

COMPTRAIN | GYM

DEC 9 - DEC 15

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

DEC 9 - DEC 15

MONDAY

DEC 9

Bench Press
3 Sets:
5 Bench Press

* Same Weight Across
* Aim For 78% 1RM

"Death Race 2.0"
5 Rounds For Time:
18/15 Calorie Bike Erg
9 Burpee Box Jumps (24"/20")

Time Cap: 18 Minutes

TUESDAY

DEC 10

"Damn Daniel"
For Time
50 Pull-ups
400 Meter Run
32 Thrusters
800 Meter Run
32 Thrusters
400 Meter Run
50 Pull-ups

Barbell: (75/55)

Time Cap: 30 Minutes

KG | 34/25

WEDNESDAY

DEC 11

Sumo Deadlift
3 Sets:
5 Sumo Deadlifts

* Same Weight Across
* Aim For 78% 1RM

"Move The Chains"
AMRAP 12:
12 Alternating Dumbbell Snatches
18 Push-ups

Dumbbells: (70/50)

* 60' Single Arm Farmers Carry Between Stations

KG | 32/22.5

THURSDAY

DEC 12

"Ab-solute Zero"
3 Sets:
2 Minute Bike Erg Calories
1 Minute Toes to Bar

Rest 3 Minutes

2 Sets:
2 Shuttle Runs
1 Minute Toes to Bar

Rest 3 Minutes

1 Set:
2 Minute Row Calories
1 Minute Toes to Bar

FRIDAY

DEC 13

Front Squat
3 Sets:
5 Front Squats

* Same Weight Across
* Aim For 78% 1RM

"Heavy Handed"
3 Rounds For Time:
150-100-50 Double Unders
12 Power Cleans
9 Front Squats

Barbell: (155/105)

Time Cap: 18 Minutes

KG | 70/48

SATURDAY

DEC 14

"Gimme Moore"
[TEAMS OF 2]
On the 4:00 x 5 Rounds:
4 Rope Climbs (15')
400 Meter Team Run
Max Push Jerks (135/95)

KG | 61/43

SUNDAY

DEC 14

"A Little Bit Softer Now"
30-20-10:
Calorie Bike Erg
Russian Kettlebell Swings (70/53)

Directly Into...

10-20-30:
Calorie Bike Erg
Kettlebell Swings (53/35)

Women's Calories: 24-16-8 / 8-16-24

Time Cap: 25 Minutes

KG | 32/24, 24/16

"Sunday Runday"
Run 2-3 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

DEC 9 - DEC 15

MONDAY

DEC 9

G. K. Chesterton - "I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder." - Gratitude is a profound and powerful state of mind that enhances happiness by adding a sense of wonder to life.

TUESDAY

DEC 10

Jack Dixon - "If you focus on results, you will never change. If you focus on change, you will get results." - Prioritize personal growth and adaptation; focusing solely on outcomes can limit your progress.

WEDNESDAY

DEC 11

Thich Nhat Hanh - "The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers." - Giving your full attention to someone is a powerful way to show love and help them flourish.

THURSDAY

DEC 12

Johann Wolfgang von Goethe - "Treat people as if they were what they ought to be and you help them to become what they are capable of being." - By treating others with the respect and potential they deserve, you encourage them to grow into their best selves.

FRIDAY

DEC 13

"Giving up doesn't always mean you are weak. Sometimes it means that you are strong enough to let go." - Letting go of something can be a sign of strength, showing you have the courage to move on from what no longer serves you.

SATURDAY

DEC 14

Marcus Aurelius - "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." - Happiness is found within; it's your mindset, not external circumstances, that determines your contentment.

SUNDAY

DEC 14

Buddha - "There are only two mistakes one can make along the road to truth; not going all the way, and not starting." - The biggest mistakes in life are not beginning a journey toward truth or giving up before reaching the end.

MENTAL
FITNESS.

COACH DIGEST

WEEKLY

DEC 9 - DEC 15

- Check out the details of the Linear Progression cycle in this document
https://drive.google.com/file/d/11gaZWP0eE_SOQto_uIGEpwhVbd3tHDezD/view?usp=drive_link
- We're now rolling into week 1 of cycle B, which means we're targeting a base, linear progression for the bench press, sumo deadlift, and front squat. Same as cycle A, we're looking for the same loads across all 3 working sets with lifts performed to technical failure.
- Week 1 targets around 78% for the 3 sets of 5.
- Monday starts off with the Bench Press which is 3x5, same load across at 78%. Come prepared with a main teaching point that will give your members an aspect of technical proficiency to focus on. With the bench press, a great starting point is simply moving the bar in a straight line from lockout to chest and then back to lockout.



