

COMPTRAIN | GYM

DEC 16 - DEC 22

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

DEC 16 - DEC 22

MONDAY

DEC 16

Bench Press

3 Sets:
3 Bench Press

* Same Weight Across
* Aim For 82% 1RM

"Show Of Hands"

On the 1:30 x 10 Sets:
5 Strict Pull-ups
15 Dumbbell Goblet Squats (50/35)
Max Hand Release Push-ups

TUESDAY

DEC 17

"Upbeat"

For Time:
1,000/900 Meter Row
150 Double Unders
1 Mile Run
150 Double Unders
1,000/900 Meter Row

Time Cap: 30 Minutes

WEDNESDAY

DEC 18

Sumo Deadlift

3 Sets:
3 Sumo Deadlifts

* Same Weight Across
* Aim For 82% 1RM

"DT" [BENCHMARK]

5 Rounds For Time:
12 Deadlifts
9 Hang Power Cleans
6 Push Jerks

Barbell: (155/105)

Time Cap: 18 Minutes

THURSDAY

DEC 19

"Plinko"

AMRAP 40:
20/15 Calorie Row
20/15 Calorie Bike Erg
20 Shuttle Runs
20 Sit-ups

FRIDAY

DEC 20

Front Squat

3 Sets:
3 Front Squats

* Same Weight Across
* Aim For 82% 1RM

"Get Over Here"

For Time:
45 Burpee Box Jumps (30"/24")
90 Wallballs (20/14)

* Partition However

Time Cap: 18 Minutes

SATURDAY

DEC 21

"Red Light, Green Light"
[TEAMS OF 3]

For Time:
150/120 Calorie Bike Erg
30 Power Snatches (115/85)

Into...

150/120 Calorie Bike Erg
60 Power Snatches (95/65)

Into...

150/120 Calorie Bike Erg
90 Power Snatches (75/55)

Time Cap: 35 Minutes

SUNDAY

DEC 22

"Goldmember"

On the 2:00 x 5 Rounds:
200 Meter Run
Max Strict Pull-ups

Directly Into...

On the 2:00 x 5 Rounds:
250/225 Meter Row
Max Sit-ups

"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 16 - DEC 22

MONDAY

DEC 16

Carl Jung

"The shoe that fits one person pinches another; there is no recipe for living that suits all cases."

What works for one person may not work for another; tailor your approach to life based on your own needs and circumstances.

TUESDAY

DEC 17

"It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward."

Progress is often more sustainable when made gradually; small, consistent steps are better than one big, risky leap.

WEDNESDAY

DEC 18

Confucius

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."

If you're not making progress, rethink your approach, not your goals; adapt your methods to reach your destination.

THURSDAY

DEC 19

Elizabeth Arden

"I'm not interested in age. People who tell me their age are silly. You're as old as you feel."

Age is a mindset; how you feel and act is more important than the number of years you've lived.

FRIDAY

DEC 20

Nikola Tesla

"Our virtues and our failings are inseparable, like force and matter. When they separate, man is no more."

Strengths and weaknesses are intertwined; they define who we are as individuals.

SATURDAY

DEC 21

Laurence J. Peter

"There are two kinds of failures: those who thought and never did, and those who did and never thought."

Balance action with careful thought; success requires both planning and doing.

SUNDAY

DEC 22

Ralph Emerson

"It is one of the blessings of old friends that you can afford to be stupid with them."

Long-standing friendships allow you to be yourself without fear of judgment, even in your silliest moments.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

DEC 16 - DEC 22

- Check out the details of the Linear Progression cycle in this document
https://drive.google.com/file/d/11gaZWP0eE_SOQtoulGEpwhVbd3tHDezD/view?usp=drive_link
- Week 2 of cycle B is coming up! We're moving into 3 sets of 3 reps of our bench press, sumo deadlift, and front squat. These sets are the same load across all sets with the target being around 82%, or just heavier than athletes went last week.



