

COMPTRAIN | GYM

DEC 30 - JAN 5

# LESSON PLAN

Elevate your programming approach.

LESSON PLAN

# WEEKLY VIEW

WEEKLY

DEC 30 - JAN 5

MONDAY

DEC 30

**Fortitude [Benchmark]**  
On the Minute x 30:  
1 Minute Row Calories  
1 Minute Burpees

TUESDAY

DEC 31

**Sumo Deadlift**  
3 Sets:  
1 Sumo Deadlift

\* Same Weight Across  
\* Aim For 89% 1RM

**"Pet Peeve"**  
4 Rounds For Time:  
400 Meter Run  
8 Power Snatches (115/85)  
8 Dumbbell Box Step-ups (20")

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes

WEDNESDAY

JAN 1

**3 Sets:**  
1 Bench Press

\* Same Weight Across  
\* Aim For 89% 1RM

**"Home Sweet Home"**  
AMRAP 15:  
15 Hand Release Push-ups  
30 Sit-ups  
60 Double Unders

THURSDAY

JAN 2

**"4 Real"**  
5 Rounds x AMRAP 4:  
30/24 Calorie Bike Erg  
20 Kettlebell Swings (53/35)  
Max 10-Meter Shuttle Runs

Rest 4 Minutes Between Rounds

FRIDAY

JAN 3

**Front Squat**  
3 Sets:  
1 Front Squat

\* Same Weight Across  
\* Aim For 89% 1RM

**"Backup Plan"**  
For Time:  
45 Front Squats (135/95)  
45 Strict Pull-ups

Directly Into....

400 Meter Farmers Carry (50/35)'s

\* Partition Part 1 However

SATURDAY

JAN 4

**"Cleaning Crew"**  
[TEAMS OF 3]  
AMRAP 25:  
90/75 Calorie Row, 60 Clean & Jerks  
90/75 Calorie Row, 45 Clean & Jerks  
90/75 Calorie Row, 30 Clean & Jerks  
90/75 Calorie Row, Max Clean & Jerks

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

SUNDAY

JAN 5

**7 Rounds:**  
400 Meter Run  
Max Unbroken Toes to Bar

Rest 1 Minute Between Rounds

Time Cap: 30 Minutes

**"Sunday Runday"**  
Beginner: Run 2 Miles  
Intermediate: Run 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 30 - JAN 5

MONDAY

DEC 30

Peter Elbow

"Meaning is not what you start with but what you end up with."

The significance of your actions and choices becomes clear in hindsight, as their outcomes unfold.

TUESDAY

DEC 31

Epictetus

"Know, first, who you are, and then adorn yourself accordingly."

Self-awareness is the foundation for personal growth and expression.

WEDNESDAY

JAN 1

Rumi

"Everyone has been made for some particular work, and the desire for that work has been put in every heart."

We all have a purpose, and our passions guide us toward fulfilling it.

THURSDAY

JAN 2

Albert Schweitzer

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

True success stems from finding joy in your work, not from external achievements.

FRIDAY

JAN 3

Albert Einstein

"If A is success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut."

Balance work and play, and avoid unnecessary talk to achieve success.

SATURDAY

JAN 4

Aristotle

"In all things of nature there is something of the marvellous."

Nature is filled with wonder and beauty, and recognizing it enriches our lives.

SUNDAY

JAN 5

Maya Angelou

"When you learn, teach. When you get, give."

Knowledge and resources should be shared, helping others grow as you have.

MENTAL  
FITNESS.



# COACH DIGEST

WEEKLY

DEC 30 - JAN 5

- Happy New Year! It's been a huge privilege to be a small part of your process throughout 2024. I'm looking forward to starting 2025 strong with each one of you & your gym communities. Look ahead to the PowerBuilding cycle that's getting started next week!
- Check your lesson plans for "Cold Weather Run Subs".
- We're launching the week with one of the all-time great benchmarks, "Fortitude"
- We're in our final week of the Base Linear Progression strength cycle. Take note that we're not aiming for a 1RM attempt. We're targeting great mechanics for 3 heavy singles over 90%.