DAILY VIEW

DAILY VIEW

MONDAY DEC 9

CLASS

Bench Press

3 Sets:
5 Bench Press

- * Same Weight Across
- * Aim For 78% 1RM

"Death Race 2.0"

5 Rounds For Time:
18/15 Calorie Bike Erg
9 Burpee Box Jumps (24"/20")

Time Cap: 18 Minutes

KG | N/A

OPEN | GAMES

5 Rounds For Time:
15/12 Calorie Echo Bike
9 Burpee Box Jumps (24"/20")

Time Cap: 18 Minutes

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

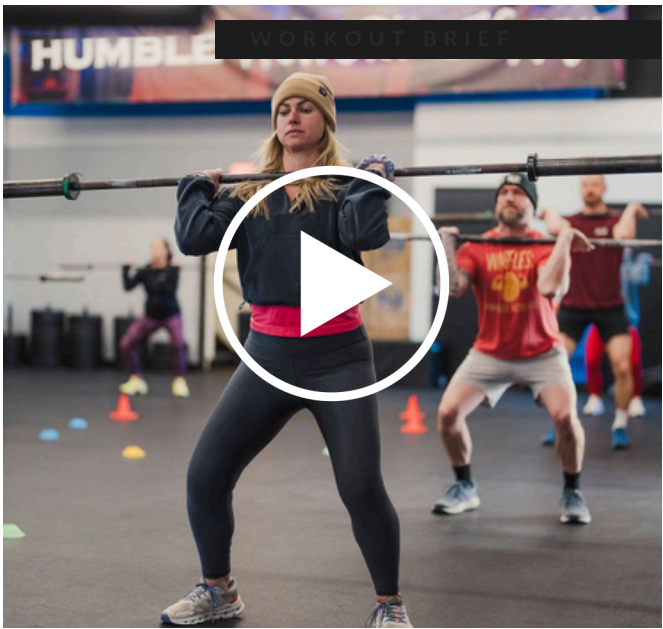
Killer Core

3 Giant Sets For Quality:
10 Barbell Rollouts
20 Medicine Ball Twists
30 Second Side Plank (Each Side)

Rest 1 Minute Between Giant Sets

COACHING RESOURCES

- [Bench Press Triage](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This week we’re moving into our next phase of our strength cycle. This is an 8 week linear progression strength cycle that’s focused on volume training with the same loading across all sets. 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, we have a hard hitting metcon. Today's stimulus is an RPE 8-9 which means we are looking at heavy or labored breathing. Athletes are targeting 90%-95% of their max heart rate. Encourage athletes to scale as needed to be able hit the target RPE today.

SCORE

Time

TARGET

7:00-15:00

STIMULUS

Lactate Threshold [RPE 8-9]

ELEMENT

STIMULUS

MODIFICATIONS

Bike

- About 1:30 of work.

- 1:30 Time Cap
- 15/12 Calorie Echo Bike
- 18/15 Calorie Row
- 15/12 Calorie Ski

- 250m Run
- 1:15 Moderate Effort on Treadmill/Runner*
- 10 Shuttle Runs

Burpee Box Jump

- 1:30 or less, able to finish a whole round in less than 3:00.

- Reduce Box Height
- Burpee Box Step-Ups
- Burpees Only

- Box Jumps Only
- Burpee Box Jump Overs

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

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

Logistics

- For today's flow, the bike will likely take a little longer than our burpee box jumps. Therefore, sharing machines may be difficult. If you need sub to machines to make flow see substitutions.
- Athletes can share boxes and go one-and-one each rep.

