

COMPTRAIN | GYM

FEB 2 - FEB 9

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

FEB 2 - FEB 9

MONDAY

FEB 3

Front Rack Lunge
3 Sets:
8 Front Rack Lunges

"Control+Alt+Delete"
AMRAP 12:

8 Alternating Dumbbell Snatches
6 Toes to Bar
4 Double Dumbbell Box Step-ups

Dumbbells: (50/35)'s
Box: (20")

TUESDAY

FEB 4

"Stone Cold"
For Time:
4,000/3,600 Meter Bike Erg
2,000/1,800 Meter Row
100 Shuttle Runs (10 Meters)

Performed As:
2 Minutes On
1 Minute Off

Time Cap: 42 Minutes

WEDNESDAY

FEB 5

Power Clean
3 Sets:
8 Power Cleans

"Breaking News"
5 Rounds:
30 Double Unders
10 Unbroken Power Cleans*
Directly Into....
5 Rounds:
30 Double Unders
10 Burpees

[Every Power Clean Break]:
10 Second Penalty

Barbell: (115/85)
Time Cap: 18 Minutes

THURSDAY

FEB 6

"Magic 8 Ball"
For Time:
1,600 Meter Run
80 AbMat Sit-ups
800 Meter Medicine Ball Run
40 AbMat Sit-ups
400 Meter Farmers Carry
20 AbMat Sit-ups

Med-Ball: (20/14)
Dumbbells: (50/35)'s

Time Cap: 35 Minutes

FRIDAY

FEB 7

Thruster
3 Sets:
8 Thrusters

"Fran" [BENCHMARK]
21-15-9:
Thrusters (95/65)
Pull-ups

Time Cap: 10 Minutes

REPEAT FROM 2/19/24

SATURDAY

FEB 8

"Team McGhee" [HERO]
[TEAMS OF 2]
AMRAP 30:
5 Deadlifts (275/185)
13 Push-ups
9 Box Jumps (24"/20")

* Alternate Movements With Partner

SUNDAY

FEB 9

"The Dinghy"
8 Rounds:
250/225 Meter Row
200 Meter Run

Rest 1 Minute Between Rounds

"Sunday Runday"
Beginner: Run 2 Miles
Intermediate: Run 2.5 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

FEB 2 - FEB 9

MONDAY

FEB 3

Sogyal Rinpoche

"We must never forget that it is through our actions, words, and thoughts that we have a choice."

Your choices in actions, words, and thoughts shape your reality; be mindful of them.

TUESDAY

FEB 4

Dennis Kimbro

"We see things not as they are, but as we are. Our perception is shaped by our previous experiences."

Your perspective is influenced by your past experiences; understanding this can help you see the world more clearly.

WEDNESDAY

FEB 5

William Penn

"True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment."

Silence provides the mental and spiritual rest needed to recharge and reflect.

THURSDAY

FEB 6

Immanuel Kant

"All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason."

Knowledge is a process that starts with sensory experiences and culminates in reason, the highest form of understanding.

FRIDAY

FEB 7

Buddha

"The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character."

Your thoughts ultimately shape your character; be mindful of them, as they set the course for your actions and habits.

SATURDAY

FEB 8

"As the rest of the world is walking out the door, your best friends are the ones walking in."

True friends stand by you during difficult times, offering support when others might leave.

SUNDAY

FEB 9

Byron Pulsifer

"Patience is a virtue but you will never ever accomplish anything if you don't exercise action over patience."

Patience is important, but it must be balanced with decisive action to achieve your goals.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

FEB 2 - FEB 9

- This week we are in the A week (hypertrophic week) of power building cycle which means we are completing 3 sets of 8 reps at 65%-75%.
- On Thursday we have a “Bring A Friend Day”, this is a great day to encourage your members to bring a friend to try a class for free. We have offered a team version “Magic 8 Ball” if you want to offer that version in classes!
- Saturday is “Team McGee” which is a team version of hero workout “McGee”. This workout has potential for a lot of rounds, so sharing with a partner will make this a fun workout!



