

COMPTRAIN | GYM

JAN 20 - JAN 26

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

JAN 20 - JAN 26

MONDAY

JAN 20

Front Squat
3 Sets:
10 Front Squats
* Build In Weight To Technical Failure

"Fasten Your Seatbelts"
AMRAP 7:
30 Toes to Bar + 30 Front Rack Reverse Lunges
Max Calorie Bike
Directly Into....
AMRAP 5:
20 Toes to Bar + 20 Front Rack Reverse Lunges
Max Calorie Bike
Directly Into....
AMRAP 3:
10 Toes to Bar + 10 Front Rack Reverse Lunges
Max Calorie Bike

TUESDAY

JAN 21

Strict Press
3 Sets:
10 Strict Press
* Build In Weight To Technical Failure

"The Good Life" [BENCHMARK]
3 Rounds For Time:
500 Meter Row
12 Burpees
21 Box Jumps (24"/20")

Time Cap: 18 Minutes

REPEAT FROM 1/22/24

WEDNESDAY

JAN 22

"Bob The Builder"
On the 3:00 x 7 Rounds:
400 Meter Run
12 Pull-ups

THURSDAY

JAN 23

Sumo Deadlift
3 Sets:
10 Sumo Deadlifts
* Build In Weight To Technical Failure

"Full Swing"
5 Rounds For Time:
10 Single Arm Devil's Press (70/50)
20-40-60-80-100 Double Unders

Time Cap: 18 Minutes

FRIDAY

JAN 24

"It Takes Two"
On the Minute x 10:
1 Thruster (Building To Heavy)

Rest 5 Minutes

5 Rounds x AMRAP 2:
5 Thrusters (80% Heavy Single)
25/20 Calorie Row

* Rest 2 Minutes Between Rounds
* Pick-up Where You Left Off

SATURDAY

JAN 25

"Grab And Go" [TEAM VERSION]
[On the 0:00]
15 Rope Climbs (15')
90 Hang Power Cleans (115/85)
Max Calorie Bike Erg

[On the 9:00]
15 Rope Climbs (15')
60 Hang Power Cleans (135/95)
Max Calorie Bike Erg

[On the 18:00-27:00]
15 Rope Climbs (15')
30 Hang Power Cleans (155/105)
Max Calorie Bike Erg

SUNDAY

JAN 26

"Step Aside"
50-40-30-20-10:
Single Dumbbell Box Step-up (20")
10-Meter Shuttle Runs

Dumbbell: (50/35)

"Sunday Runday"
Beginner: Run 2.5 Miles
Intermediate: Run 3.1 Miles (5K)

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

JAN 20 - JAN 26

MONDAY

JAN 20

Marian Edelman

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

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

TUESDAY

JAN 21

Byron Pulsifer

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

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

WEDNESDAY

JAN 22

Sue Patton Thoele

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

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

THURSDAY

JAN 23

Frank Crane

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

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

FRIDAY

JAN 24

Lao Tzu

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

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

SATURDAY

JAN 25

Kathleen Norris

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

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

SUNDAY

JAN 26

Confucius

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

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

MENTAL FITNESS.

COACH DIGEST

WEEKLY

JAN 20 - JAN 26

- We're back into our A weeks for the PowerBuilding cycle, so we're focused on muscle growth with 3 working sets of 10 reps.
- Friday introduces a unique and fun format with basing our workout loading off the strength movement for the day.



DAILY VIEW

DAILY VIEW

MONDAY JAN 20

CLASS

Front Squat
3 Sets:
10 Front Squats

* Build In Weight To Technical Failure

"Fasten Your Seatbelts"
AMRAP 7:
30 Toes to Bar
30 Front Rack Reverse Lunges
Max Calorie Bike

Directly Into....

AMRAP 5:
20 Toes to Bar
20 Front Rack Reverse Lunges
Max Calorie Bike

Directly Into....