LESSON PLAN

LESSON PLAN

MONDAY DEC 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 // 10 MINUTES | 3:00-13:00

- General Flow
 - 2:00 Machine
 - :30 Bootstraps
 - :30 Pec Stretch Right
 - :30 Pec Stretch Left
 - :30 Dive Bombers or Cobra Stretch
 - :20 Samson Stretch Right
 - :20 Samson Stretch Left
 - :20 Half Push-up Hold
 - :20 Quick Feet Steps Over Line

2

SPECIFIC WARMUP // 6 MINUTES | 13:00-19:00

- 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
 - 10 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.
 - 10 Light bench press
 - Focus on smooth movement and correct bar path.
 - Focus on Tight Grip: Reinforce the tight grip throughout the movement for better control.
 - 5 Moderate bench press

3

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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 78%
- Transition to part 2

4

PRIMER // 6 MINUTES | 31:00-37:00

- Practice Round
 - 2 Rounds:
 - 6 Calorie Bike
 - 3 Burpee Box Jumps
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 37:00-52:00

- Look For
 - Bike | We are looking for a hard effort here. Encourage athletes to keep their stroke rate high, and maybe lower the damper a little so the legs don't get too heavy too fast.
 - Burpee box jumps | Reps should be smooth and consistent. If we are having to stop or pause, we should lower the height of the box or scale the overall reps to something that keeps us moving.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY DEC 10

CLASS

"Damn Daniel"

For Time
50 Pull-ups
400 Meter Run
32 Thrusters
800 Meter Run
32 Thrusters
400 Meter Run
50 Pull-ups

Barbell: (75/55)

Time Cap: 30 Minutes

KG | 34/25

OPEN | GAMES

For Time
50 Pull-ups
400 Meter Run
32 Kettlebell Thrusters
800 Meter Run
32 Kettlebell Thrusters
400 Meter Run
50 Pull-ups

Kettlebell: (35/26)'s

Time Cap: 30 Minutes

KG | 16/12's

AGE GROUP

55+ / 13-15

13-15 & 55+ | (65/45)

KG | 29/20

ACCESSORY WORK

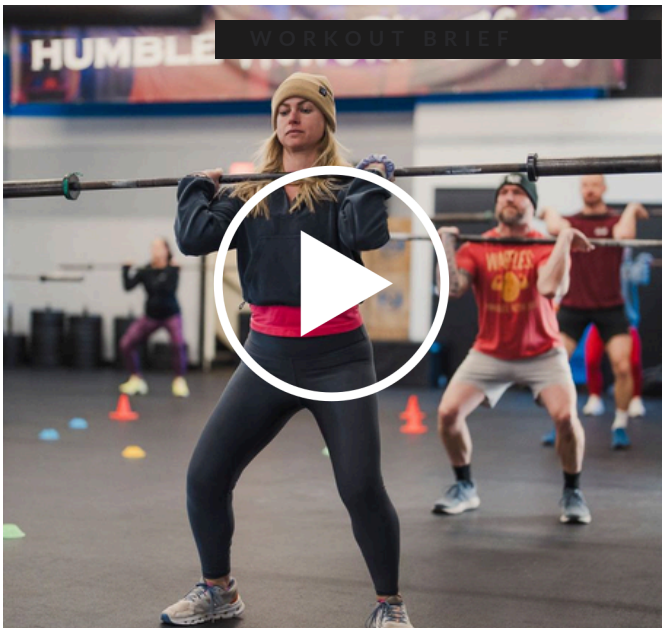
(formerly 'After Party')

Lethal Legs
4 Supersets:
15/12 Cal Bike Erg (Damper 10)
10 Meter Double Dumbbell Walking Lunge @dumbbell(70/50)

Rest 2 Minutes Between Sets

COACHING RESOURCES

- [Elbows on Thrusters](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

TUESDAY DEC 10

OVERVIEW	Today we have a twist on Hero workout “Daniel”. Looking at our target score and stimulus today, this is more of a grind. Our RPE target is 6-7 which means our effort and breathing should moderately-hard. We should be pushing the pace, but at no point should we feel we need to rest for a long period of time.		
	SCORE	Time	TARGET12:00-20:00
			STIMULUSLactate Threshold [RPE 6-7]
	ELEMENT	STIMULUS	MODIFICATIONS
	Pull-Ups	<ul style="list-style-type: none">3:00 or less, should be able to complete sets of 5+ unbroken at a time.	<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 Runs800M RUN<ul style="list-style-type: none">5:00 Time Cap1,000/900m Row800/720m Ski50/40 Calorie Echo Bike2,000/1,800m Bike Erg4:00 Moderate Effort on Treadmill/Runner*32 Shuttle Runs
Run	<ul style="list-style-type: none">Target should be 2:15 or less.	<ul style="list-style-type: none">Reduce RepsBandedStrict	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows
Thruster	<ul style="list-style-type: none">3:00 or less here as well, Loading should be light aiming for big sets.	<ul style="list-style-type: none">Reduce Reps/LoadingSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Wallballs64 Air Squats

The One Teaching Focus | **Explode Through The Hips**

- Today’s focus is on generating power by exploding through your hips during your thruster. The key to a powerful and efficient transition to the overhead press is driving force from your hips. Without this explosive movement, more strain is placed on the arms and shoulders, limiting your ability to lift heavier weights effectively.

