)
 - Jump Rope (Double Unders)

2

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

- Devil Clean | tell, show, do, check
 - 3 Burpee Deadlifts
 - DBs should be between the legs
 - 3 DB Hang Power Cleans
 - Bring the DBs from in between the legs
 - 3 DB Front Squats
 - Look for athletes to have an upright torso
 - 3 DB Hang Squat Cleans
 - DBs come from in between the legs
 - Look for athletes to have fast elbows and an upright torso
 - 3 Devil Cleans

- 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 Tempo back squats
 - 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 | 23:00 - 35:00

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 2 at 86%
- Transition to part 2

4

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

- Practice Round
 - 2 DB Devil Cleans
 - 15 Double Unders
- Break
- Workout adjustments if needed

5

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

- Look For
 - DB Devil Cleans | While it is technically aloud for athletes to pull under the DBs quickly before catching in the squat, we still want to encourage them to get a full hip extension on each rep of the squat clean.
 - Double Unders | These reps will add up quickly, encouraging athletes to stay relaxed and smooth.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY NOV 26

CLASS

Strict Press

3 Sets:
2 Strict Press

* Same Weight Across
* Aim For ~86%

"Boop"

AMRAP 18:
18 Toes to Bar
18 Push Press (115/85)

Every 2 Minutes [Starting at 0:00]:
200 Meter Run

Time Cap: 18 Minutes

KG | 52/36

OPEN | GAMES

AMRAP 18:
18 Toes to Bar
9 Push Press (165/115)

Every 2 Minutes [Starting at 0:00]:
200 Meter Run

Time Cap: 18 Minutes

KG | 75/52

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
[PART A]
3x10 Lu Raises

[PART B]
3x10 Dumbbell Reverse Flyes

Rest 1 Minute Between All Sets

AGE GROUP

55+ / 13-15

(95/65)

KG | 43/29

COACHING RESOURCES

- [Strict Press POP](#)
- [Push Press 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. This 18-minute workout combines gymnastics and strength with an ongoing cardio challenge. Every two minutes, you'll need to pause your work for a 200-meter run. After the run, get right back into your toes to bar and push presses, focusing on maintaining good form and efficient reps.

SCORE

Total rounds and reps of toes to bar and push press.

ELEMENT	STIMULUS	MODIFICATIONS	
Toes To Bar	<ul style="list-style-type: none">Able to complete 12-18 reps in the “non running” minute.	<ul style="list-style-type: none">Reduce RepsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Sit-UpsV-Ups
Push Press	<ul style="list-style-type: none">Able to complete 12-18 reps in the “non running” minute.	<ul style="list-style-type: none">Reduce LoadingSub Kettlebells or Dumbbells	<ul style="list-style-type: none">Sub BarbellKipping HSPU
Run	<ul style="list-style-type: none">About 1:00 or less.	<ul style="list-style-type: none">1:15 Time Cap250/225m Row200/180m Ski12/10 Calorie Echo Bike	<ul style="list-style-type: none">500/450m Bike Erg1:00 Moderate Effort on Treadmill/Runner*

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

- Our run today is on a short time frame, if athletes need to scale encourage them to do 150m or 100m.

LESSON PLAN

LESSON PLAN

TUESDAY NOV 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 or Written Distance
 - 200m Run
 - Arm Circles (Small to Large)
 - Scorpions
 - Samson Stretch (right)
 - Samson Stretch (left)
 - Knuckle Draggers
 - Air Squats
 - Inchworms + Spiderman
 - Plank to Downward Dog
 - Shoulder Taps (in Plank Position)
 - Lateral Lunges
 - High Knees
 - Butt Kicks

2

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

- 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

- Push Press | tell, show, do, check
 - 5 Behind the neck shoulder press
 - 10 Elbow rotations
 - 5 Dip + hold
 - Look for an upright chest
 - 5 Dip + drive
 - Look for an aggressive stand, squeeze the legs.
 - 5 Push Press
 - Look for finish position, barbell over the middle of the body.