AMRAP 3:
10 Toes to Bar
10 Front Rack Reverse Lunges
Max Calorie Bike

Barbell: (115/85)

KG | (52/38)

OPEN | GAMES

AMRAP 7:
30 Toes to Bar + 30 Kettlebell Reverse Lunges (Hang)
Max Calorie Echo Bike
Directly Into....
AMRAP 5:
20 Toes to Bar + 20 Kettlebell Reverse Lunges (Front Rack)
Max Calorie Echo Bike
Directly Into....
AMRAP 3:
10 Toes to Bar + 10 Kettlebell Reverse Lunges (Overhead)
Max Calorie Echo Bike

Kettlebells: (53/35)'s

AGE GROUP

55+ / 13-15

(75/55)
KG | (34/25)

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
4 Sets:
8 Band Assisted Nordic Hamstring Curls

[PART B]
3 Sets:
20 Banded Pull Throughs

Rest 2 Minutes Between All Sets

COACHING RESOURCES

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



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

MONDAY JAN 20

OVERVIEW

In part 1, This is the third week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development. In part 2, We're accumulating as many bike calories as we can in today's conditioning piece. Aim to have about half the time of the AMRAP on the bike for each round (3:30/2:30/1:30). There is no rest between AMRAPs.

SCORE

3 Sets of Bike Calories
(Sum Total)

TARGET

45-180 Calories

STIMULUS

VO2 Max [RPE 7-8]

ELEMENT

STIMULUS

MODIFICATIONS

Toes to bar:

- Choose a rep/variation that allows for at least 10 reps a minute.

- Reduce Reps
- V-Ups
- Toes To As High As Possible

- Hanging Knee Raises
- GHD Sit-Ups
- Sit-Ups
- Knees To Chest

Lunge

- Choose a rep/variation that allows for at least 10 reps a minute. Alternate legs every rep on the reverse lunge.

- Sub Dumbbells,(50/35)s
- Sub Kettlebells,(53/35)s
- Hold Dumbbells at Both Sides
- Back Rack Reverse Lunges

- Forward Lunges in Place
- Walking Lunges
- Bulgarian Split Squats

Bike

- Fan Bike
- Row

- Ski
- Treadmill/Runner

The One Teaching Focus | Elbows High

- The teaching focus for today’s workout is to maintain high elbows throughout the front squats. By doing so, athletes will improve the efficiency and safety of their movement. High elbows will serve to keep the torso upright and the bar over the frontal plane.
- Strategy
 - For most athletes to maximize this workout, plan to break the toes to bar into 3-5 sets with quick breaks. This will help mitigate midline and shoulder fatigue going into the front rack lunges.
 - For the front rack lunges, work for as long as you can keep continuous movement. If you are taking long pauses standing tall between reps, it is better to drop the bar.
 - You do not want to bike too hard in this workout. Find a sweet spot that is challenging but allows you to get on to the toes to bar the next round within 10 seconds of getting off the bike. This pace is likely the max pace you could hold for 20-30 minutes continuously.
- Logistics
 - If classes stagger share bikes today, athletes will run into having to wait on the other person to get off. It is best to sub a different machine, we recommend row.

LESSON PLAN

LESSON PLAN

MONDAY JAN 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
 - 3:00 Bike
 - 0:30 Pigeon (right)
 - 0:30 Pigeon (left)
 - 0:30 Worlds Greatest (right)
 - 0:30 Worlds Greatest (left)
 - 0:30 Upward Dog Press Ups
 - 0:30 Bootstraps

2

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

- Toes to Bar | tell, show, do, check
 - :10 dead hang
 - :10 scap pull ups
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification

- Front Squat + Lunge Prep
 - 10 Barbell Goodmornings
 - Cue athletes to squeeze their glutes as they stand.
 - 10 Barbell Back Rack Elbow Rotations
 - Alternate arms, drive the elbows as high as they can.
 - 10 Barbell Front Rack Reverse Lunges
 - Athletes should step back to where there is a 90/90 degree angle in each knee.
 - Look for athletes to drive the elbows up as they stand through the front foot.
 - Perform 5 tempo front squats with an empty barbell:
 - Descend for 3 seconds, maintaining control and stability.
 - Hold the bottom position for 2 seconds, focusing on maintaining tension and proper posture.
 - Ascend explosively, driving through the heels and keeping the chest up.
 - Repeat for 3 sets, gradually increasing the load if necessary while maintaining proper form.