Logistics

- Today's order of flow is important, therefore if athletes are having to share equipment, then stager start heats 5:00 behind.

LESSON PLAN

LESSON PLAN

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

- Line drills 25' each
 - Quad pulls
 - Knee pull + calf raise
 - Inchworm + spiderman
 - Gater openers
 - Bunny hops
 - Broad jumps
 - High knees
 - Buttckickers
 - 100m run

2

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

- Pull Up | tell, show, do, check
 - 0:20 Scapular Pull-Ups
 - Athletes should focus on engaging the shoulder blades by pulling them down and back while keeping the arms straight.
 - 0:20 Hollow & Arch Swings
 - Ensure they maintain tight, controlled movements, focusing on core engagement and smooth transitions.
 - 0:20 Kipping Swings
 - Watch for athletes generating momentum through the shoulders and core, while avoiding any excessive bending of the knees or wild swinging.
 - 0:20 Kipping Pull-Ups
 - Ensure they maintain rhythm and control, emphasizing the importance of returning to a strong hollow position after each rep.
- Thruster | tell, show, do, check
 - 3 Cued front squat reps
 - Cue hips back first
 - Look for athletes to keep their weight in their heels.
 - 3 Cued front squat reps
 - Cue high elbows throughout
 - 5 Cued push press reps
 - Cue timing of extension and then press
 - 5 Cued thruster
 - Cue timing of extension and then press

3

STRENGTH //

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

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

4

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

- Look For
 - Pull Ups | Today we have huge sets of pull ups, it is super easy for athletes to get caught up on big sets like this. Encourage athletes to find a scaling option that will allow them to finish the reps in the time frame that is given.
 - Run | Athletes should be able to hit the time frames on their runs today, while being able to make it in and get right to work on the reps inside.
 - Thrusters | These should be light for athletes today, we are looking for big sets each time we are at the barbell. If athletes seem to be struggling, encourage them to pull back the loading.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY DEC 11

CLASS

Sumo Deadlift
3 Sets:
5 Sumo Deadlifts

- * Same Weight Across
- * Aim For 78% 1RM

"Move The Chains"
AMRAP 12:
12 Alternating Dumbbell Snatches
18 Push-ups

Dumbbells: (70/50)

- * 60' Single Arm Farmers Carry Between Stations

KG | 32/22.5

OPEN | GAMES

AMRAP 12:
12 Alternating Dumbbell Snatches
12 Dumbbell Bench Press

Dumbbells: (70/50)'s

- * 60' Farmers Carry Between Stations

KG | 32/22.5

ACCESSORY WORK

(formerly 'After Party')

Lactate Threshold
AMRAP 10:
Calorie Row [RPE 6-7]

Rest 2 Minutes

For Time:
Calories From Part 1 [RPE 6-7]

AGE GROUP

55+ / 13-15

13-15 & 55+ | (50/35)

KG | 22.5/15

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

In part 1, This week we’re moving into our next strength cycle. This is an 8 week linear progression strength cycle that’s focused on volume training with the same loading across all sets. 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, we are moving through as many rounds as possible of dumbbell snatches and push ups. In between each “station” athletes will complete a 60’ farmers carry with their dumbbell from the snatches. Stimulus today is heavy, so help athletes find what that means for them today. While we want it to be heavy, we are still looking for quality movement and sound form. Note: Carries do not count towards score.

SCORE	Rounds + Reps	TARGET	3-5 Rounds	STIMULUS	Heavy Loading
-------	---------------	--------	------------	----------	---------------

ELEMENT	STIMULUS	MODIFICATIONS	
Dumbbell Snatch	<ul style="list-style-type: none">Heavy Loading, but able to complete in 1:30 or less. Alternate arms for each rep.	<ul style="list-style-type: none">Reduce Loading/RepsDumbbell Hang Power Snatches	<ul style="list-style-type: none">Kettlebell SwingsEmpty Barbell Hang Power Snatches
Push Ups	<ul style="list-style-type: none">1:30 or less. Scale to a variation that will allow for reps to be completed in this time frame.	<ul style="list-style-type: none">Reduce RepsBox Push-Ups (Hands Elevated)	<ul style="list-style-type: none">Dumbbell Bench PressDumbbell Floor Press
Carry	<ul style="list-style-type: none">Same dumbbell from the snatches used here. Single arm carry, alternating hands however you would like.	<ul style="list-style-type: none">Reduce LoadingReduce DistanceKettlebell Carry	<ul style="list-style-type: none">Suitcase HoldShuttle Runs