DAILY VIEW

DAILY VIEW

MONDAY DEC 16

CLASS

Bench Press
3 Sets:
3 Bench Press

- * Same Weight Across
- * Aim For 82% 1RM

"Show Of Hands"
On the 1:30 x 10 Sets:
5 Strict Pull-ups
15 Dumbbell Goblet Squats (50/35)
Max Hand Release Push-ups

KG | 22.5/15

OPEN | GAMES

On the 1:30 x 10 Sets:
8 Chest to Bar Pull-ups
8 Single Leg Squats (R)
8 Single Leg Squats (L)
Max Wall Walks

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
3x8 Barbell Hip Thrusts

[PART B]
16 Double Dumbbell Romanian Deadlifts

Rest 1 Minute Between Sets

AGE GROUP

55+ / 13-15

(35/20)

KG | 15/10

COACHING RESOURCES

- [Teaching the Bench Press](#)
- [Resource Links](#)



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

MONDAY DEC 16

| OVERVIEW | In part 1, This is the second week of our bench press base progression cycle. Aim to work up to 82%, then complete all three sets at that load as long as you can maintain good form. In Part 2, We're accumulating lots of reps in today's workout. In each 1:30 window, you'll start with a set number of pull-ups and goblet squats and then finish out with as many push-ups as you can before the next 1:30 window begins. Look to have at least 30 seconds per round to accumulate push-ups. Adjust reps/loading of pull-ups and goblet squats to accomplish that. | | |
|------------------------|--|-----------------------------|--|
| | SCORE | Total Hand Release Push-ups | TARGET60-120 Reps |
| | | | STIMULUSLight Loading |
| | | | |
| ELEMENT | STIMULUS | | MODIFICATIONS |
| Strict Pull-Ups | <ul style="list-style-type: none">These can be completed anywhere from quick singles to unbroken reps, depending on your ability. Reps should take no longer than 0:30 to complete. | | <ul style="list-style-type: none">Reduce RepsBanded Strict Pull-UpsKipping Pull-ups <ul style="list-style-type: none">Jumping Pull-ups with Controlled DescentRing RowsAlternating Dumbbell Plank Rows |
| Dumbbell Goblet Squats | <ul style="list-style-type: none">These are performed with a single dumbbell held vertically at your collarbone. Both hands should grip the top end of the dumbbell weight. Reps should be completed in 1-2 sets and in no more than 0:30. | | <ul style="list-style-type: none">Dumbbell or Barbell Front Squats <ul style="list-style-type: none">Spanish SquatsLungesAir Squats |
| Hand Release Push-Ups | <ul style="list-style-type: none">At the bottom of your reps, your chest must touch the ground and your hands must be lifted off the ground. You must remain in a planked position, meaning hips do not pike up or sag down as you push yourself into a fully locked-out position. Aim to accumulate at least 10 reps each round. | | <ul style="list-style-type: none">Reduce RepsRegular Push-UpsBox Push-Ups <ul style="list-style-type: none">Dumbbell Bench PressDumbbell Floor Press |

The One Teaching Focus | **Break the bar**

- We’re focusing on the athlete “breaking the bar” in the bench press. This technique ensures optimal muscle activation in the chest and shoulders. Breaking the bar helps to stabilize the shoulders and elbows, reducing the risk of injury and ensuring proper alignment throughout the movement. It creates tension in the upper body, providing a solid base from which to press the weight. Verbal Cues: "Imagine you're trying to bend the bar in half with your hands." "Push outward against the bar as if you're trying to spread it apart." "Squeeze the bar as hard as you can and push outward with your hands."

Logistics

- Logistics shouldn't be an issue today. Everyone should try and have their own DB, if your class is short on DBs, you can sub a KB for the goblet squats.

LESSON PLAN

LESSON PLAN

MONDAY DEC 16

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
 - Quad Pulls
 - Knee Pulls
 - Knuckle Draggers
 - Scorpions
 - Downward Dog
 - Prone Snow Angels
 - Alternating Worlds Greatest
 - Tempo Air Squats
 - Tall Plank
 - Tempo Goblet Squats (Light Load)
 - Plank Shoulder Taps
 - Goblet Squats (Light Load)
 - Up Down Planks
 - Goblet Squats (Workout Load)