# DAILY VIEW

DAILY VIEW

MONDAY DEC 30

## CLASS

Fortitude [Benchmark]  
On the Minute x 30:  
1 Minute Row Calories  
1 Minute Burpees

## OPEN | GAMES

Same as class

## ACCESSORY WORK

(formerly 'After Party')

3 Giant Sets For Quality:  
7 Strict Toes to Bar  
20 Second Hollow Hold  
20 Medicine Ball Twists (10/side)

Rest 1 Minute Between Giant Sets

## AGE GROUP

55+ / 13-15

Same as class

## COACHING RESOURCES

- [Fortitude](#)
- [Resource Links](#)



# FOR THE COACH

COACH TOOLS

MONDAY DEC 30

OVERVIEW

The last time we completed this workout was 12/27/23. This workout is called "Fortitude" for a reason. Being able to pick numbers to hold for both of these movements for all 15 rounds without giving in to the discomfort is going to require both mental and physical fortitude. Today, let's lean into the discomfort and find out what we are capable of.

SCORE

Lowest Row + Lowest Burpee

TARGET

20-36 Reps

STIMULUS

Lactate Threshold [RPE 6-8]

ELEMENT

STIMULUS

MODIFICATIONS

Row

- Reset the monitor every round. Aim for consistency.

- Max Cals On Any Other Machine

- Max Shuttle Runs
- Max Box Jump Overs

Burpees

- Consistency across the board.

- Max Cals On Any Machine

- Max Shuttle Runs
- Max Box Jump Overs

The One Teaching Focus | Row Efficiency

- Encourage a stroke rate of 24-26 with hard pull today. The more we start to pull into the 30 stroke rate range the higher our heart rate will become, and be harder to control. We want to be set up for success coming off the row going into the burpees.
- Logistics
  - If your class is really big, athletes can share rowers and alternate movements.
- Strategy
  - Aim to finish your last calorie/burpee at the same time each round. This should be at about the 40-45 second mark in the first half of the workout and may drop to about the 50-55 second mark in the later rounds.
  - We should not aim to bank rest by moving faster when we are fresh. We want to keep the heart rate pretty steady throughout so

# LESSON PLAN

LESSON PLAN

MONDAY DEC 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 0:30 Each
  - Pigeon (right)
  - Pigeon (left)
  - Worlds Greatest (right)
  - Worlds Greatest (left)
  - Scorpions
  - Inchworm + Push Up
  - Bootstraps
  - Quick Ups
  - Mountain Climbers

2

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

- 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
  - :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
- Burpee | tell, show, do, check
  - 3 Step back, step up burpees
  - 3 step back, jump up burpees
  - 3 jump back, step up burpees
    - This is a great option today in order to control the heart rate
  - 3 jump back, jump up burpees

3

STRENGTH //

4

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

- Practice Round
  - 1:00 Row
  - 1:00 Burpees
  - This is the test to see what numbers they should choose today.
- Break
- Workout adjustments if needed

5

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

- Look For
  - Row: Look for athletes to be driving with their legs, and fully finish their pull in the back
  - Burpees: Encourage athletes to not rest on the floor, we want them to stay moving their rep count.

6

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

# DAILY VIEW

DAILY VIEW

TUESDAY JAN 31

## CLASS

**Sumo Deadlift**

3 Sets:

1 Sumo Deadlift

\* Same Weight Across

\* Aim For 89% 1RM

**“Pet Peeve”**

4 Rounds For Time:

400 Meter Run

8 Power Snatches (115/85)

8 Dumbbell Box Step-ups (20")

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes

KG | (52/38), (22.5/15)'s

## OPEN | GAMES

4 Rounds For Time:

400 Meter Run

8 Power Snatches (135/95)

8 Dumbbell Box Step-ups (20")

Double Dumbbells: (50/35)'s

KG | (61/43), (22.5/15)'s

## ACCESSORY WORK

(formerly 'After Party')