- 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

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

- Practice Round
 - 100m Run
 - 6 Toes To Bar
 - 6 Push Press
- Break
- Workout adjustments if needed

4

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

- Look For
 - Toes To Bar | Encourage athletes to find a workout movement that allows them to complete 12-18 reps in the minute.
 - Push Press | Make sure athletes do not rebend back under the bar. After our drive we are to stay locked out.
 - Run | The run has to be completed in a minute or less. You can have athletes scale to 150m or 100m if needed.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY NOV 27

CLASS

Deadlift
3 Sets:
2 Deadlifts

* Same Weight Across
* Aim For ~86%

"Christine"
3 Rounds For Time:
500 Meter Row
12 Deadlifts (Bodyweight)
21 Box Jumps (24"/20")

Time Cap: 18 Minutes

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Durability
For Quality:
400 Meter Double Kettlebell Front Rack Carry

Kettlebells:(53/35)

AGE GROUP

55+ / 13-15

(3/4 Bodyweight)

COACHING RESOURCES

- [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 classic CrossFit benchmark workout, “Christine” is a well-rounded test of cardiovascular endurance, strength, and explosive power. The 500-meter row will challenge your aerobic capacity, while the deadlifts—performed at bodyweight—test your strength and stamina. The 21 box jumps will elevate your heart rate and challenge your coordination.

SCORE

Total time to complete work

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none">Row at the fastest pace that allows for unbroken reps.	<ul style="list-style-type: none">2:30 Time Cap400/360m Ski25/20 Calorie Echo Bike1,000/900m Bike Erg	<ul style="list-style-type: none">400m Run2:00 Effort on Treadmill/Runner*
Deadlift	<ul style="list-style-type: none">Bodyweight is prescribed, but choose a load you can do unbroken each round.	<ul style="list-style-type: none">Reduce Loading/RepsSub Dumbbells or KettlebellsGood Mornings	<ul style="list-style-type: none">Barbell Sumo DeadliftKettlebell Sumo Deadlift
Box Jump	<ul style="list-style-type: none">Consistent pace on these reps.	<ul style="list-style-type: none">Reduce Box HeightBox Step-Ups24 Squat Jumps	<ul style="list-style-type: none">Alternating Single-leg Squats (Pistols)Reverse Lunges

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.

Logistics

- Today it is important to keep the flow of the workout the same. So, if possible athletes need their own equipment, or try running a second heat behind the first.

LESSON PLAN

LESSON PLAN

WEDNESDAY NOV 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 0:20-0:30 Each
 - Bear Crawls
 - Kang Squats
 - Cossack Squats
 - Samson Stretch with Reach
 - World's Greatest Stretch
 - Box Step-Ups
 - Tuck Jumps
 - Dynamic Toe Touches
 - Cat-Cow
 - Glute Bridges
 - Bird Dogs
 - Good Morning + Vertical Jump
 - Box Jumps

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 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

- 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 2 at 86%
- Transition to part 2

4

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

- Practice Round
 - 250m Row
 - 3 Deadlifts
 - 5 Box Jumps
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | Encourage the athletes to push the pace here as much as they can that will still allow them to go unbroken on the other movements.
 - Deadlifts | Look for athletes to drive through their ground, this will allow them to drive through the legs not the back.
 - Box Jumps | Encourage athletes to jump tall and land tall, we want them to be explosive.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY NOV 28

CLASS

"Murph" [HERO]

For Time:

1 Mile Run

100 Pull-ups

200 Push-ups

300 Air Squats

1 Mile Run

Partition Gymnastics As Needed

Time Cap: 60 Minutes

REPEAT FROM 5/27/24

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump

3 Giant Sets For Quality:

10 Banded Russian Kettlebell Swings

30 Second Banded Hip Thrust Hold

50' Banded Monster Walk Steps (25' Each Way)

Rest 1 Minutes Between Giant Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Thanksgiving Murph](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

We do Murph 2 times a year, Memorial Day and Thanksgiving. Today’s workout and lesson plan are designed to fit into a longer than 60 minute class. The lesson plan timeline is designed to fit a 90 minute class. Adjust the time cap accordingly if you are completing Murph in a standard 60 minute class today.

SCORE

Total time. Vested and non-vested variations will both count as Rx.