2

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

- Strict Pull-Up Warm-Up | Tell, Show, Do, Check
 - 0:20 Scapular Pull-Ups
 - Emphasize engaging the scapulae to initiate the pull and building shoulder stability.
 - 0:20 Hollow Hold (Hanging from Bar)
 - Look for athletes to maintain a tight, rigid body with toes pointed and a neutral spine, preparing the core for strict pull-ups.
 - 0:20 Active Hang + Pull-Up Negative
 - Emphasize slow, controlled movement, ensuring that they maintain tension in the core and lats throughout the descent.
 - 0:20 Banded Strict Pull-Ups or Jumping Pull-Ups (Assisted)
 - Ensure athletes are using their upper body to pull rather than relying on momentum or assistance.
 - 0:20 Tempo Strict Pull-Ups (3-Second Descent)
 - Look for proper head positioning (in line with the body), elbows tracking back, and full range of motion—chin over the bar at the top.
 - 0:20 Strict Pull-Ups (Workout Movement)
 - Watch for smooth movement, neutral spine, and consistent pull-up technique with no kipping or excessive body movement.

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
 - 3 Strict Pull-Ups
 - 6 Goblet Squats
 - 9 Hand Release Push-Ups
- Break
- Workout adjustments if needed

5

- 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

WORKOUT // 15 MINUTES | 39:00-54:00

- Look For
 - Strict Pull-Ups | “Tight is Light” emphasizes athletes to keep the feet squeezed and the core tight as they move through their strict pull ups.
 - Goblet Squats | Athletes should keep a light position while holding the DB in the goblet position. We should not drop the elbows too low, we want to keep an active upper back and remain active the whole time.
 - Hand Release Push-Ups | The legs should be off the ground before we press to the top of our push up. We want the body to rise as a unit.

6

COOL-DOWN // 6 MINUTES | 54:00-60:00

DAILY VIEW

DAILY VIEW

TUESDAY DEC 17

CLASS

"Upbeat"
For Time:
1,000/900 Meter Row
150 Double Unders
1 Mile Run
150 Double Unders
1,000/900 Meter Row

Time Cap: 30 Minutes

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Killer Core
3 Super Sets:
10 Weighted Sit-ups (Moderate)
20 Sit-ups (Unweighted)

Rest 2 Minutes Between Super Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Today's workout is highly aerobic and should feel like you are in good control throughout the whole workout. If paced correctly the paces you are holding should steadily become more difficult to maintain. This workout is a great way to increase your aerobic power.

SCORETime

TARGET15:00-25:00

STIMULUSLactate Threshold [RPE 7]

| ELEMENT | STIMULUS | MODIFICATIONS | |
|---------------|---|--|---|
| Row | <ul style="list-style-type: none">Each row should be completed in less than 5:00. | <ul style="list-style-type: none">5:00 Time Cap800/720m Ski50/40 Calorie Echo Bike | <ul style="list-style-type: none">2,000/1,800m Bike Erg800m Run |
| Double Unders | <ul style="list-style-type: none">Each set should be completed in less than 3:00. Adjust reps to accomplish this. | <ul style="list-style-type: none">Reduce Reps1.5x Single Unders | <ul style="list-style-type: none">Plate Hops5:00 Effort On Any Machine |
| Run | <ul style="list-style-type: none">Should be completed in less than 10:00. | <ul style="list-style-type: none">10:00 Time Cap2,000/1,800m Row1,600/1,440m Ski | <ul style="list-style-type: none">100/80 Calorie Echo Bike4,000/3,600m Bike Erg8:00 Effort on Treadmill/Runner* |

The One Teaching Focus | **Keep the seat from your feet**

- This teaching focus emphasizes the "catch" position of the rower sequence. In this position the athlete should be targeting a sound "a frame" created by the legs through the position between the seat of the rower and the foot pads. This position is most optimal for a lower body push to generate force in the drive sequence of the rower. Athlete's often bring the seat all the way to their heels, creating an inefficient position to drive from.

Logistics

- If you do not have enough rowers for your class size, you can stagger start groups to still allow athletes to follow the flow of today's workout.