3

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

- Build In Weight To Technical Failure
- Aim for ~60-70% of 1RM
- Rest 2-3 Minutes Between Sets

4

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

- Practice Round
 - On The Minute x 4:
 - Odd: 5 Toes To Bar + 4 Reverse Lunges
 - Even: 5/4 Calorie Bike Sprint
- Break
- Workout adjustments if needed

5

WORKOUT // 15 MINUTES | 42:00-57:00

- Look For
 - Toes to Bar: Look for athletes to push down on the bar with their lats as they kick.
 - Front Rack Reverse Lunge: Look for athletes to drive through their front foot as they stand, and keep the chest up.
 - Bike: Consistency is key here, we want athletes to aim for a steady pace they can maintain that will still allow them to get off the bike and get started on the next round.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY JAN 21

CLASS

Strict Press
3 Sets:
10 Strict Press

* Build In Weight To Technical Failure

"The Good Life" [BENCHMARK]
3 Rounds For Time:
500 Meter Row
12 Burpees
21 Box Jumps (24"/20")

Time Cap: 18 Minutes

REPEAT FROM 1/22/24

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
[PART A]
For Quality:
100 Dumbbell Reverse Flyes (Light Weight)

[PART B]
Accumulate 3 Minutes:
Seated Plate Overhead Hold (45/35)

COACHING RESOURCES

- [Strict Press](#) | [General Warm Up](#)
- [Resource Links](#)



FOR THE COACH

DAILY VIEW

TUESDAY JAN 21

OVERVIEW

- Today we have our bring a friend option! There is a partner version in logistics if you want to choose to use it.
- In part 1, This is the third week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development. In part 2, This benchmark workout is a repeat from 1/22/2024. The stimulus today is right at your threshold! Push your pace, but recognize that each movement interferes with the next. Keep transitions between movements quick.

SCORE

Time

TARGET

8-15 Minutes

STIMULUS

Lactate Threshold [RPE 6-7]

ELEMENT

STIMULUS

MODIFICATIONS

Row

- Should be completed in 2:15 or less. All athletes row the same distance today. Row at the fastest pace that allows for a strong pace on the burpees and box jumps.

- 2:30 Time Cap
- 400m Ski
- 25 Calorie Echo Bike
- 1,000m Bike Erg

- 400m Run
- 2:00 Moderate-Hard Effort on Treadmill/Runner
- 32 Shuttle Runs (1 rep = 10m)

Burpees

- Should be completed in 1:00 or less. At the bottom of the burpee, chest and hips must touch the ground. At the top jump of the burpee, your hands must touch overhead and your body must be in a straight line through the wrists, shoulders, hips, and knees.

- Same Calorie Ski or Bike Erg
- Push-Ups
- No Push-Up Burpee

- 24 Mountain Climbers
- 24 Air Squats
- Shuttle Runs

Box Jumps

- Should be completed in 1:00 or less. Must reach full lockout/extension of the hips/knees at the top of the box. Step down off the top of the box - no rebounding.

- Reduce Box Height
- Box Step-Ups
- 42 Squat Jumps
- 42 Jumping Lunges

- Alternating Single-leg Squats (Pistols)
- Reverse Lunges
- Broad Jumps

The One Teaching Focus | **Straight Line**

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

• Strategy

- You may choose to build in speed as you move through each round of this piece.
- Try to maintain hard efforts across all 3 rounds.
- Choose a pace on the burpees and box jumps that allows you to hold a 2:00 or less pace for men, and 2:15 or less for women on the rower to start each round.

• Logistics

- [TEAMS OF 2 OPTION]
 - 3 Rounds For Time:
 - P1: 500 Meter Row
 - P2: 12 Burpees + 21 Box Jumps
 - P1: 12 Burpees + 21 Box Jumps
 - P2: 500 Meter Row
 - Box: (24"/20")
 - * Switch Stations When Both Partners Finish Their Work

LESSON PLAN

LESSON PLAN

TUESDAY JAN 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
 - 2:00 Row (easy)
 - 0:30 Plank Shoulder Taps
 - 0:30 Down Dog Stretch
 - 5 Push-ups
 - 0:30 Empty Barbell Elbow Rotations
 - 0:30 Empty Barbell Overhead Hold
 - 10 Empty Barbell Back Rack Strict Press

2

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

- Box Jump Prep | tell, show, do, check
 - 15 Calf Raises [Each Leg]
 - 15 Pogo Hops [Each Leg]
 - 10 Box Step-ups
 - 10 Jumps to Short Box & Step Down
 - 4 Jumps to Workout Height & Step Down

- Strict Press | tell, show, do, check
 - 3 Strict Press w/ hold & Brace
 - Focus: Check for active shoulders and bar position.
 - 3 Cued strict press
 - Focus: Straight bar path
 - 3 Cued strict press with Slow Descent
 - Focus: Controlled eccentric movement with straight bar path.
 - 3 Cued strict press
 - Focus: Static positions and bar path