Gun Show

4 Sets

Set 1: Big Set Strict Pull-ups

Set 2: Big Set Strict Chin-ups

Set 3: Big Set Banded Strict Pull-ups

Set 4: Big Set Banded Strict Chin-ups

Rest 1 Minutes Between All Sets

## AGE GROUP

55+ / 13-15

13-15 & 55+: (95/65), (50/35)'s

KG | (43/29), (22.5/15)'s

## COACHING RESOURCES

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





KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

TUESDAY JAN 31

OVERVIEW	In part 1, This is the fourth and final week of our sumo deadlift base progression cycle. Aim to work up to 89% 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, Today's workout will improve your threshold and make your body more fatigue-resistant. Try to work at a steady, challenging effort throughout the entire workout to avoid big swings in your pace.									
	SCORE		Time		TARGET	12:00-16:00		STIMULUS	Moderate Loading	
ELEMENT			STIMULUS				MODIFICATIONS			
Run			<ul style="list-style-type: none"><li>Should be completed in 2:15 or less. Run at a moderate pace that allows you to get right to work on the power snatches.</li></ul>				<ul style="list-style-type: none"><li>2:30 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li><li>25/20 Calorie Echo Bike</li></ul>		<ul style="list-style-type: none"><li>1,000/900m Bike Erg</li><li>2:00 Moderate Effort on Treadmill/Runner</li><li>32 Shuttle Runs</li><li>30 Burpees</li></ul>	
Power Snatches			<ul style="list-style-type: none"><li>Choose a barbell weight that allows these to be completed in under 1:30. Cycling singles will likely be the fastest option for most people.</li></ul>				<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Hang Power Snatches</li><li>Dumbbell Power Snatches</li></ul>		<ul style="list-style-type: none"><li>Kettlebell Swings</li><li>Power Cleans</li></ul>	
DB Box Step-ups			<ul style="list-style-type: none"><li>Alternate legs every rep on the step-ups and hold the dumbbells farmers carry-style. Men and women use the same box height. Choose a dumbbell weight that allows these to be completed in under 1:00.</li></ul>				<ul style="list-style-type: none"><li>Reduce Reps/Loading/Box Height</li><li>Sub Kettlebells</li></ul>		<ul style="list-style-type: none"><li>Dumbbell Forward/Reverse Lunges</li><li>Goblet Squats</li></ul>	
							<ul style="list-style-type: none"><li>COLD WEATHER RUN SUBSTITUTIONS<ul style="list-style-type: none"><li>1000m/900m Bike Erg</li><li>500m/450m Row</li><li>20/17 Calorie Echo/Fan Bike</li><li>40 Shuttle Runs</li><li>120 Double Unders / 180 Single Unders</li><li>60 Box Step-Ups</li><li>80 Mountain Climbers</li></ul></li></ul>			

- 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 a lot of moving parts in today's workout, therefore room set up is important. First, ensure safety. Athletes should have plenty of room to complete snatches and step ups without interfering with other athletes movements.
  - Strategy
    - Today's strategy should be to work at a steady pace, never feeling limited at any one of the movements. If you begin to feel a movement become a limiter, moderate your pace on the other movements.
    - Example: If your box step-ups begin to fatigue and slow down, try cycling your power snatches slower or running at a slightly slower pace.

# LESSON PLAN

LESSON PLAN

TUESDAY JAN 31

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 (Grab PVC Pipe)
  - 0:30 PVC Passhtrough
  - 0:30 PVC Around the Worlds
  - 0:30 Deep Squat Hold
  - 0:30 Alternating Reverse Lunges
  - 0:30 PVC Overhead Squat
  - 0:30 Box Step Downs (Tempo on the way down)
  - 0:30 Pogo Hops
  - 0:30 High Knees (In place)
  - 0:30 Alternating Step Ups

2

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

- 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
  - 5 Snatch dip + drive
    - Focus on speed through the middle
  - 5 Snatch high pull
    - Focus on bar close
  - 3 Cued Snatch
    - Elbows beat the feet
- Sumo Deadlift | tell, show, do, check
  - Establish stance, grip, & set up
    - Double shoulder width stance
    - Toes Slightly pointed out
    - Arms hang straight down (hand inside knees)
    - Shoulders directly over bar
    - Knees track over toes
    - Chest pulled up & eyes on the horizon
  - 5 Cued reps Shin to knee
    - Focus on Keeping the Chest Up
    - Reinforce keeping the chest elevated throughout the lift to prevent rounding of the lower back.
  - 5 Cued reps Sumo deadlifts
    - Focus on Spreading the Floor
    - Encourage athletes to imagine spreading the floor apart with their feet to engage the outer hips and glutes more effectively.
  - 3 Cued Sumo Deadlifts at light load

3

STRENGTH // 12 MINUTES | 21:00-33:00

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 89%
- Transition to part 2

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

- Practice Round
  - 100m Run (Hard)
  - 8 Power Snatches at Workout Weight
  - 8 Box Step-ups at Workout Weight
- Break
- Workout adjustments if needed

4

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

- Look For
  - Run: Athletes should choose a pace that allows them to come in and get right to work on the power snatches, if they are having to rest a lot encourage them to pull back a little on the next run.
  - Power Snatches: We want athletes to complete this in 1:30, while for most singles is the best option they need to be done fast and efficiently.
  - Step Ups: These are sneaky, the grip and low back will start to fatigue here, encourage athletes to step up by leading with their chest to avoid any low back issues.