LESSON PLAN

LESSON PLAN

TUESDAY DEC 17

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

- 0:30 Roll Out Feet With Lacrosse Ball
- 0:30 Roll Out Calves With Foam Roller
- 0:15 Bent Knee Calf Stretch [Each Leg]
- 15 Calf Raises [Each Leg]
- 15 Pogo Hops [Each Leg]
- 20 Single Unders

2

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

- Row | tell, show, do, check
 - Establish catch and finish positions
 - Catch with flat back, heels down, and vertical shins.
 - Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500/m split and tell athletes where to look on the screen
 - :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

- Double Under Warm Up | tell, show, do, check
 - :20 High Singles
 - Focus on timing wrist speed
 - :20 Fast Singles:
 - Focus on wrist rotation and quicken the pace of the jump rope
 - :20 Alternating Feet:
 - Focus on enhance footwork and coordination.
 - :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

3

STRENGTH //

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

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

4

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

- Look For
 - Row | Focus on our teaching point today, we want athletes to keep the seat away from the feet.
 - Double Under | These are big sets of double unders, encouraging athletes to relax their shoulders and focus on their wrist rotation.
 - Run | Athletes should aim to run the whole distance today. If we can run the full mile, we should run at the hardest pace that will still allow us to come in and get to work on our doubles. If we cannot do the full mile atheltes should choose a distance that will allow them to run the whole time.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY DEC 18

CLASS

Sumo Deadlift
3 Sets:
3 Sumo Deadlifts

- * Same Weight Across
- * Aim For 82% 1RM

"DT" [BENCHMARK]
5 Rounds For Time:
12 Deadlifts
9 Hang Power Cleans
6 Push Jerks

Barbell: (155/105)

Time Cap: 18 Minutes

KG | 70/48

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Lactate Threshold
[2 Sets]:
10 Rounds:
40 Seconds Row (RPE 5-6)
20 Seconds Rest

Rest 4 Minutes Between Sets

AGE GROUP

55+ / 13-15

(115/85)

KG | 52/38

COACHING RESOURCES

- [Teaching the Sumo Deadlift](#)
- [DT](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This is the second week of our sumo deadlift base progression cycle. Aim to work up to 82% of your 1RM sumo deadlift max, then complete all three sets at that load as long as you can maintain good form. In Part 2, we have a Benchmark workout “DT” , a classic barbell conditioning piece. The goal here is to see how little we can break up the barbell each round. A couple of example breaks; break after the 11th deadlift and the 8th hang power clean, or can we have one break in the middle of the hang power cleans.

| | | | | | |
|-------|------|--------|------------|----------|------------------|
| SCORE | Time | TARGET | 5:00-15:00 | STIMULUS | Moderate Loading |
|-------|------|--------|------------|----------|------------------|

| ELEMENT | STIMULUS | MODIFICATIONS | |
|------------------|---|--|--|
| Deadlift | <ul style="list-style-type: none">1:00 or less, this should be the easiest of the three, aim for unbroken or a planned break to give the grip a reset before the hang power cleans. | <ul style="list-style-type: none">Reduce Loading/RepsSub Dumbbells or KBsGood Mornings | <ul style="list-style-type: none">Barbell Sumo DeadliftKettlebell Sumo Deadlift |
| Hang Power Clean | <ul style="list-style-type: none">1:00 or less, 1-2 sets. | <ul style="list-style-type: none">Reduce Reps/LoadingPower Cleans | <ul style="list-style-type: none">Front SquatsSub Dumbbells |
| Push Jerks | <ul style="list-style-type: none">1:00 or less, ideally unbroken. | <ul style="list-style-type: none">Reduce Reps/LoadingSub Dumbbells/KettlebellsSplit Jerk | <ul style="list-style-type: none">Push PressPush-UpsHandstand Push-ups |

The One Teaching Focus | **Elbows beat the feet**

- In the push jerk, Cue athletes punch hard and fast after fully extending the hips and legs. This will encourage athletes to land with their elbows already locked out and in an active overhead position. In the hang power clean, cue athletes to have fast elbows under the bar in order to catch in a sound position each time.

Logistics

- There shouldn't be any logistics needed today. Athletes just need to have their own barbell.