The One Teaching Focus | **Drive Through the Heels in Sumo Deadlift**

- Today’s focus is on driving through the heels during the sumo deadlift. This ensures you’re engaging your posterior chain—glutes, hamstrings, and lower back—effectively while maintaining proper balance and control. Pushing through the heels helps generate more power and reduces unnecessary strain on your lower back by encouraging the right muscle groups to work together.

Logistics

- There are two great options for room set up today:
 - Option 1- Set a 60’ line, athletes will complete their snatches on one side, then farmers carry down to the other side and complete their push ups, then carry back for their snatches.
 - Option 2, Set a 30’ line, athletes will complete their snatches on one side, carry down and back to then complete their push ups, then follow the same format throughout their rounds.

LESSON PLAN

LESSON PLAN

WEDNESDAY DEC 11

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
 - Jumping Jacks
 - Arm Circles (Small to Large)
 - Samson Stretch
 - Scorpions
 - Spiderman Lunges
 - Plank Shoulder Taps
 - Lateral Lunges
 - Air Squats
 - Inchworms
 - Reverse Lunges with Overhead Reach
 - Quick Feet Drill
 - Bear Crawls

2

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

- DB Warm Up | tell, show, do, check
 - 0:20 Alternating Single DB Deadlift (Light Load)
 - Look for athletes to drop their hips throughout reps.
 - 0:20 Alternating Single DB Deadlift + High Pull (Light Load)
 - Emphasize athletes to fully extend the hips before pulling the DB.
 - 0:20 Single DB Push Press (Each Arm) (Light Load)
 - Look for finish position: DB stacked over the body, bicep by the ear.
 - 0:20 Alternating DB Hang Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Workout Load)

- 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 | 23:00-35:00

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 78%
- Transition to part 2

4

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

- Practice Round
 - 4 Alternating DB Snatches
 - 30' Carry (Right)
 - 4 Push Ups
 - 30' Carry (Left)
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 41:00-53:00

- Look For
 - DB Snatch | This is meant to be a heavy load today, but we are still looking for athletes to move with quality. Encourage athletes to challenge themselves, though if form starts to break down they should scale the loading.
 - Push Ups | Focus on QUALITY. We should aim for all athletes to move the body as a unit, avoiding any worming or sagging of the hips. Scale athletes to elevated push ups if needed.
 - Farmers Carry | Since this is a single arm carry, we should look for athletes to maintain midline control. Encourage them to avoid leaning heavy side to side.

6

COOL-DOWN // 7 MINUTES | 53:00-60:00

DAILY VIEW

DAILY VIEW

THURSDAY DEC 12

CLASS

"Ab-solute Zero"
3 Sets:
2 Minute Bike Erg Calories
1 Minute Toes to Bar

Rest 3 Minutes

2 Sets:
2 Shuttle Runs
1 Minute Toes to Bar

Rest 3 Minutes

1 Set:
2 Minute Row Calories
1 Minute Toes to Bar

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Durability
[Sled Push Intervals]:
6x15 Meters

* Rest 1-2 Minutes Between Sets
* Increase Weight Each Set

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Today is a station style workout where everyone works on the clock. The 3 minute rest comes after the completion of the 3 sets, and then again after the 2 sets. Our RPE goal today is an 8, which means we are looking for a high heart rate and heavy breathing throughout our work. Athletes should aim for consistent sets and reps on their toes to bar, we do not want to see their reps drop dramatically as rounds go on.