5

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

# DAILY VIEW

DAILY VIEW

WEDNESDAY JAN 1

## CLASS

**Bench Press**  
3 Sets:  
1 Bench Press

\* Same Weight Across  
\* Aim For 89% 1RM

**"Home Sweet Home"**  
AMRAP 15:  
15 Hand Release Push-ups  
30 Sit-ups  
60 Double Unders

## OPEN | GAMES

Same as Class

## ACCESSORY WORK

(formerly 'After Party')

**Killer Core**  
For Quality:  
50 Second Front Plank, 10 V-Ups  
40 Second Front Plank, 20 V-Ups  
30 Second Front Plank, 30 V-Ups  
20 Second Front Plank, 40 V-Ups  
10 Second Front Plank, 50 V-Ups

## AGE GROUP

55+ / 13-15

Same as Class

## COACHING RESOURCES

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





# FOR THE COACH

OVERVIEW

In part 1, This is the fourth and final week of our bench press base progression cycle. Aim to work up to 89%, then complete all three sets at that load as long as you can maintain good form. In part 2, This low-impact bodyweight workout is designed to be able to be done at home for New Year's Day or at a gym. Move at a consistent pace throughout, only taking quick breaks as needed. Choose reps and variations that allow you to complete each station in about 1:00.

SCORE

Rounds + Reps

TARGET

4-6 Rounds

STIMULUS

Lactate Threshold [RPE 5-6]

ELEMENT	STIMULUS	MODIFICATIONS	
Hand-Release Push-ups	<ul style="list-style-type: none"><li>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 plank position, meaning hips do not pike up or sag down as you push yourself into a fully locked-out position.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Regular Push-Ups</li><li>Box Push-Ups</li></ul>	<ul style="list-style-type: none"><li>Dumbbell Bench Press</li><li>Dumbbell Floor Press</li></ul>
Sit-ups	<ul style="list-style-type: none"><li>Both hands must touch the ground behind your head at the bottom of the sit-up and both hands must touch your feet at the top of the sit-up.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>Hollow Rocks</li></ul>	<ul style="list-style-type: none"><li>Tuck Crunches</li></ul>
Double Unders	<ul style="list-style-type: none"><li>60 seconds or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>90 Single Unders</li><li>Plate Hops</li></ul>	<ul style="list-style-type: none"><li>12 Burpees</li><li>1:00 Effort On Any Machine</li></ul>

- 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.
  - Strategy
    - Work at a moderate effort. This is a post-holiday workout and is intended to guide you through quality movement over extreme intensity.
    - An option to approach this workout is to build in intensity each round.

# LESSON PLAN

LESSON PLAN

WEDNESDAY JAN 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 0:30 Each
  - Calf Stretch (right)
  - Calf Stretch (left)
  - Pec Stretch (right)
  - Pec Stretch (left)
  - Upward Dog Press Ups
  - Pogo Hops
  - Inchworms
  - Hollow Hold
  - Single Unders
  - Sit Ups
  - Double Unders

2

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

- Hand-Release Push-Up Warm-Up | Tell, Show, Do, Check
  - 0:20 Scapular Push-Ups
    - Athletes should focus on engaging the shoulder blades by squeezing them together and then pushing them apart.
  - 0:20 Knee Hand-Release Push-Ups
    - Watch for elbows staying at a 45-degree angle, a controlled descent, and hands releasing from the floor at the bottom.
  - 0:20 Tempo Hand-Release Push-Ups (3-Second Descent)
    - Encourage athletes to lower slowly for three seconds, bringing the chest to the floor while keeping a strong core.
  - 0:20 Standard Hand-Release Push-Ups
    - Look for athletes to maintain a neutral spine, release hands at the bottom, and drive up with elbows tracking back.