LESSON PLAN

LESSON PLAN

WEDNESDAY DEC 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 0:20-0:30 Each
 - Samson (Right)
 - Samson (Left)
 - Pigeon (Right)
 - Pigeon (Left)
 - Boot Straps
 - Bend and Reach
 - Single Leg Glute Bridge (Right)
 - Single Leg Glute Bridge (Left)
 - Inchworm to Plank
 - Push-Ups
 - Body Weight Good Mornings
 - Squat Jumps

2

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

- Empty Barbell Specific Flow 0:20 Each
 - Stiff Leg Deadlifts
 - Hang Muscle Clean
 - Front Squat
 - Shoulder Press
 - Good Mornings
 - Deadlifts
 - Hang Dip + Jump
 - Athletes should keep the arms long and focus on getting full extension as they jump
 - Hang Power Cleans
 - Look for athletes to keep their hip extension as they move through these.
 - Front Rack Drip + Drive
 - Barbell stays on the shoulders
 - Look for athletes to keep their chest vertical in the dip and stand hard and fast
 - Push Press
 - Look for the legs to cue the shoulder to press.
 - Push Jerks
 - Look for athletes to make the elbows beat the feet.
 - We want a hard and fast catch at the top of each rep.

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 82%
- Transition to part 2

4

PRIMER // 6 MINUTES | 23:00-41:00

- Practice Round
 - 4 Deadlifts
 - 3 Hang Power Cleans
 - 2 Push Jerks
 - 3 Deadlifts
 - 2 Hang Power Cleans
 - 1 Push Jerks
- Break
- Workout adjustments if needed

5

- 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

WORKOUT // 18 MINUTES | 41:00-59:00

- Look For
 - Deadlift | In today's workout, the deadlifts will act as a grip fatigue movement, so encourage athletes to break the bar early to save the grip if needed.
 - Hang Power Cleans | Look for athletes hip extension, as we fatigue we don't want to overuse the low back, so we need to focus on a strong jump and hip extension.
 - Push Jerk | We want to be sure athletes have a sound overhead position, it will be east to start getting lazy overhead so encourage athletes to remain tight and engaged.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY DEC 19

CLASS

"Plinko"
AMRAP 40:
20/15 Calorie Row
20/15 Calorie Bike Erg
20 Shuttle Runs
20 Sit-ups

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Killer Core
6 Sets:
20 Banded Kneeling Crunches
10 Seconds Rest

Directly Into...

6 Sets:
20 Second Prone Knee to Elbow
10 Seconds Rest

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

Today's workout is a BIG conditioning piece meant to improve your fatigue resistance. Work at a challenging yet manageable pace throughout the entire piece. You should always feel in control.

SCORE

Rounds + Reps

TARGET

7-10 Rounds

STIMULUS

Lactate Threshold [RPE 5-6]

| ELEMENT | STIMULUS | MODIFICATIONS | |
|--------------|---|---|--|
| Row/Bike Erg | <ul style="list-style-type: none">Reset monitors every round. Both men and women are doing the same number of calories today. These should be completed in 1:30 or less. | <ul style="list-style-type: none">1:30 Time Cap20 Calorie Ski16 Calorie Echo Bike | <ul style="list-style-type: none">200m Run1:00 Moderate Effort on Treadmill/Runner |
| Shuttle Runs | <ul style="list-style-type: none">Every 10 meters = 1 shuttle run = 1 rep. At each turnaround, only one foot and one hand must touch the ground over the line. Should be completed in 1:30 or less. | <ul style="list-style-type: none">1:30 Time Cap20 Calorie Ski16 Calorie Echo Bike | <ul style="list-style-type: none">200m Run1:00 Moderate Effort on Treadmill/Runner20 Burpees |
| Sit-ups | <ul style="list-style-type: none">Should be completed in 1:00 or less. | <ul style="list-style-type: none">Reduce RepsHollow Rocks | <ul style="list-style-type: none">Tuck Crunches |

- The One Teaching Focus | **Pacing**
- Your paces should be submaximal and sustainable for 60 minutes if asked to.
 - Row: An RPE 5-6 would equate to 20-30 seconds slower than your 2k PR pace.
 - Bike Erg: This pace would look similar to the pace you see on your Row Erg.
 - Shuttle Runs: These should feel brisk but manageable the entire time. You should not slow down during any of your sets.
 -

- Logistics
- If your class is short on equipment, have athletes start on different stations.