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none">Each mile should be completed in under 11 minutes.	<ul style="list-style-type: none">Reduce Distance2000m Row4000m Bike	<ul style="list-style-type: none">1600m Ski1200m Air Run
Gymnastics	<ul style="list-style-type: none">The pull-ups and push-ups should be able to be completed in no less than sets of 5 in order to perform this workout as prescribed. See modifications for scaling options.	<ul style="list-style-type: none">Reduce Totals (75/150/225 or 50/100/150 reps)100 Push-Ups/200 Sit-Ups/300 Air Squats200 Push-Ups/400 Air Squats300 Push-Ups/300 Air Squats200 Sit-Ups/400 Air Squats	

- The One Teaching Focus | **Full Range of Motion**Today, we’re Today’s teaching focus is a through line across all movements.
 - Pull Ups| Chin must pass over the top of the bar.
 - Push-Ups| Chest must touch the floor.
 - Air Squats| Hips and knees fully extend at top and hips pass below top of knee in the bottom.
- Logistics
 - Today’s workout and lesson plan are designed to fit into a longer than 60 minute class.
 - “Rx” as programmed by CompTrain is partitioned however and completed without a weighted vest.
 - There are many variations of this workout within the CrossFit community and there are many opinions on what is considered “Rx.” For our measurable and repeatable purposes, we program Murph in a partitioned format and without a vest.

LESSON PLAN

LESSON PLAN

THURSDAY NOV 28

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 // 8 MINUTES | 3:00 - 11:00

- General Flow
 - :15 - :20 each
 - Arm wraps
 - Arm swings
 - Knee pulls
 - Quad pulls
 - Boot straps
 - Knuckle draggers
 - Air squats
 - Downward dog w/foot pedal
 - Shoulder taps
 - Eccentric push ups
 - Push ups
 - 200m run
- Rig Flow
 - :10 each
 - Dead hang
 - Scap pull ups
 - Kips (tight)
 - Kip swings (big)
 - Jumping eccentric pull ups
 - Workout movement

2

SPECIFIC WARMUP // 4 MINUTES | 11:00 - 15:00

- Demonstrate full range of motion
 - Push Up
 - Pull Up
 - Air Squat

3

STRENGTH //

PRIMER // 6 MINUTES | 15:00 - 21:00

- Practice Round
 - 200m Run
 - 5 Pull ups
 - 10 Push ups
 - 15 Air Squats
- Break
- Workout adjustments if needed

4

WORKOUT // 60 MINUTES | 21:00 - 81:00

- Look For
 - Pull Ups| Each rep should have the chin over the bar at the top and full extension of the elbow at lockout.
 - Push-Ups| Chest should come close to or touch the ground on each repetition. Ensure a full extension of the arms at the top of each push-up.
 - Air Squats| Cue athletes to squat below parallel and stand tall each rep. Cue athletes to keep their knees tracking their toes throughout each rep.

5

COOL-DOWN // 9 MINUTES | 81:00-90:00

DAILY VIEW

DAILY VIEW

FRIDAY NOV 29

CLASS

"Raise The Bar"

5 Rounds x AMRAP 3:

30 AbMat Sit-ups

15-12-9-6-3 Power Cleans

Max Calorie Bike Erg

Rest 3 Minutes Between Rounds

Round 1: (115/85)

Round 2: (135/95)

Round 3: (155/105)

Round 4: (185/135)

Round 5: (205/145)

KG | (52/38), (61/43), (70/47), (83/61),
(93/65)

OPEN | GAMES

5 Rounds x AMRAP 3:

7/5 Bar Muscle-ups

15-12-9-6-3 Power Cleans

Max Calorie Echo Bike

Rest 3 Minutes Between Rounds

Round 1: (135/95)

Round 2: (155/105)

Round 3: (185/135)

Round 4: (205/145)

Round 5: (225/155)

KG | (61/43), (70/48), (75/52), (79.5/57),
(84/61)

AGE GROUP

55+ / 13-15

(95/65), (115/85), (135/95), (155/105),
(165/115)

KG | (43/29), (52/38), (61/43), (70/48),
(75/52)

ACCESSORY WORK

(formerly 'After Party')

Killer Core

3 Giant Sets For Quality:

5 Dragon Flags

10 Wood Choppers (Each Side)

25 Hanging Hollows

Rest 2 Minutes Between Giant Sets

COACHING RESOURCES

- [Teaching Power Cleans](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

This workout is built on short, intense 3-minute bursts, testing your core, strength, and endurance. Each round starts with 30 AbMat sit-ups to fire up your core, followed by a descending ladder of power cleans, which will challenge your explosiveness. Once you finish the cleans, it's an all-out effort on the Bike Erg for max calories before the time runs out. The 3-minute rest between rounds allows you to recover just enough to push hard again. The key is to move quickly through the sit-ups and cleans so you have time to rack up calories on the bike. Pace smart, but aim for intensity!