3

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

- Build In Weight To Technical Failure
- Aim for ~60-70% of 1RM
- Rest 2-3 Minutes Between Sets

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

- Practice Round
 - 200m Row
 - 3 Burpees
 - 5 Box Jumps
- Break
- Workout adjustments if needed

4

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

- Look For
 - Row: Look for athletes to keep their heel down, and drive hard through their legs as they pull.
 - Burpee: Encourage athletes to stay moving here, athletes should aim to get their feet as close to their hands each time they come up.
 - Box Jump: Jump high, land high. The higher athletes can land on the box the more it will save fatigue in the legs.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY JAN 22

CLASS

"Bob The Builder"
On the 3:00 x 7 Rounds:
400 Meter Run
12 Pull-ups

OPEN | GAMES

On the 3:00 x 7 Rounds:
400 Meter Run
7 Bar Muscle-ups

ACCESSORY WORK

(formerly 'After Party')

Gun Show
[PART A]
3 Sets:
100' Pizza Plate Carry

[PART B]
3 Sets For Quality:
30 Banded Hammer Curls

Rest 1 Minute Between All Sets

AGE GROUP

55+ / 13-15

Same as Class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

Choose a run distance that takes less than 2:00 to complete and pull-up rep number that you can do unbroken each time. We're looking for fast rounds that take under 2:15 to complete, giving you 0:45 of rest between rounds. Your score is your slowest round, so pick a pace from the beginning that you think you can replicate each round.

SCORE

Slowest Round

TARGET

1:45-2:15

STIMULUS

VO2 Max [RPE 7-8]

ELEMENT

STIMULUS

MODIFICATIONS

Run

- 2:00 or Less

- 2:15 Time Cap
- 500/450m Row
- 400/360m Ski
- 25/20 Calorie Echo Bike
- 1,000/900m Bike Erg

- 2:00 Moderate-Hard Effort on Treadmill/Runner
- 32 Shuttle Runs (1 rep = 10m)
- 30 Burpees

Pull-Up

- Unbroken sets.

- Reduce Reps
- Banded Pull-ups
- Ring Rows

- Alternating Dumbbell Plank Rows (Renegade Row)

- COLD WEATHER SUB
 - Any of the Run Modifications
 - 40 Box Step-ups
 - 150 Double Unders / 200 Single Unders
 - 100 Mountain Climbers (Per Side)

- The One Teaching Focus | **Core Engagement In Pull-Ups**
- Emphasize the importance of core engagement throughout the movement. A tight core provides stability and helps prevent excessive swinging.
 - Strategy
 - Today's pacing should be challenging and fast-paced. We aren't going ALL OUT, but this should be above a sustainable pace, requiring rest in order to complete the next round in the same amount of time.
 - An RPE 7-8 is as fast as your mile PR pace and up to 1:30 slower.

LESSON PLAN

LESSON PLAN

WEDNESDAY JAN 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
 - 0:30 Calf Stretch (right)
 - 0:30 Calf Stretch (left)
 - 0:30 Alternating Lunge With Reach
 - 0:20 Leg Swings (right)
 - 0:20 Leg Swings (left)
 - 0:20 Knuckle Draggers
 - 0:20 Gate Openers
 - 0:20 Pogo Hope
 - 100m Run

2

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

- Pull Up | tell, show, do, check
 - 0:10 Dead Hang
 - 0:10 Mixed Grip Hang
 - 0:10 Mixed Grip Hang
 - 0:10 Palms Up Grip
 - 0:20 Scapular Pull-Ups
 - Emphasize initiating movement from the scapula to prepare the shoulders for the dynamic motion of kipping.
 - 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 Small Kipping Pull-Ups
 - Encourage athletes to initiate a small pull-up at the top of their kip, focusing on maintaining tension in the core and shoulders.

3

STRENGTH //

4

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

- Practice Round
 - On The Minute x 3:
 - 100m Run
 - 3 Pull-ups
- Break
- Workout adjustments if needed

5

WORKOUT // 21 MINUTES | 25:00-46:00

- Look For
 - Run: Today's time target is important, athletes need to be able to come in from the run in 2:00 or less. Scale athletes if they start falling out of the time frame.
 - Pull-Ups: Look for athletes to stay tight and engaged on their pull-ups.