LESSON PLAN

LESSON PLAN

THURSDAY DEC 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 // 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
 - Shuttle Run

2

SPECIFIC WARMUP //

3

STRENGTH //

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

- Practice Round
 - 1 Round:
 - 10/8 Calorie Row Sprint / rest 30 seconds
 - 10/8 Calorie Bike Sprint / rest 30 seconds
 - 10 Shuttle Runs / rest 30 seconds
 - 10 Sit-ups
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 15:00-55:00

- Look For
 - Row | Look for athletes to keep the seat away from the feet, we want to drive through the heels today and have strong pulls.
 - Bike | Encourage athletes to scoop the pedals, we want athletes to pull with the hamstrings in the bottom of the stroke.
 - Shuttle Runs | Athletes should have a quick transition in their turn around.

5

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

DAILY VIEW

DAILY VIEW

FRIDAY DEC 20

CLASS

Front Squat
3 Sets:
3 Front Squats

- * Same Weight Across
- * Aim For 82% 1RM

"Get Over Here"
For Time:
45 Burpee Box Jumps (30"/24")
90 Wallballs (20/14)

- * Partition However

Time Cap: 18 Minutes

KG | 9/6

OPEN | GAMES

For Time:
45 Burpee Box Get Overs (48"/40")
90 Wallballs (20/14)

- * Partition However

Time Cap: 18 Minutes

KG | 9/6

AGE GROUP

55+ / 13-15

(20/10)(9')

KG | 9/4.5

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
3 Supersets:
20 Banded Front Raises
20 Banded Pull Aparts

Rest 1 Minutes Between Supersets

COACHING RESOURCES

- [Front Squat POP](#)
- [Wall Ball](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

FRIDAY DEC 20

OVERVIEW

In part 1, This is the second week of our front squat base progression cycle. Aim to work up to 82%, then complete all three sets at that load as long as you can maintain good form. In part 2, we have a choose your own route workout. Athletes will aim to complete 45 and 90 reps in whatever way they choose. We should look to choose a challenging height on the burpee box jumps, but still something we can complete at a steady rate. Encourage athletes to choose a partition route that will allow them to maintain sets unbroken.

SCORE

Time

TARGET

7:00-13:00

STIMULUS

VO2 Max [RPE 8]

ELEMENT

STIMULUS

MODIFICATIONS

Burpee Box Jump

- Challenging height, but able to readily move through reps without periods of rest. You should be able to complete 10 reps per minute of work.

- Reduce Box Height
- Burpee Box Step-Ups

- Burpees Only
- Box Jumps Only

Wallball

- Choose a wallball weight that you could do for 30 unbroken reps when fresh. You should be able to complete 15 reps per minute of work.

- Reduce Reps/Loading/Target Height
- Single Dumbbell Thrusters
- Empty Barbell Thrusters

- Wallball Thrusters
- No Squat Wallballs
- 135 Air Squats

The One Teaching Focus | **Grip the ground**

- In both our squats we want to target a grip and twist the ground with the feet. This will create an arch in the midfoot and recruit the muscles of the posterior chain as athletes squat.

Logistics

- Some options for partition include:
 - A) 3 Rounds: 30 Wallballs + 15 Burpee Box Jumps
 - B) 40-30-20 Wallballs + 21-15-9 Burpee Box Jumps
 - C) 5 Rounds: 18 Wallballls + 9 Burpee Box Jumps
 - D) 9 Rounds: 10 Wallballs + 5 Burpee Box Jumps
 - E) 10 Rounds: 9 Wallballs, 9-8-7-6-5-4-3-2-1 Burpee Box Jumps

LESSON PLAN

LESSON PLAN

FRIDAY DEC 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 each
 - Bottom of Squat Hold
 - Pigeon (right)
 - Pigeon (left)
 - Quick Ups
 - Spiderman
 - Alternating Box Step Ups
 - Body Weight Good Mornings
 - Glute Bridge
 - Step Back, Step Up Burpees
 - Squat Jumps
 - Cossack Squats
 - Burpees
 - Box Jumps

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

- 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 82%
- Transition to part 2

4

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

- Practice Round
 - 2 Rounds:
 - 4 Burpee Box Jump Overs
 - 6 Wallballs
- Break
- Workout adjustments if needed

5

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

- Look For
 - Burpee Box Jump | Look for athletes to find a rhythm for their reps. Encourage them to step up form their burpee, and set their feet in a stance of which they can go straight into their box jump.
 - Wallball | Athletes should be confident in their wallballs, we should aim to be able to complete big sets unbroken. If athletes are struggling too much to maintain sets, encourage them to scale the load.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY DEC 21

CLASS

"Red Light, Green Light"
[TEAMS OF 3]
For Time:
150/120 Calorie Bike Erg
30 Power Snatches (115/85)

Into...