- 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 | 21:00-33:00

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 89%
- Transition to part 2

4

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

- Practice Round
  - 10 Hand-Release Push-ups
  - 15 Sit-ups
  - 30 Double Unders
- Break
- Workout adjustments if needed

5

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

- Look For
  - Hand Release push ups: Look for the legs to be off the floor before they press back up, this will help keep the body inline.
  - Sit up: Full range of motion, encourage athletes to fully open the abs at the bottom, and pass the hips with the shoulders at the top.
  - Double under: Smooth steady reps, athletes should remain controlled and focus on breathing as they move here.

6

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

# DAILY VIEW

DAILY VIEW

THURSDAY JAN 2

## CLASS

"4 Real"

5 Rounds x AMRAP 4:  
30/24 Calorie Bike Erg  
20 Kettlebell Swings (53/35)  
Max 10-Meter Shuttle Runs

Rest 4 Minutes Between Rounds

KG | 24/15

## OPEN | GAMES

5 Rounds x AMRAP 4:  
30/24 Calorie Echo Bike  
20 Kettlebell Swings (53/35)  
Max Distance Handstand Walk

Rest 4 Minutes Between Rounds

## ACCESSORY WORK

(formerly 'After Party')

Rest 4 Minutes Between Rounds  
[Until 200/160 Calories]:  
30 Seconds Machine  
30 Seconds Rest

\* Your Choice Between Row or Echo Bike

## AGE GROUP

55+ / 13-15

(35/26)

KG | 15/11

## COACHING RESOURCES

- [Teaching the KB Swing](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW

We're working through five 4-minute AMRAPs today, with 4:00 of rest between each AMRAP. Each AMRAP begins with a bike and kettlebell swings. Then, use the remainder of the AMRAP to complete as many shuttle runs as you can. The goal is to have at least 1:00 to complete shuttle runs per round. Choose a kettlebell weight and calories on the bike erg that allow for that.

SCORE	Total Shuttle Runs	TARGET	50-100 Reps	STIMULUS	VO2 Max [RPE 8]
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ELEMENT	STIMULUS	MODIFICATIONS	
Bike	<ul style="list-style-type: none"><li>Aim to complete in no more than 2:00. Due to the rest between AMRAPs, you should be able to start each set at a hard effort before settling into a moderate pace.</li></ul>	<ul style="list-style-type: none"><li>2:15 Time Cap</li><li>25/20 Calorie Ski</li><li>30/24 Calorie Row</li></ul>	<ul style="list-style-type: none"><li>25/20 Calorie Echo Bike</li><li>400m Run</li><li>2:00 Moderate-Hard Effort on Treadmill/Runner</li></ul>
Kettlebell Swings	<ul style="list-style-type: none"><li>Your arms should be straight and extended at the top of your rep. This should be a light-moderate weight that allows you to complete reps in 2 sets or less.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Single Dumbbell Hang Power Snatches (35/25)</li></ul>	<ul style="list-style-type: none"><li>Empty Barbell Hang Power Snatches</li><li>Russian Kettlebell Swings</li></ul>
Shuttle Runs	<ul style="list-style-type: none"><li>Every 10 meters = 1 shuttle run = 1 rep. At each turnaround, only one foot and one hand need to touch the ground over the line.</li></ul>	<ul style="list-style-type: none"><li>Run</li><li>Treadmill/Runner</li><li>Calorie Bike Erg</li></ul>	<ul style="list-style-type: none"><li>Calorie Row</li><li>Calorie Echo Bike</li></ul>

The One Teaching Focus | **Hip Extension**

- Focus on the explosive hip extension at the top of the swing. The power should come from the hips, and the movement should finish with a straight line from the head to the heels.
- Check that the glutes are engaged at the top of the swing, with the pelvis fully pushed forward.
- Logistics
  - For large classes needing to share equipment, have a second group start on the 2:00. This will force the groups into a 2:00 cap on the bike, which should be the stimulus.
- Strategy
  - These intervals are intended to be completed at a high level of intensity and effort since we get a big rest period in between each interval. Target a rate of perceived exertion (RPE) of 8 out of 10. This effort will likely begin to feel challenging to maintain during the last minute of work during each AMRAP. It is okay if your pace starts to slow at the end of each interval due to fatigue. The intensity of effort is what we are searching for.