SCORE

Total Reps [1 Calorie/Shuttle Run = 1 Rep]

TARGET

200-350 Reps

STIMULUS

VO2 Max [RPE 8]

ELEMENT	STIMULUS	MODIFICATIONS
Bike / Shuttle Run / Row	<ul style="list-style-type: none">Aim for consistently, athletes should pay attention to their pacing on machines, and try to maintain each round.	<ul style="list-style-type: none">Sub another machine or run.
Toes To Bar	<ul style="list-style-type: none">Athletes should aim to complete at least 8+ reps each minute on this station.	<div><ul style="list-style-type: none">Reduce RepsV-UpsToes To As High As PossibleKnees To Chest<ul style="list-style-type: none">Hanging Knee RaisesGHD Sit-UpsSit-Ups</div>

The One Teaching Focus | **Maintaining Tension in Toes-to-Bar**

- Today’s focus is on keeping constant tension throughout the toes-to-bar movement. Maintaining tension through your core, lats, and legs is essential for controlling the movement and maximizing efficiency. This helps avoid unnecessary swinging and ensures you can perform multiple reps smoothly and with better form.

Logistics

- If you’re limited on bikes, swap the bike erg with rower and bike erg for the final round when there is only 1 set. You can also stagger by three minutes if necessary.

LESSON PLAN

LESSON PLAN

THURSDAY DEC 12

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
 - High Knees
 - Butt Kicks
 - Lateral Shuffles (both directions)
 - Karaoke/ Grapevine (both directions)
 - Walking Lunges with Twist
 - Toy Soldiers (Frankenstein Kicks)
 - Leg Cradles (Knee to Chest Stretch)
 - Spiderman Walks
 - Inchworms
 - Easy Shuttle Run
 - Hard Shuttle Run

2

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

- Machine Warm-Up
 - Bike - 4 Rounds of 0:20 on / 0:10 off
 - Aim for athletes to increase their RPM each round
 - Row - 4 Rounds of 0:20 on / 0:10 off
 - Aim for athletes to increase their pacing each round.

- Toes-to-Bar Warm-Up | Tell, Show, Do, Check
 - 0:20 Active Hang
 - Emphasize maintaining a hollow body position with the core tight and feet slightly in front.
 - 0:20 Hanging Knee Raises
 - Watch for athletes maintaining control and avoiding excessive swinging.
 - 0:20 Kip Swings
 - 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.
 - 0:20 Toes-to-Bar (Scaled as Needed)
 - Watch for athletes engaging the core, using the lats, and avoiding excessive swinging after each rep.

3

STRENGTH //

PRIMER // 6 MINUTES | 23:00-29:00

- Practice Round
 - 0:20 Bike
 - 0:15 TTB
 - 0:20 Shuttle Run
 - 0:15 TTB
 - 0:20 Row
 - 0:15 TTB
- Break
- Workout adjustments if needed

4

WORKOUT // 24 MINUTES | 29:00-53:00

- Look For
 - Bike | Aim for consistency throughout their rounds. They spend the most time on the bike today, athletes should aim to hit the same amount of calories each round.
 - Shuttle Run | Encourage athletes to be efficient in their turn around, we want to move smooth and quick throughout these reps.
 - Row | This is our least amount of work on one station, and its at the end. Athletes can try to push the pace in this final 2:00 of work.
 - TTB | Today we spend a total of 6:00 on toes to bar, athletes should have a goal of reps to hit each minute of work. We don't want to see our reps fall off too much throughout our rounds.

5

COOL-DOWN // 7 MINUTES | 53:00-60:00

DAILY VIEW

DAILY VIEW

FRIDAY DEC 13

CLASS

Front Squat
3 Sets:
5 Front Squats

- * Same Weight Across
- * Aim For 78% 1RM

"Heavy Handed"
3 Rounds For Time:
150-100-50 Double Unders
12 Power Cleans
9 Front Squats

Barbell: (155/105)

Time Cap: 18 Minutes

KG | 70/48

OPEN | GAMES

3 Rounds For Time:
150-100-50 Double Unders
12 Power Cleans
9 Front Squats

Barbell: (185/135)

KG | 84/61

AGE GROUP

55+ / 13-15

13-15 & 55+ | (115/85)

KG | 52/38

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
3x8 Deficit Barbell Reverse Lunges (Each Leg)

[PART B]
3x20 Pausing Kettbell RDL

Rest 2 Minutes Between All Sets

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

In part 1, This week we’re moving into our next strength cycle. This is an 8 week linear progression strength cycle that’s focused on volume training with the same loading across all sets. 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, we have a great mix of a challenging barbell and descending reps on double unders. Our loading on the barbell today is moderate-heavy, which means we are around 65%-75% on the barbell. The percentage today should be based on which lift of the two is more challenging for us. This barbell should take deliberate pacing, but still be able to complete in a minute or less.