DAILY VIEW

DAILY VIEW

MONDAY FEB 3

CLASS

Front Rack Lunge

3 Sets:
8 Front Rack Lunges

- * 4 Reps Each Leg
- * Build In Weight To Technical Failure
- * Rest 2-3 Minutes Between Sets

"Control+Alt+Delete"

AMRAP 12:
8 Alternating Dumbbell Snatches
6 Toes to Bar
4 Double Dumbbell Box Step-ups

Dumbbells: (50/35)'s
Box: (20")

KG | (22.5/15)

OPEN | GAMES

Same as Class

AGE GROUP

55+ / 13-15

(35/25)'s

KG | (15/11)

ACCESSORY WORK

(formerly 'After Party')

[PART A]

3 Sets:
10 Strict Chin-ups

- * Rest 2-3 Minutes Between Sets
- * Same Weight Across

[PART B]

1 Set:
Max Banded Strict Chin-ups

COACHING RESOURCES

- [Demo | Front Rack Reverse Lunge](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

MONDAY FEB 3

OVERVIEW	In part 1, This is the fifth 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 AMRAP tests your grip and forearm stamina. Choose weights and reps that allow for unbroken sets throughout.
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SCORE	Rounds + Reps	TARGET	7-12 Rounds	STIMULUS	Lactate Threshold [RPE 6-7]
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ELEMENT	NOTES	MODIFICATIONS	
DB Snatch	<ul style="list-style-type: none">Single DB, alternate each rep. Unbroken sets.	<ul style="list-style-type: none">Reduce Loading/RepsDumbbell Hang Power SnatchesPlate Ground to Overhead	<ul style="list-style-type: none">Kettlebell Swings at Same WeightBarbell Hang Power Snatches (95/65)
Toes to bar	<ul style="list-style-type: none">Unbroken sets.	<ul style="list-style-type: none">Reduce RepsV-UpsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Hanging Knee RaisesGHD Sit-UpsSit-Ups
DB Box Step Ups	<ul style="list-style-type: none">Hold two dumbbells at your sides as you step onto the box. Must reach full lockout/extension of the hips/knees at the top of the box. Men and women use the same height of box.	<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

The One Teaching Focus | **Drive Through the Front Heel + Knees Tracking Over Toes**

- Push up through the front heel when returning to standing.
- Ensures proper glute and quad engagement.
- Knees should follow the direction of the toes during the lunge.
- Prevents knee collapse and maintains alignment.
- Strategy
 - Today's workout revolves around mitigating grip fatigue. Don't be afraid the break the toes to bar into two sets.
 - Focus on quick transitions. There are a lot of them!
 - As often as possible, try to hook grip the dumbbells during the step-ups to save your grip. If you can hook grip, hold the dumbbells with your hands as far forward on the dumbbell as possible. This will place the dumbbell head against your thumb and help lock in your grip.
- Logistics
 - For room set-up, try arranging the boxes close to the rig so that transitions can be quick and efficient.

LESSON PLAN

LESSON PLAN

MONDAY FEB 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
 - 1:30 Box Step Ups
 - 0:30 Elevated Pigeon (on box)(right)
 - 0:30 Elevated Pigeon (on box)(left)
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:30 Cossak Squats
 - 0:30 Alternating Reverse Lunge + Reach

2

SPECIFIC WARMUP // 16 MINUTES | 9:00-25:00

- 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
- DB Snatch Prep
 - 8 Alternating DB Deadlifts
 - 6 Alternating DB Hang Power Cleans
 - 4 DB Push Press (each arm)
 - 4 DB Hang Snatches
 - 6 DB Snatch

- Front Rack Lunge Prep
 - 10 Tempo Split Lunges Per Side (Knee Over Toe)
 - 10 Front Rack Elbow Rotations
 - 5 Tempo Front Squats
 - Focus on the front rack position here
 - 10 Front Rack Reverse Lunges
 - Focus on athletes keeping elbows driving to the ceiling
 - 8 Front Rack Reverse Lunges (light load)
 - Emphasize athletes driving through their front foot as they stand.

3

STRENGTH // 12 MINUTES | 25:00-37:00

- 4 Reps Each Leg
- Build In Weight To Technical Failure
- Rest 2-3 Minutes Between Sets

4

PRIMER // 6 MINUTES | 37:00-43:00

- Practice Round
 - On The Minute x 4:
 - 2 Dumbbell Snatches
 - 2 Toes To Bar
 - 2 Dumbbell Box Step-ups
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 43:00-55:00

- Look For
 - DB Snatches: These reps should be unbroken, look for athletes to fully extend/stand before pulling the DB to the overhead position.
 - Toes to Bar: Reps should be unbroken here, be sure athletes are maintaining control throughout their reps.
 - Step-Ups: Look for athletes to drive through their front foot full to lock out at the top.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY FEB 4