150/120 Calorie Bike Erg
60 Power Snatches (95/65)

Into...

150/120 Calorie Bike Erg
90 Power Snatches (75/55)

Time Cap: 35 Minutes

KG | (52/38), (43/29), (34/25)

OPEN | GAMES

1 Round:
30/24 Calorie Echo Bike
10 Power Snatches @weight(135/95)
Rest 5 Minutes
2 Rounds:
15/12 Calorie Echo Bike
10 Power Snatches @weight(115/85)
Rest 5 Minutes
3 Rounds:
10/8 Calorie Echo Bike
10 Power Snatches @weight(95/65)
Time Cap: 30 Minutes

AGE GROUP

55+ / 13-15

(95/65), (75/55), (65/45)

KG | (43/29), (34/25), (29/20)

ACCESSORY WORK

(formerly 'After Party')

Zone 2
9 Minute Window x 5 Rounds:
1,000 Meter Row
Bike Erg Time Remaining

* Performed at RPE 2-3

COACHING RESOURCES

- [Power Snatch POP](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Teams of three today, only one partner works at a time but teams can split the work however they would like. Look for athletes to choose loads that will allow them to move with quality throughout all their reps.

| | | | | | |
|-------|------|--------|---------------|----------|-------------------|
| SCORE | Time | TARGET | 25-35 Minutes | STIMULUS | VO2 Max [RPE 8-9] |
|-------|------|--------|---------------|----------|-------------------|

| ELEMENT | STIMULUS | MODIFICATIONS | |
|--------------|---|--|---|
| Bike | <ul style="list-style-type: none">About 10:00 | <ul style="list-style-type: none">12:30 Time Cap150/120 Calorie Row120/100 Calorie Ski | <ul style="list-style-type: none">120/100 Calorie Echo Bike2000m Run |
| Power Snatch | <ul style="list-style-type: none">Choose weights that allow for 1-3 reps at a time on the first bar, 5-10 reps on the second bar, and sets of 10+ on the final bar. | <ul style="list-style-type: none">Reduce LoadingHang Power SnatchesDumbbell Power Snatches | <ul style="list-style-type: none">Kettlebell SwingsPower Cleans |

The One Teaching Focus | **Elbows beat the feet**

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

Logistics

- INDIVIDUAL VERSION
 - 1 Round:
 - 30/24 Calorie Echo Bike
 - 10 Power Snatches (135/95)
 - Rest 5 Minutes
 - 2 Rounds:
 - 15/12 Calorie Echo Bike
 - 10 Power Snatches (115/85)
 - Rest 5 Minutes
 - 3 Rounds:
 - 10/8 Calorie Echo Bike
 - 10 Power Snatches (95/65)
 - Time Cap: 30 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY DEC 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 0:20-0:30 Each
 - Bike (2 minutes)
 - Arm Circles (Small to Large)
 - Scorpions
 - Inchworms to Push-up
 - Cossack Squats
 - Lateral Lunges
 - Dynamic Toe Touches
 - Reverse Lunges with Reach
 - Quick Feet Drill
 - High Knees

2

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

- Power Snatch | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Eyes on the horizon
 - With An Empty Barbell:
 - 10 Behind The Neck Snatch Grip Press
 - 10 Back Rack Shoulder Rotations
 - 10 Back Rack Alternating Split Squats
 - 10 Snatch High Pulls to Turnover
 - Encourage athletes to turnover fast, and puch the elbows.
 - 5 Hang Snatch (jump and catch)
 - Look for athletes to fully extend their hips before they turn over.
 - 10 Overhead Squats
 - The bar should stay over the middle of the foot, while keeping the overhead position strong and stable.
 - 3 Touch-and-go Power Snatches At Lightest Barbell Weight
 - If athletes cannot complete 3 unbroken with sound form, they should adjust loading for the workout.