6

COOL-DOWN // 14 MINUTES | 46:00-60:00

DAILY VIEW

DAILY VIEW

THURSDAY JAN 23

CLASS

Sumo Deadlift
3 Sets:
10 Sumo Deadlifts

* Build In Weight To Technical Failure

"Full Swing"
5 Rounds For Time:
10 Single Arm Devil's Press (70/50)
20-40-60-80-100 Double Unders

Time Cap: 18 Minutes

KG | (32/22.5)

OPEN | GAMES

5 Rounds For Time:
10 Single Arm Devil's Press (70/50)
20-40-60-80-100 Crossovers

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

Zone 2
30-60 Minutes For Quality:
1 Minute Row
5-10-15...Calorie Bike Erg

* Performed At RPE 2-3

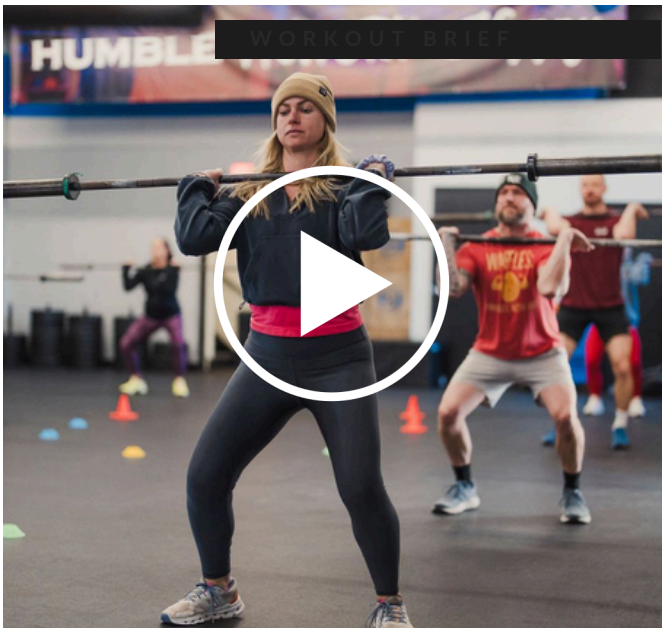
AGE GROUP

55+ / 13-15

(50/35)

COACHING RESOURCES

- [Teaching the Sumo DL](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	In part 1, This is the third week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development.In part 2, Today's workout weight is supposed to be on the challenging side. Choose a slightly heavier weight than you typically use for dumbbell movements.						
	SCORE	Time	TARGET	7-15 Minutes	STIMULUS	Moderate Loading	
	ELEMENT		STIMULUS		MODIFICATIONS		
	Single-Arm Devil Press		<ul style="list-style-type: none">Use a single dumbbell. You should be able to complete the 10 reps in 90 seconds or less per round. Alternate arms however you'd like, as long as you complete 5 reps on each side.		<ul style="list-style-type: none">Reduce Reps/LoadingSingle Dumbbell Power SnatchSingle Dumbbell Burpee Deadlift		<ul style="list-style-type: none">Single Dumbbell or Kettlebell Hang Clean & JerksKettlebell SwingsBarbell Clean & Jerks, (155/105)Burpee To Target
	Double Unders		<ul style="list-style-type: none">You should be able to complete your double unders in 0:30, 1:00, 1:30, 2:00, and 2:30 or less, respectively.		<ul style="list-style-type: none">Reduce Reps30-60-90-120-150 Single Unders		<ul style="list-style-type: none">Plate Hops0:20-0:40-1:00-1:20-1:40 Moderate Effort On Any Machine

The One Teaching Focus | **Hips Lower Than Shoulders**

- Hips should stay lower than the shoulders at setup.
- Maintains balance and ensures a strong pull.

- Strategy
 - With this workout becoming progressively more aerobically challenging, the dumbbell will start to feel heavier the deeper you get into the workout.
 - Pace yourself for the first three rounds to make sure you can maintain a crisp pace during the 4th and 5th rounds. You still want to be able to perform your double unders well.
- Logistics
 - Today will flow best if each athlete has their own DB, if athletes need to share have one start on the jump rope.