CLASS

"Stone Cold"
For Time:
4,000/3,600 Meter Bike Erg
2,000/1,800 Meter Row
100 Shuttle Runs (10 Meters)

Performed As:
2 Minutes On
1 Minute Off

Time Cap: 42 Minutes

OPEN | GAMES

Same as Class

ACCESSORY WORK

(formerly 'After Party')

Gun Show
2 Drop Sets To Failure:
A) Max Dumbbell Bench Press (70/50)'s
B) Max Dumbbell Bench Press (50/35)'s
C) Max Dumbbell Bench Press (35/25)'s

- * No Rest Between A-B-C
- * Rest 5 Minutes After C

AGE GROUP

55+ / 13-15

Same as Class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW	Choose distances that allow you to complete each station in 5 sets or less. Do not reset the monitors during the 1-minute rest. If class size is large, start groups on different stations.				
	SCORE		TARGET		STIMULUS
	Time		25-35 Minutes		Lactate Threshold [RPE 6-7]
ELEMENT		NOTES		MODIFICATIONS	
Bike		• 5 Rounds or less.		• ALL MOVEMENTS <ul style="list-style-type: none">10:00 Time Cap100/80 Calorie Echo Bike1,600/1,440m Ski1,600m Run8:00 Moderate Effort on Treadmill/Runner100 Burpees	
Row		• 5 Rounds or less.			
Shuttle Runs		• Every 10 meters = 1 shuttle run rep. At each turnaround, only one foot and one hand need to touch the ground over the line. 5 Rounds or less.			

- 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. Athletes often bring the seat all the way to their heels, creating an inefficient position to drive from.
 - Strategy
 - Today's intervals are a good chance for us to go hard every work period. It will likely be optimal to increase your damper, choosing a number or two higher than your normal damper setting.
 - Focus on big, long exhales during your rest period to recover your heart rate as much as possible.
 - Getting in a good warm-up with some hard efforts will help prime the body to recover quicker between bouts of work.
 - Logistics
 - If needed, have athletes start on a different station.

LESSON PLAN

LESSON PLAN

TUESDAY FEB 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 // 9 MINUTES | 3:00-12:00

- General Flow
 - 2:00 Easy Bike
 - 2:00 Easy Row
 - 1:00 Easy Shuttle Runs
 - 0:20 Calf Stretch (right)
 - 0:20 Calf Stretch (left)
 - 0:20 Quad Stretch (right)
 - 0:20 Quad Stretch (left)
 - 0:20 Bootstraps
 - 0:20 Knuckle Draggers

2

SPECIFIC WARMUP //

3

STRENGTH //

PRIMER // 6 MINUTES | 12:00-18:00

- Practice Round
 - On The Minute x 3:
 - Minute 1: 15 Second Bike Sprint
 - Minute 2: 15 Second Row Sprint
 - Minute 3: 10 Fast Shuttle Runs
- Break
- Workout adjustments if needed

4

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

- Look For
 - All Movements: Each interval we want a steady pace, athletes should be able to repeat pace each round, rather than starting out hot and burning out by the end.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY FEB 5

CLASS

Power Clean
3 Sets:
8 Power Cleans

* Build In Weight To Technical Failure
* Rest 2-3 Minutes Between Sets

"Breaking News"
5 Rounds:
30 Double Unders
10 Unbroken Power Cleans*

Directly Into....

5 Rounds:
30 Double Unders
10 Burpees

[Every Power Clean Break]:
10 Second Penalty

Barbell: (115/85)

Time Cap: 18 Minutes

KG | (52/38)

OPEN | GAMES

(135/95) + Bar Facing Burpees

AGE GROUP

55+ / 13-15

(95/65)

KG | (43/29)