3

STRENGTH //

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

- Practice Round
 - 2 Rounds:
 - 10 Calorie Echo Bike
 - 5 Power Snatches (115/85)
- Break
- Workout adjustments if needed

4

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

- Look For
 - Bike | Encourage athletes to hold a high effort since they will be getting a 2:1 rest each round.
 - Power Snatch | Even with a heavier load on the barbell in the starting rounds athletes should still move with quality. Look for athletes to have an aggressive and fast turnover at the top.

5

COOL-DOWN // | 25:00-60:00

DAILY VIEW

DAILY VIEW

SUNDAY DEC 22

CLASS

"Goldmember"
On the 2:00 x 5 Rounds:
200 Meter Run
Max Strict Pull-ups

Directly Into...

On the 2:00 x 5 Rounds:
250/225 Meter Row
Max Sit-ups

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

VO2 Max
4 Rounds:
4 Minute Bike Erg RPE 7-8]

Rest 1 Minute Between Sets

COACHING RESOURCES

- [Resource Links](#)

FOR THE COACH

COACH TOOLS

SUNDAY DEC 22

OVERVIEW

Today's workout is a good day to allow the body to recover, while still getting in some good muscular work. This is meant to be a recovery workout meaning we are not pushing the intensity too much, but focusing on our quality of movement.

SCORE

Total Reps

TARGET

125-200 Reps

STIMULUS

Recovery [RPE 2-3]

ELEMENT

STIMULUS

MODIFICATIONS

Run

- About 1:00 to complete.

- 1:15 Time Cap
- 250/225m Row
- 200/180m Ski

- 12/10 Calorie Echo Bike
- 500/450m Bike Erg

Row

- About 1:00 to complete.

- 1:30 Time Cap
- 200/180m Ski
- 12/10 Calorie Echo Bike

- 500/450m Bike Erg
- 200m Run

Strict Pull-Ups

- Choose a variation that allows for 6+ reps each round.

- Reduce Reps
- Banded Strict Pull-Ups
- Kipping Pull-ups

- Jumping Pull-ups with Controlled Descent
- Ring Rows

Sit Ups

- Aim for full range of motion, completing 10+ reps each round.

- Reduce Reps
- Hollow Rocks

- Tuck Crunches

The One Teaching Focus | Pull the Elbows to the Floor

- In our strict pull ups, encourage athletes to pull the elbows down to the floor rather than pulling the chin over the bar. This will force athletes to pull in a straight bar path.

Logistics

- If you are short on rowers, have athletes start on different pieces and switch after the first half.

LESSON PLAN

LESSON PLAN

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

2

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

- Strict Pull-Up Warm-Up | Tell, Show, Do, Check
 - 0:20 Scapular Pull-Ups
 - Emphasize engaging the scapulae to initiate the pull and building shoulder stability.
 - 0:20 Hollow Hold (Hanging from Bar)
 - Look for athletes to maintain a tight, rigid body with toes pointed and a neutral spine, preparing the core for strict pull-ups.
 - 0:20 Active Hang + Pull-Up Negative
 - Emphasize slow, controlled movement, ensuring that they maintain tension in the core and lats throughout the descent.
 - 0:20 Banded Strict Pull-Ups or Jumping Pull-Ups (Assisted)
 - Ensure athletes are using their upper body to pull rather than relying on momentum or assistance.
 - 0:20 Tempo Strict Pull-Ups (3-Second Descent)
 - Look for proper head positioning (in line with the body), elbows tracking back, and full range of motion—chin over the bar at the top.
 - 0:20 Strict Pull-Ups (Workout Movement)
 - Watch for smooth movement, neutral spine, and consistent pull-up technique with no kipping or excessive body movement.

3

STRENGTH //

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

- Practice Round
 - 100m Run
 - 3 Strict Pull-Ups
 - 100m Row
 - 6 Sit-Ups
- Break
- Workout adjustments if needed

4

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

- Look For
 - Run | If athletes cannot complete the run in around 1:00, have athletes pull back the distance. This shouldn't need to be a sprint effort, we are looking to target an RPE 2-3.
 - Strict Pull-Ups | Look for our teaching focus, elbows to the floor.
 - Row | Focus on the sequence of pull, legs then arms.
 - Sit-Ups | Look for full range of motion in the sit ups, these are only beneficial if full range of motion is used.

5

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