LESSON PLAN

LESSON PLAN

THURSDAY JAN 23

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

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

1

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

- General Flow
 - 0:20 Spidermans
 - 0:20 Downward + Upward Dogs
 - 0:20 Scorpions
 - 0:20 Easy Single Unders
 - 0:20 Runner Jump Rope
 - 0:20 Single-Single-Double
 - 0:20 Double Unders

2

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

- Devils Press | tell, show, do, check
 - Light Dumbbell
 - Focus on timing of hip extension before utilizing the arms to pull.
 - :10 Alternating DB deadlift
 - :10 DB swings right
 - :10 DB swings left
 - :10 DB hang snatch right
 - :10 DB hang snatch left
 - 4 Alternating DB Devils press
 - Focus on keeping the DB close to the body
 - With Workout Dumbbell
 - 4 Alternating DB Devils press
- Sumo Deadlift | tell, show, do, check
 - 5 Cued Reps - Hips to Above Knee
 - Focus: Hips back first in the descent
 - Emphasize driving the hips back while keeping the chest up and bar close to the body.
 - 5 Cued Reps - Above Knee to Mid Shin
 - Focus: Knees out of the way
 - Cue athletes to pull the knees out of the way and control the bar path as it lowers to mid-shin, maintaining tension in the hips.
 - 5 Cued Reps - Mid Shin to Standing
 - Focus: Driving with the legs
 - Ensure the shoulders and hips rise together, with the athlete pushing through the legs until the bar passes the knees.

3

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

- Build In Weight To Technical Failure
- Aim for ~60-70% of 1RM
- Rest 2-3 Minutes Between Sets

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

- Practice Round
 - On The Minute x 3:
 - 4 Devil Press + 10 Double Unders
- Break
- Workout adjustments if needed

4

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

- Look For
 - Devils Press: These are meant to be challenging today, ensure athletes are using a load that they can move safely and efficiently.
 - Double Unders: Reps are increasing, look for athletes to remain relaxed and efficient as the sets increase.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY JAN 24

CLASS

"It Takes Two"

On the Minute x 10:
1 Thruster (Building To Heavy)

Rest 5 Minutes

5 Rounds x AMRAP 2:
5 Thrusters (80% Heavy Single)
25/20 Calorie Row

- * Rest 2 Minutes Between Rounds
- * Pick-up Where You Left Off

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Durability
For Quality:
400 Meter Sled Drag + Farmers Carry

Sled: 1/2 Bodyweight
Dumbbells: (50/35)'s

COACHING RESOURCES

- [Thruster Progression Coaching](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, We're building to a heavy 1-rep thruster to help us establish what weight to use in the metcon today. Take the barbell from the ground. Feel free to do a squat clean thruster if you would like. In part 2, These intervals will test your ability with a heavy barbell. With an equal work-to-rest ratio, look to push the pace each round. We're ideally looking to complete one full round of 5+25/20 within these 2 minute windows. Pick up where you left off following the 2 minute rest (So if you completed 1 full round + 1 thruster in the first interval, begin your next interval with 4 thrusters before moving on to the row).

SCORE

Rounds + Reps

TARGET

5-8 Rounds

STIMULUS

Moderate-Heavy Loading

ELEMENT

STIMULUS

MODIFICATIONS

Thrusters

- Barbell weight = 80% of your heaviest single in the prior EMOM. This should be a heavy weight that you can complete within 1-2 sets. It should feel challenging but doable to complete all 5 reps unbroken. The barbell is taken from the ground.

- Reduce Reps/Loading
- Sub Dumbbells or Kettlebells

- 10 Heavy Wallballs
- 15 Air Squats

Row

- This is a hard effort pace (think RPE 7-8). Should be completed in no more than 2:00, but ideally less than 1:30.

- 2:00 Time Cap
- 20/16 Calorie Ski
- 20/16 Calorie Echo Bike
- 25/20 Calorie Bike Erg

- 300m Run
- 1:30 Hard Effort on Treadmill/Runner
- 24 Shuttle Runs (1 rep = 10m)

The One Teaching Focus | **Legs Lead the Way**

- The thruster is a movement where athletes often struggle with timing. Athletes are often pressing too early (most likely) or waiting too long after the squat to press. We want to emphasize a strong leg drive with a quick 1-2 punch of legs finishing the drive and then recruiting the arms for the press. The bar should "float" for a moment when athletes execute this correctly.
- Strategy
 - Keep transitions quick, as there is not a lot of time to waste each interval. Get the flywheel spinning on the rower as soon as you can.
 - Pick the barbell up before you think you can. This weight is more doable than it might feel. Perform a squat clean thruster for the first rep.
 - Depending on where you are during a round, you may want to row a little slower or faster. Example: If you know you won't complete a row portion before the end of an interval, row hard and get as deep into the calories as you can since you are picking up where you left off. But if you know you will make it back to the barbell, you will want to row slightly slower so you can immediately pick the bar up and complete reps more easily.
- Logistics
 - There is no primer written today. The flow of class should be General warm up, thruster warm up, thruster emom, rest 5:00, then the metcon.