# LESSON PLAN

LESSON PLAN

THURSDAY JAN 2

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
  - 3:00 Bike
  - 0:30 Samson Stretch (right)
  - 0:30 Samson Stretch (left)
  - 0:30 Leg Swings (right)
  - 0:30 Leg Swings (left)
  - 0:30 Shuttle Runs

2

SPECIFIC WARMUP // 9 MINUTES | 9:00-18:00

- 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 | 18:00-24:00

- Practice Round
  - 10/8 Calorie Bike (Moderate)
  - 10 Full (American) Kettlebell Swings
  - 4 Shuttle Runs
- Break
- Workout adjustments if needed

4

WORKOUT // 36 MINUTES | 24:00-60:00

- Look For
  - Bike: Look for smooth pedal strokes. Athletes should remain light on the pedals and focus on pulling the pedals with the hamstrings in the bottom.
  - KB Swings: Look for our teaching focus here, hips fully extend each rep.
  - Shuttle Runs: Look for efficiency in their turn around, encourage them to drive out of the turn around quickly and then decelerate as they get to the next round.

5

COOL-DOWN // 60:00

# DAILY VIEW

DAILY VIEW

FRIDAY JAN 3

## CLASS

**Front Squat**

3 Sets:  
1 Front Squat

- \* Same Weight Across
- \* Aim For 89% 1RM

**“Backup Plan”**

For Time:  
45 Front Squats (135/95)  
45 Strict Pull-ups

Directly Into....

400 Meter Farmers Carry (50/35)'s

- \* Partition Part 1 However

KG | (61/43) (22.5/15)

## OPEN | GAMES

For Time:  
30 Front Squats (185/135)  
30 Bar Muscle-ups

Directly Into....

400 Meter Farmers Carry (50/35)'s

- \* Partition Part 1 However

Time Cap: 18 Minutes

## AGE GROUP

55+ / 13-15

(95/65), (35/20)'s

KG | (43/29) (15/9)

## ACCESSORY WORK

*(formerly 'After Party')*

Bulletproof Shoulders  
[PART 1]

3 Sets:  
10 Dumbbell T-Y-I Complexes

Rest 2 Minutes Between Sets

[PART 2]  
100 Banded Pull Aparts

## COACHING RESOURCES

- [The Front Squat POP](#)
- [Resource Links](#)





# FOR THE COACH

OVERVIEW

In part 1, This is the fourth and final week of our front squat base progression cycle. Aim to work up to 89%, then complete all three sets at that load as long as you can maintain good form. In part 2, You can partition the front squats and strict pull-ups however you'd like. Pick variations for both movements that allow for at least 5 reps at a time. After completion of part 1, you'll advance to the carry.

SCORE

Total Time

TARGET

9-16 Minutes

STIMULUS

Moderate Loading

ELEMENT

STIMULUS

MODIFICATIONS

Front Squats

- You should be able to complete at least 10 reps per minute. Barbell should be taken from the floor.

- Reduce Loading/Reps
- Sub Dumbbells,(50/35)s
- Goblet Squats,(70/50)

- 2x Air Squats
- Back Squat,(185/135)

Strict Pull-ups

- You should be able to complete at least 10 reps per minute. Use band assistance as needed to accomplish this.

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

- Jumping Pull-ups
- Ring Rows
- Alternating Dumbbell Plank Rows

Farmer's Carry

- Hold two dumbbells at the sides. Choose a weight that allows you to carry at least 50 meters at a time. Should take no longer than 5:00 to complete.

- Reduce Loading
- Reduce Distance

- Sub Kettlebells or Plates
- 3:00 Farmer's Hold

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.

• Strategy

- 9 Rounds:
  - 5 Front Squats
  - 5 Strict Pull-ups
- 5 Rounds:
  - 9 Front Squats
  - 9 Strict Pull-ups
- 9-8-7-6-5-4-3-2-1:
  - Front Squats
  - Strict Pull-ups

# LESSON PLAN

LESSON PLAN

FRIDAY JAN 3

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
  - 0:30 Deep Squat Hold
  - 0:30 Banded Front Rack Stretch (right)
  - 0:30 Banded Front Rack Stretch (left)
  - 0:20 Cossack Squats
  - 0:20 Dive Bombers
  - 5 Empty Bar Stiff Leg Deadlifts
  - 5 Empty Bar Back Rack Elbow Rotations
  - 5 Empty Bar Back Squats
  - 5 Empty Bar Shoulder Press

2

SPECIFIC WARMUP // 15 MINUTES | 9:00-24:00

- 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)