SCORE

Total bike calories across the 5 rounds.

ELEMENT	STIMULUS	MODIFICATIONS	
Sit Ups	<ul style="list-style-type: none">1:00 of work, consider these unbroken.	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Power Cleans	<ul style="list-style-type: none">About 1:00 of work for each set, even as the load increases.	<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 (Light to Moderate)
Bike	<ul style="list-style-type: none">1:00 here, push the pace knowing there is a rest after each round.	<ul style="list-style-type: none">Sub row/ski/bike erg/echo/run/air run	

The One Teaching Focus | **Fast Elbows in Power Cleans**

- Today’s focus is on achieving fast elbows in the power clean. Quick elbow movement is essential for efficiently catching the bar in the front rack position, which helps maintain momentum and prevents the bar from crashing down on the shoulders. By focusing on fast elbows, athletes can improve their power clean technique, making the lift smoother and more controlled.
- Drive the Elbows Through: As you pull the bar up, focus on snapping your elbows forward quickly to get under the bar. The faster your elbows move, the faster you can transition into the front rack position.

Logistics

- It will be important for athletes to have all their plates out ready to change barbell load between rounds.

LESSON PLAN

LESSON PLAN

FRIDAY NOV 29

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 Write Time
 - Light Bike Erg (2-3 minutes)
 - Samson Stretch with Reach
 - Scorpions
 - Downward Dog to Upward Dog Flow
 - Spiderman Lunges
 - Air Squats
 - Hollow Hold
 - Glute Bridges
 - Leg Swings (Front and Side)
 - Cossack Squats
 - Inchworms
 - Plank to Shoulder Taps

2

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

- 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 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 //

4

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

- Practice Round
 - 10 Sit Ups
 - 1 Power Clean (at last load)
 - 0:30 Bike
 - 3 Power Cleans (at load 3)
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row | Athletes should pace the rower in a way they can get off the rower
 - Sit Ups | We want athletes to maintain an unbroken effort. If they are having to break up the sit ups to rest, let's scale the reps.
 - Power Cleans | These will get heavy today, so paying attention for athletes' form will be super important. As the load gets heavier, we don't want to see athletes start moving poorly. If the form starts to waiver, have them drop the load.
 - Bike | The bike should be a hard effort, knowing there is a rest coming after. Encourage them to keep the RPMs up and keep the pedal strokes smooth.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY NOV 30

CLASS

"Chicken Out"

[TEAMS OF 3]

For Time:

10,000/9,000 Meter Row

P1: Row Meters

P2: Farmers Hold (70/50)'s

P3: Rest

Time Cap: 45 Minutes

* Switch however you'd like

* One partner must be holding dumbbells in order for rowing athlete to be moving

KG | (32/22.5)

OPEN | GAMES

10 Rounds:

15/12 Calorie Row

9 Burpees Over Rower

50' Sandbag Bear Hug Carry (150/100)

Time Cap: 25 Minutes

KG | 68.2/45.5

ACCESSORY WORK

(formerly 'After Party')

Gun Show

[PART A]

3x10 Double Dumbbell Row

[PART B]

3x15 Dumbbell Curls

Rest 1 Minute Between Sets

AGE GROUP

55+ / 13-15

(50/35)'s

KG | 22.5/15's

COACHING RESOURCES

- [Row Root the Fault](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY NOV 30

OVERVIEW

This team workout tests your endurance, grip strength, and coordination. One teammate rows while another holds heavy dumbbells in a farmer’s hold, and the third rests. You’ll switch every 250 meters, so transitions need to be quick and smooth. The rower can only accumulate meters while the farmer’s hold is maintained, so communication is key. Manage your grip on the holds and maintain a steady pace on the rower to keep chipping away at the distance together as a team!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS
Row	<ul style="list-style-type: none">Fast effort, short distance should allow for us to work at a solid threshold pace.	<ul style="list-style-type: none">8000/7200m Ski500/400 Calorie Echo Bike20,000/18,000m Bike Erg8000m Run
Farmers Hold	<ul style="list-style-type: none">You should be able to hold the DBs unbroken as a partner rows 250m.	<ul style="list-style-type: none">Reduce LoadingSuitcase Hold

The One Teaching Focus | **Keeping Heels Down in Rowing**

- Today’s focus is on keeping the heels down during the drive phase of rowing. Maintaining full foot contact, especially the heels, ensures proper power transfer from your legs to the rower, engaging the posterior chain more effectively. This technique also promotes better posture, balance, and reduces strain on the lower back.