LESSON PLAN

LESSON PLAN

FRIDAY JAN 24

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

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

1

GENERAL WARMUP // 10 MINUTES | 3:00-13:00

- General FLOWw
 - 1:00 Row
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:30 Lying Figure 4 Stretch (right)
 - 0:30 Lying Figure 4 Stretch (left)
 - 0:30 90/90 Hip Rotations
 - 0:20 Easy Row
 - 0:20 Air Squats
 - 0:20 Moderate Row
 - 0:20 Squat Jumps
 - 0:20 Hard Row
 - 0:20 Push Ups
 - 0:20 Moderate Row

2

SPECIFIC WARMUP // 10 MINUTES | 13:00-23:00

- Thruster | tell, show, do, check
 - 0:30 Empty Barbell Elbow Rotations
 - 0:30 Empty Barbell Overhead Hold
 - 10 Empty Barbell Strict Press
 - 10 Empty Barbell Front Squat
 - 1 Squat Clean Thruster + 5 Push Press at 20%
 - 1 Squat Clean Thruster + 3 Push Press at 40%
 - 2 Thrusters at 50%
 - Rest 3 Minutes And Start Building On The Minute

3

STRENGTH // 10 MINUTES | 23:00-33:00

- On the Minute x 10:
 - 1 Thruster (Building To Heavy)
 - *Rest 5 Minutes Before Starting Metcon

4

PRIMER // 5 MINUTES | 33:00-38:00

- Practice Round
 - No primer, use the 5:00 to allow athletes to change load and use the bathroom if needed.

5

WORKOUT // 18 MINUTES | 38:00-56:00

- Look For
 - Thruster: Ideally these reps should be performed unbroken, though the load may be challenging. Look for athletes to remain tight and explosive in their reps.
 - Row: Depending on when athletes are on the row in the amrap will determine their pace. If they are ending on the row, they should push the pace hard.

6

COOL-DOWN // 4 MINUTES | 56:00-60:00

DAILY VIEW

DAILY VIEW

SATURDAY JAN 25

CLASS

"Grab And Go" [TEAM VERSION]
[On the 0:00]
15 Rope Climbs (15')
90 Hang Power Cleans (115/85)
Max Calorie Bike Erg

[On the 9:00]
15 Rope Climbs (15')
60 Hang Power Cleans (135/95)
Max Calorie Bike Erg

[On the 18:00-27:00]
15 Rope Climbs (15')
30 Hang Power Cleans (155/105)
Max Calorie Bike Erg

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

OPEN | GAMES

For Time:
30-20-10 Hang Power Cleans
30/24 Calorie Echo Bike
5 Rope Climbs (15')

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

Time Cap: 25 Minutes

AGE GROUP

55+ / 13-15

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

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

ACCESSORY WORK

(formerly 'After Party')

Killer Core
[PART A]
3 Sets:
10 Barbell Rollouts

[PART B]
3 Sets:
20 Barbell Sit-ups

Rest 1-2 Minutes Between All Sets

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW	One teammate works at a time, switching out however you'd like. Pick a rope climb number that takes 3 minutes or less to complete (5 on the minute). Pick weights that you can complete at least 9-6-3 reps respectively on the barbell. Each AMRAP is 9 minutes.									
	SCORE		Bike Erg Calories		TARGET	200-400 Calories		STIMULUS	VO2 Max [RPE 8]	
ELEMENT		STIMULUS				MODIFICATIONS				
Rope Climbs		• 3:00 or less				• Reduce Height • Lay to Stand Climb • 15 Strict Pull-Ups		• 15 Ring Rows • 15 Toes To Bar • 20 Alternating Dumbbell Plank Rows		
Hang Power Cleans		• 9-6-3 unbroken at a time				• Reduce Loading/Reps • Power Cleans		• Sub Dumbbells, (35/25)s, (50/35)s, (70/50)s • Deadlifts,(155/105), (185/135), (225/155)		
Bike		• Aim to have around 3:00 on the bike each round.				• Sub Row, Ski, Echo, Run				

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

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

Logistics

- For Time:
- 30 Hang Power Cleans, (115/85)
- 30/24 Calorie Bike
- 5 Rope Climbs (15')
- 20 Hang Power Cleans, (135/95)
- 20/16 Calorie Bike
- 5 Rope Climbs (15')
- 10 Hang Power Cleans, (155/105)
- 10/8 Calorie Bike
- 5 Rope Climbs (15')
- Time Cap: 25 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY JAN 25

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

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

1

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

- General Flow
 - 3:00 Bike
 - 0:20 Dead Hang
 - 0:20 Bootstraps
 - 0:20 Bend and Reach
 - 0:20 Spiderman
 - 0:20 Goodmornings
 - 0:20 Strict Knee Raises

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
- 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.