STRENGTH // 12 MINUTES | 24:00-36:00

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 3 at 89%
- Transition to part 2

4

PRIMER // 6 MINUTES | 36:00-42:00

- Practice Round
  - 5 Front Squats at Working Weight
  - 5 Strict Pull-ups
  - 3 Front Squats at Working Weight
  - 3 Strict Pull-ups
- Break
- Workout adjustments if needed

5

- 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

WORKOUT // 18 MINUTES | 42:00-60:00

- Look For
  - Front Squats: Elows should remain high, and be the driver out of the bottom of the squat.
  - Strict Pull Ups: Cue athletes to pull the elbows to the floor, rather than pull their chin up. We want the lats and back to be more engaged than the biceps.

6

COOL-DOWN //60:00

# DAILY VIEW

DAILY VIEW

SATURDAY JAN 4

## CLASS

"Cleaning Crew"

[TEAMS OF 3]

AMRAP 25:

90/75 Calorie Row, 60 Clean & Jerks

90/75 Calorie Row, 45 Clean & Jerks

90/75 Calorie Row, 30 Clean & Jerks

90/75 Calorie Row, Max Clean & Jerks

Round 1: (115/85)

Round 2: (135/95)

Round 3: (155/105)

Round 4: (185/135)

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

## OPEN | GAMES

AMRAP 20:

30/24 Calorie Row

20 Box Jumps Overs (24"/20")

10 Power Cleans (155/105)

5 Wall-Facing Handstand Push-ups

## ACCESSORY WORK

(formerly 'After Party')

Zone 2

40-80 Minute Bike Erg

Every 8 Minutes [Starting at 0:00]:

400-800 Meter Run

\* RPE 2-3

## AGE GROUP

55+ / 13-15

(75/55), (95/65), (115/85), (135/95)

KG | (34/25), (43/29), (52/38), (61/43)

## COACHING RESOURCES

- [The Clean & Jerk POP](#)
- [Resource Links](#)





# FOR THE COACH

COACH TOOLS

SATURDAY JAN 4

OVERVIEW

Teams of three today, with one partner working at a time. Athletes can choose to switch in and out however they would like. Teammates can use different loads today if needed. Note, for 2 men + 1 woman row 85 calories, for 2 women +1 man row 80 calories.

SCORE

Total Reps

TARGET

430-520 Reps

STIMULUS

Moderate-Heavy Loading

ELEMENT	STIMULUS	MODIFICATIONS	
Row	<ul style="list-style-type: none"><li>Around 6:00</li></ul>	<ul style="list-style-type: none"><li>6:30 Time Cap</li><li>75/60 Calorie Ski</li><li>90/75 Calorie Bike Erg</li><li>75/60 Calorie Echo Bike</li></ul>	<ul style="list-style-type: none"><li>1200 Run</li><li>6:00 Effort on Treadmill/Runner</li><li>96 Shuttle Runs (1 rep = 10m)</li></ul>
Clean & Jerks	<ul style="list-style-type: none"><li>5 reps at a time on the first bar, 3 on the second bar, and 1 on the third and fourth bar.</li></ul>	<ul style="list-style-type: none"><li>Reduce Loading/Reps</li><li>Power Clean Only</li><li>Push Jerk Only</li></ul>	<ul style="list-style-type: none"><li>Sub Dumbbells</li><li>Alternating Dumbbell Snatch</li></ul>

The One Teaching Focus | **Turn Over**

- Encourage athletes to be efficient as they transition from the clean, into the jerk. They should use the catch position of their clean, as their drive into the jerk overhead. As the bar gets heavier they may need to reset, but the more efficient we can be the less we have time under tension.

- Logistics
- INDY VERSION
    - AMRAP 20:
    - 30/24 Calorie Row
    - 20 Box Jumps Overs (24"/20")
    - 10 Clean & Jerks (155/105)

# LESSON PLAN

LESSON PLAN

SATURDAY JAN 4

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

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

1

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

- General Flow
  - 3:00 Row
  - 0:30 Bodywehight Goodmornings
  - 0:30 Inchworm + Downward Dog
  - 0:30 Spiderman
  - 0:30 Glute Bridges
  - 0:30 Bootstraps

2

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

- With An Empty Barbell:
  - 5 Good Mornings
  - 5 Elbow Rotations
  - 5 Deadlifts
  - 5 Hang Power Cleans
  - 5 Power Cleans