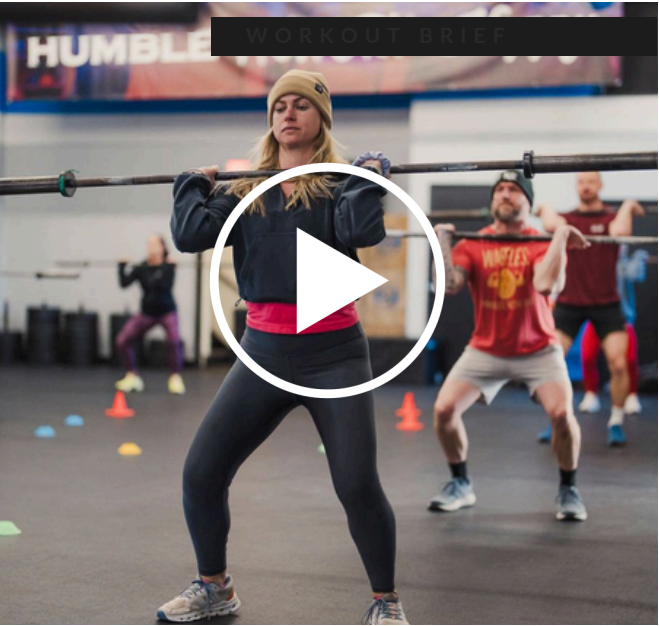
ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
4 Supersets For Quality:
20 Banded Russian Kettlebell Swings
1 Minute Wall Sit
- Rest 2-3 Minutes Between Sets

COACHING RESOURCES

- [Power Clean Progression](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This is the fifth 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, You need to remain engaged and confident in your approach from the beginning to keep from accruing penalties. Stronger athletes will excel early on, but don't sleep on the aerobic athletes in the back half of this workout!

SCORE

Time

TARGET

10-15 Minutes

STIMULUS

Light-Moderate Loading

ELEMENT	NOTES	MODIFICATIONS	
Double Unders	<ul style="list-style-type: none">0:30 or less each time.	<ul style="list-style-type: none">Reduce Reps45 Single UndersPlate Hops	<ul style="list-style-type: none">6 Shuttle Runs0:30 Effort On Any Machine
Power Cleans	<ul style="list-style-type: none">Try to pick a weight that is challenging, but able to be performed unbroken. Every time you break, a 10 second penalty is added to the end of the workout, so the goal is to hang on for big sets.	<ul style="list-style-type: none">Reduce Loading/RepsHang Power Cleans	<ul style="list-style-type: none">Sub Dumbbells (50/35)sDeadlifts(185/135)
Burpees	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">Same Calorie Row, Ski, or Bike ErgPush-UpsNo Push-Up Burpee	<ul style="list-style-type: none">20 Mountain Climbers20 Air Squats10 Shuttle Runs (1 rep = 10m)

- The One Teaching Focus | **Float the Bar**
- We're focusing on timing of reaching full extension of the hips and legs before recruiting the arms to pull. The lower body ""push"" phase of the movement is where athletes will generate maximum power. This power is only effectively transferred if athletes are patient in recruiting the arms for the pull or press until after the lower body push phase is completed. If executed correctly, the bar should "float" in space for a moment. In that moment, the athlete then moves into the pull or press phase. "
 - If achieving the power cleans unbroken for you is a challenge, take 10 seconds to transition to and from the double unders. Then, once you start your set of cleans, move as quickly and powerfully as you can.
 - On the second half of this workout, try to minimize your transition time as this portion of the workout becomes very aerobic.
 - If you are a bigger athlete and have no trouble with the power clean weight, minimize your transitions early on. But when you get to the burpees, operate at a sustainable pace for the first three rounds before trying to pick up your pace in rounds 4 and 5.
 - Logistics
 - Set up athletes to complete their double unders behind their barbell, ensure athletes are not too close so they don't risk hitting one another.

LESSON PLAN

LESSON PLAN

WEDNESDAY FEB 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 // 6 MINUTES | 3:00-9:00

- General Flow
 - 0:30 Easy Jump Rope
 - 0:30 Alternating Worlds Greatest Stretch
 - 0:30 Scorpions
 - 0:30 Upward Dog Press Ups
 - 0:30 Inchworms
 - 0:30 Supermans
 - 0:20 High Jump Single Unders
 - 0:20 Backwards Jump Rope
 - 0:20 Single-Single_double
 - 0:20 Double Unders

2

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

- Power Clean General Warm-Up
 - 5 Power Clean Dip + Drive
 - Focus: Speed through the middle
 - Emphasize quick hip extension, with the bar moving smoothly through the middle of the lift.
 - 5 Power Clean Deadlift + Shrug
 - Focus: Timing of the shrug
 - Cue athletes to finish the deadlift, then shrug with explosive timing.
 - 5 Power Clean High Pull
 - Focus: Bar close to the body
 - Ensure athletes keep the bar close to their body throughout the pull, especially after the shrug.
 - 5 Power Clean Land
 - Focus: Footwork and strong front rack position
 - Emphasize quick foot movement and a solid catch in the front rack position, elbows high.
 - 5 Power Clean Drops
 - Focus: Footwork and fast elbows
 - Emphasize quick footwork into the receiving position and fast elbows through to a strong front rack.
 - 3 Cued Power Cleans