SCORE

Time

TARGET

7:00-15:00

STIMULUS

Moderate-Heavy Loading

ELEMENT

STIMULUS

MODIFICATIONS

Double Unders

- 3-2-1 Minutes of work.

- Reduce Reps
- 300-200-100 Singles
- Plate Hops

- 30-20-10 Burpees
- 3:00-2:00-1:00 Effort On Any Machine

Power Cleans

- 1:00 or less of work. Loading should be challenging, but not to the point of more than 2 sets.

- Reduce Loading/Reps
- Hang Power Cleans

- Sub Dumbbells
- Light-Moderate Deadlifts

Front Squats

- 1:00 or less of work. Loading should be challenging, but not to the point of more than 2 sets.

- Reduce Loading
- Reduce Reps
- Sub Dumbbells
- Sub Barbell

- Goblet Squats
- 18 Air Squats
- Back Squats

The One Teaching Focus | "Squeeze Your Stomach"

- Instruct athletes to take a deep breath and tighten their core before descending.
- This creates a stable midline and supports the torso during the squat.

LESSON PLAN

LESSON PLAN

FRIDAY DEC 13

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 or Written Time
 - Jump Rope (Single Unders for 1 minute)
 - Arm Circles (Small to Large)
 - Scorpions
 - Samson Stretch
 - Jump Rope (Alternating Foot Hops)
 - Spiderman Lunges
 - Air Squats
 - Jump Rope (Singles)
 - Inchworms
 - Lateral Leg Swings
 - Plank Shoulder Taps
 - Jump Rope (Double Under Practice, 30 seconds)

2

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

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

- Front Squat | tell, show, do, check
 - Establish stance & grip
 - Shoulder-width stance
 - Hands just outside shoulders
 - Loose fingertip grip on the bar
 - Elbows high (upper arm parallel to the ground)
 - Midline is braced
 - 3 cued ¼ Squat & Hold
 - Focus on high elbows in set up and hold
 - 3 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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 78%
- Transition to part 2

4

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

- Practice Round
 - 25 Double Unders
 - 6 Hang Power Cleans
 - 3 Front Squats
- Break
- Workout adjustments if needed

5

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

- Look For
 - Double Unders | Look for athletes to keep the elbows tight into the body. Shoulders should be relaxed, wrists are doing the work.
 - Hang Power Cleans | Load is challenging, but our form should remain steady. Look for athletes to use power through the hips, and catch with elbows high.
 - Front Squat | Encourage athletes to drive through their heels and drive their elbows up as they stand.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY DEC 14

CLASS

"Gimme Moore"
[TEAMS OF 2]
On the 4:00 x 5 Rounds:
4 Rope Climbs (15')
400 Meter Team Run
Max Push Jerks (135/95)

KG | 61/43

OPEN | GAMES

AMRAP 20:
1 Rope Climb (15')
400 Meter Run
Max Unbroken Handstand Push-ups

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
3 Giant Sets:
10 Dumbbell Front Raises
10 Dumbbell Side Raises
10 Dumbbell Reverse Flyes

Rest 1 Minutes Between Giant Sets

AGE GROUP

55+ / 13-15

(95/65)

KG | 43/29

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

SATURDAY DEC 14

OVERVIEW

Teams of 2 today! In this 5 round workout, a new round will start every 4:00 with the goal to complete as many push jerks as possible. Teams will split the rope climbs, run together, and then take turns on the push jerks. Target score today is 140-180 which means athletes should aim to complete 28+ reps each round. Athletes should have 1 minute on the barbell each round.

SCORE

Total Push Jerks

TARGET

140-180 Reps

STIMULUS

Lactate Threshold [RPE 6-7]

ELEMENT

STIMULUS

MODIFICATIONS

Rope Climb

- 1 rep each 0:20

- Reduce Height
- Reduce Reps
- 2 Lay to Stand Climb
- 3 Strict Pull-Ups = 1 Rope

- 4 Alternating Dumbbell Plank Rows = 1 Rope
- 5 Ring Rows = 1 Rope
- 5 Toes To Bar = 1 Rope

Run

- Around 2:00

- 2:30 Time Cap
- 500/450m Row
- 400/360m Ski
- 25/20 Calorie Echo Bike

- 1,000/900m Bike Erg
- 2:00 Moderate Effort on Treadmill/Runner*
- 16 Shuttle Runs