3

STRENGTH //

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

- Practice Round
 - 3 Rope Climbs (1 each)
 - 9 Hang Power Cleans (3 Each)
 - 6 Calorie Bike (each)
- Break
- Workout adjustments if needed

4

WORKOUT // 27 MINUTES | 29:00-56:00

- Look For
 - Rope Climb: Look for athletes to have a strong tuck with their knees, so they use as few pulls as possible.
 - Hang Power Clean: Strong hip drive, and fast elbows. We want efficient reps.
 - Bike: Hard effort, encourage athletes to switch out when their effort starts to drop.

5

COOL-DOWN // 4 MINUTES | 56:00-60:00

DAILY VIEW

DAILY VIEW

SUNDAY JAN 26

CLASS

"Step Aside"

50-40-30-20-10:
Single Dumbbell Box Step-up (20")
10-Meter Shuttle Runs

Dumbbell: (50/35)

KG | (22.5/15)

"Sunday Runday"

Beginner: Run 2.5 Miles
Intermediate: Run 3.1 Miles (5K)

Score: Completed
Target Stimulus: Zone 2 [RPE 2-4]

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

(35/25)

KG | (15/11)

ACCESSORY WORK

(formerly 'After Party')

Durability
Accumulate 5 Minute Ruck Plank

Every Break:
30 Seconds Ruck Wall Sit

Men: 30-60 Pounds
Women: 20-45 Pounds

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY JAN 26

OVERVIEW

Descending ladder on our movements today. Athletes should hold a single DB on the shoulder for the step ups and alternate legs each rep. The shuttle runs are written as 10 meters, which equals to 30'.

SCORE

Time

TARGET

15-20 Minutes

STIMULUS

Recovery [RPE 2-3]

ELEMENT	STIMULUS	MODIFICATIONS	
Step Ups	<ul style="list-style-type: none">Single DB on shoulder, large sets unbroken.	<ul style="list-style-type: none">Reduce Reps>Loading/Box HeightSub KettlebellsDumbbell Forward/Reverse Lunges	<ul style="list-style-type: none">Empty Barbell Back Rack Step-UpsGoblet SquatsUnweighted Box Step-ups
Shuttle Runs	<ul style="list-style-type: none">We do not require a two foot over the line touch, but if you choose to require it, you can decrease the length to 25ft.	<ul style="list-style-type: none">Reduce Reps (1 rep = 10m)RunTreadmill/Runner	<ul style="list-style-type: none">Calorie Bike ErgCalorie RowCalorie Echo Bike

The One Teaching Focus | **Drive the chest up as you stand**

- Focus on keeping the chest upright as we drive through the front foot. Look for athletes hinging the hips too much when they step up, to avoid low back pain.

LESSON PLAN

LESSON PLAN

SUNDAY JAN 26

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

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

1

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

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

2

SPECIFIC WARMUP // 5 MINUTES | 9:00-14:00

- DB Step Up Prep
 - 8 DB Deadlifts (each side)
 - Look for athletes to stand with the shoulders
 - 8 DB Goblet Reverse Alternating Lunges
 - Emphasize athletes driving through the front foot.
 - 8 Bodyweight Box Step Ups
 - Focus on athletes leading with the shoulders as they stand.
 - 8 DB Box Step Ups
 - Look for the chest to stay upright
 - Encourage athletes to drive through the front foot until they are fully locked out.

3

STRENGTH //

PRIMER // 6 MINUTES | 14:00-20:00

- Practice Round
 - 10 Step Ups
 - 5 Shuttle Runs
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 20:00-50:00

- Look For
 - Step Ups: Look for our teaching point today, chest drives up as they stand.
 - Shuttle Runs: Consistent smooth pace, as the reps decrease athletes may be able to move faster through the reps.

5

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