- Clean and Jerk | tell, show, do, check
  - 0:20 Clean Deadlifts
    - Cue athletes to turn their knuckles down so the bar stays close to the body.
  - 0:20 Deadlift + High Pull
    - Look for athletes to fully open their hips before the high pull.
  - 0:20 Muscle Clean
    - Look for a fast turn over, and athletes finish position. Elbows should be high, and core braced.
  - 0:20 Power Clean
    - Look for hips to extend, and athletes finish position.
  - 0:20 Push Press
    - Cue for the legs to drive the bar, we want hips to open before we press.
  - 0:20 Push Jerks
    - Look for a sound catch position overhead. The bar should end locked out over the middle of the body.
  - 0:20 Clean and Jerks
    - Help athletes with a smooth transition from the clean into the jerk.

3

STRENGTH //

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

- Practice Round
  - 5 Row Cals (each)
  - 3 Clean and jerks (each) (lightest bar)
- Break
- Workout adjustments if needed

4

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

- Look For
  - Row: Athletes get a 2:1 rest, so they can push the pace on their calories a bit.
  - Clean and Jerks: Efficient with the turn over, even as the bar gets heavier.

5

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

# DAILY VIEW

DAILY VIEW

SUNDAY JAN 5

## CLASS

**"Asphalt Jungle"**

7 Rounds:

400 Meter Run

Max Unbroken Toes to Bar

Rest 1 Minute Between Rounds

Time Cap: 30 Minutes

**"Sunday Runday"**

Beginner: Run 2 Miles

Intermediate: Run 3 Miles

## OPEN | GAMES

N/A

## ACCESSORY WORK

*(formerly 'After Party')*

Strict Weighted Chin-ups

3-3-2-1-1

\* Rest 2-3 Minutes Between Sets

\* Build In Weight

## AGE GROUP

55+ / 13-15

Same as Class

## COACHING RESOURCES

- [Resource Links](#)

# FOR THE COACH

OVERVIEW

Today is similar to a workout we have done “Cement Mixer” on the 3:00, 400m run + 12 TTB for 7 rounds. Though here we are completing 7 rounds for time, with a one minute rest between rounds. We are also aiming for “unbroken” toes to bar. Unlike “cement mixer” today is meant to be done at an easy steady pace.

SCORE

Total Toes to Bar

TARGET

70-105 Reps

STIMULUS

Recovery [RPE 2-3]

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none"><li>For today's stimulus 2:30 or under.</li></ul>	<ul style="list-style-type: none"><li>2:30 Time Cap</li><li>500/450m Row</li><li>400/360m Ski</li></ul>	<ul style="list-style-type: none"><li>25/20 Calorie Echo Bike</li><li>1,000/900m Bike Erg</li><li>2:00 Moderate Effort on Treadmill/Runner</li></ul>
Toes To Bar	<ul style="list-style-type: none"><li>Pick a toes to bar variation that allows for double digit reps every round.</li></ul>	<ul style="list-style-type: none"><li>Reduce Reps</li><li>V-Ups</li><li>Toes To As High As Possible</li><li>Knees To Chest</li></ul>	<ul style="list-style-type: none"><li>Hanging Knee Raises</li><li>GHD Sit-Ups</li><li>Sit-Ups</li></ul>

The One Teaching Focus | **Core Engagement**

- Observe athletes' core engagement throughout the movement. They should initiate the movement by engaging their core muscles to lift their legs upward towards the bar.



# LESSON PLAN

LESSON PLAN

SUNDAY JAN 5

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

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

1

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

- 400m Jog
- Line Drill Warm Up 25' Each
  - Knee Pull + Calf Raise
  - Knuckle Draggers
  - Inchworm + Pigeon
  - Hip Openers + Air Squat
  - Side Shuffle
  - A Skips
  - Butt Kicks
  - High Knees

2

SPECIFIC WARMUP // 10 MINUTES | 11:00-21:00

- 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 | 21:00-27:00

- Practice Round
  - 200m run
  - 5 toes to bar
- Break
- Workout adjustments if needed

4

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

- Look For
  - Run: Athletes should choose a pace that will allow them to come in the door, and immediately get on the bar with no rest.
  - Toes to bar: Look for athletes to choose a scaling option that will allow them to get in the double digits with full range of motion.

5

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