Push Jerks

- Choose a load that allows for 7+ reps unbroken

- Reduce Reps/Loading
- Sub Dumbbells/Kettlebells
- Split Jerk

- Push Press
- Push-Ups
- Handstand Push-ups

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

- INDY VERSION
 - AMRAP 20:
 - 1 Rope Climb (15')
 - 400 Meter Run
 - Max Unbroken Push Jerks (135/95)

LESSON PLAN

LESSON PLAN

SATURDAY DEC 14

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 drills 25' each
 - Quad pulls
 - Knee pull + calf raise
 - Inchworm + spiderman
 - Toe walk
 - Heel walk
 - Gater openers
 - Bunny hops
 - Broad jumps
 - High knees
 - Buttckickers
 - 100m run

2

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

- 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

- Push Jerk | tell, show, do, check
 - 5 Strict Press
 - Focus on straight bar path
 - 5 Dip & hold
 - Focus on upright toros
 - 5 Dip & drive
 - Focus on quick turnover from dip to drive
 - 5 Push press
 - Focus on hip drive before pressing
 - 5 Jump & land w/ hands at side (No barbell)
 - Focus on full extension
 - 5 Jump, Punch, & land (No barbell)
 - Focus on timing of jumping fully before punching the hands
 - 3 Push jerks with empty bar
 - Focus on timing of jumping fully before punching the bar overhead and landing with bar locked out

3

STRENGTH //

PRIMER // 6 MINUTES | 23:00-29:00

- Practice Round
 - 1 Rope Climb (Each)
 - 200m Team Run
 - 7 Push Jerks (Each)
- Break
- Workout adjustments if needed

4

WORKOUT // 20 MINUTES | 29:00-49:00

- Look For
 - Run | Athletes should be able to move steady with their partner on the run, and be able to get right to work once they get inside.
 - Rope Climb | Cue athletes to lock in a good foot lock, this will allow us to save strength in the arms.
 - Push Jerk | Look for a strong sturdy catch. Encourage athletes to punch hard as they transition under the bar.

5

COOL-DOWN // 11 MINUTES | 49:00-60:00

DAILY VIEW

DAILY VIEW

SUNDAY DEC 15

CLASS

"A Little Bit Softer Now"

30-20-10:

Calorie Bike Erg

Russian Kettlebell Swings (70/53)

Directly Into...

10-20-30:

Calorie Bike Erg

Kettlebell Swings (53/35)

Women's Calories: 24-16-8 / 8-16-24

Time Cap: 25 Minutes

KG | 32/24, 24/16

"Sunday Runday"

Run 2-3 Miles

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

13-15 & 55+ | (53/35) & (35/26)

KG | 24/16, 16/12

ACCESSORY WORK

(formerly 'After Party')

Gun Show

[PART A]

3x15 Chest Supported Double Dumbbell Row

Rest 1 Minutes Between Sets

[PART B]

3x16 Cheater Hammer Curls (8/side)

COACHING RESOURCES

- [Resource Links](#)

FOR THE COACH

COACH TOOLS

SUNDAY DEC 15

OVERVIEW

Today we have a fun pyramid workout that can be treated as a recovery day. Note the first half of the workout starts with a heavier kettlebell and completing Russian swings, then switching to the lighter kettlebell completing full American swings. We have a wide target range today because this workout can be attacked or treated as a recovery day.

SCORE

Time

TARGET

12:00-20:00

STIMULUS

Recovery [RPE 2-3]

ELEMENT

STIMULUS

MODIFICATIONS

Bike

- 3-2-1 Minutes / 1-2-3 Minutes

- Reduce Loading/Reps
- Single Dumbbell Hang Power Snatches

- Empty Barbell Hang Power Snatches
- Russian Kettlebell Swings

Kettlebell Swings

- Able to complete sets of 10 unbroken for both variations.

- 25/20-16/12-8/6 Calorie Ski
- 30-20-10 Calorie Row

- 25/20-16/12-8/6 Calorie Echo Bike
- 400m-200m-100m Run

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 15

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 // # MINUTES | RANGE

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

- Practice Round
 - 5 Calorie Bike
 - 5 Russian KB Swings
 - 5 Calorie Bike
 - 5 American KB Swings
- Break
- Workout adjustments if needed

4

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

- Look For
 - Calorie Bike | Steady RPM rate, encourage athletes to stay light on the pedals and pull the pedals in the bottom of the stroke.
 - KB Swing | Look for athletes to use their hips pop. We want explosive tension to be what drive the KB up.

5

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