Logistics

- INDY VERSION
 - 4 Rounds:
 - 15/12 Calorie Row
 - 9 Burpees Over Rower
 - 200 Meter Farmers Carry
 - 3 Rounds:
 - 15/12 Calorie Bike Erg
 - 9 Burpees Over Rower
 - 200 Meter Farmers Carry
 - 2 Rounds:
 - 15/12 Calorie Row
 - 9 Burpees Over Rower
 - 200 Meter Farmers Carry
 - 1 Round:
 - 15/12 Calorie Row
 - 9 Burpees Over Rower
 - Dumbbells: (50/35)'s
 - Time Cap: 35 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY NOV 30

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

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

1

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

- General Flow 0:20 Each
 - Bear Crawls
 - World's Greatest Stretch
 - Row
 - DB Deadlifts
 - Kang Squats
 - Samson Stretch with Twist
 - DB Shoulder Shrugs
 - Row
 - Reverse Plank
 - Quadruped Shoulder Taps
 - Windmills
 - Glute Marches
 - Row
 - DB Farmers Hold

2

SPECIFIC WARMUP //

3

STRENGTH //

PRIMER // 6 MINUTES | 9:00 - 15:00

- Practice Round
 - 150m row each
 - One partner farmer holds
- Break
- Workout adjustments if needed

4

WORKOUT // 45 MINUTES | 15:00 - 60:00

- Look For
 - Row | The shoulders will start to fatigue from completing the farmers hold, so athletes need to have a strong leg drive in order to maintain their hard effort.
 - Farmers Hold | Look for athletes to roll their shoulders back and down.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY DEC 1

CLASS

"Kettle Corn"
5 Rounds For Time:
21 Kettlebell Swings
18/15 Calorie Bike Erg
12 Kettlebell Goblet Lunges

Kettlebell: (53/35)

KG | 24/16

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Lactate Threshold
5-4-3-2-1-1-2-3-4-5 Minute Bike Erg [RPE 5-6]

Rest 30 Seconds Between Sets

AGE GROUP

55+ / 13-15

(36/26)

KG | 16/12

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY DEC 1

OVERVIEW

While we are loading today on our lunges and KB swings we should still treat today as recovery or prep for the week. So if we need to drop weight due to not pushing it too hard, or to maintain unbroken sets lets do it! Move with quality throughout all our movements today.

SCORE

Time

ELEMENT	STIMULUS	MODIFICATIONS	
KB Swings	<ul style="list-style-type: none">Unbroken 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
Bike	<ul style="list-style-type: none">1:00 or less	<ul style="list-style-type: none">1:30 Time Cap18/15 Calorie Row14/12 Calorie Ski	<ul style="list-style-type: none">14/12 Calorie Echo Bike200m Run
Lunges	<ul style="list-style-type: none">Unbroken, 6 each leg	<ul style="list-style-type: none">Reduce/Remove LoadingReduce DistanceDumbbell Suitcase Lunge	<ul style="list-style-type: none">Single DumbbellSub BarbellReverse 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.

LESSON PLAN

LESSON PLAN

SUNDAY DEC 1

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

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

1

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

- General Flow 0:20 each
 - 2:00 Bike
 - Arm Circles (Small to Large)
 - Scorpions
 - World's Greatest Stretch
 - Good Mornings (Bodyweight)
 - Leg Swings (Front and Side)
 - Air Squats
 - Lateral Lunges
 - Glute Bridges
 - Inchworms to Plank
 - Hip Circles
 - Quick Feet Drill

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.

3

STRENGTH //

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

- Practice Round
 - 6 KB Swings
 - 6 Cal Bike
 - 6 Lunges
- Break
- Workout adjustments if needed

4

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

- Look For
 - KB Swings | Look for a hip pop, this will keep our low back safe.
 - Bike | RPMs should stay above 75 throughout each round.
 - Lunges | Be sure athletes are hitting full depth and locking the hips at the top of each rep.

5

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