3

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

- Build In Weight To Technical Failure
- Aim for ~65-75% of 1RM
- Rest 2-3 Minutes Between Sets

4

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

- Practice Round
 - On The Minute x 4:
 - Odd: 10 Double Unders + 3 Unbroken Cleans
 - Even: 10 Double Unders + 3 Burpees
- Break
- Workout adjustments if needed

5

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

- Look For
 - Power Cleans: These are meant to be unbroken! The goal should be to not put the bar down at all. Look for the bar to stay close to the body.
 - Double Unders: These should be Consistently 0:30 each set.
 - Burpees: Encourage athletes to get the feet as close to their hands as they come up from the burpee.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY FEB 6

CLASS

"Magic 8 Ball"

For Time:

1,600 Meter Run

80 AbMat Sit-ups

800 Meter Medicine Ball Run

40 AbMat Sit-ups

400 Meter Farmers Carry

20 AbMat Sit-ups

Med-Ball: (20/14)

Dumbbells: (50/35)'s

Time Cap: 35 Minutes

KG | (9/6) (22.5/15)

OPEN | GAMES

For Time:

1,600 Meter Run

80 AbMat Sit-ups

800 Meter Medicine Ball Run

40 GHD Sit-ups

400 Meter Farmers Carry

20 Med-Ball GHD Sit-ups

Med-Ball: (20/14)

Dumbbells: (50/35)'s

ACCESSORY WORK

(formerly 'After Party')

VO2 Max

Bike or Run For Total Distance:

1 Minute Work, 2 Minutes Rest

3 Minute Work, 2 Minutes Rest

5 Minute Work, 2 Minutes Rest

3 Minute Work, 2 Minutes Rest

1 Minute Work

* Performed At RPE 7-8

AGE GROUP

55+ / 13-15

(14/10), (35/25)'s

KG | (6/4.5), (15/11)

COACHING RESOURCES

- [Warm Up Demo - Ab Mat Sit Up - Specific](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

THURSDAY FEB 6

OVERVIEW

- Today is our first Bring A Friend Day of February! This is a great opportunity to have your community invite friends to try out the gym! Today's workout is great for first timers, be sure to scale their distances and loads as needed!
- Today's chipper-style workout decreases in volume but the movements get more challenging. Set your effort from the beginning and see if you can maintain it throughout!

SCORE

Time

TARGET

18-30 Minutes

STIMULUS

Lactate Threshold [RPE 6-7]

ELEMENT

NOTES

MODIFICATIONS

1,600m Run

- Pick an opening run distance that takes under 10:00 to complete, with the goal being closer to 8:00.

- 10:00 Time Cap
- 2,000/1,800m Row
- 1,600/1,440m Ski

- 100/80 Calorie Echo Bike
- 4,000/3,600m Bike Erg
- 8:00 Effort on Treadmill/Runner

Medball Run

- If you can't complete the run in less than 5:00, reduce the distance. We'd prefer you reduce the distance and run WITH the medball rather than run the full distance WITHOUT the medball.

- 5:00 Time Cap
- Remove Medball
- 1,000/900m Row
- 800/720m Ski

- 50/40 Calorie Echo Bike
- 2,000/1,800m Bike Erg
- 4:00 Moderate Effort on Treadmill/Runner
- 60 Burpees

Sit-ups

- 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.

- Reduce Reps
- Hollow Rocks

- Tuck Crunches

Farmer's Carry

- Hold two dumbbells at the sides. Choose a weight that you could complete at least 200 meters unbroken with when fresh.

- Reduce Loading/Distance
- Sub Kettlebells or Plates

- 4:00 Farmer's Carry March in Place
- 4:00 Farmer's Carry Hold

- COLD WEATHER SUB
 - Use any of the written Run Mods
 - 120-80 Box Step-ups
 - 450 Double Unders / 600 Single Unders -300 Double Unders / 400 Single Unders
 - 300 Mountain Climbers (Per Side) - 200 Mountain Climbers (Per Side)

The One Teaching Focus | **Range of Motion**

- Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rip.
- Strategy
 - Be prepared to switch arms regularly during the medball run - every 100 meters may be a good strategy.
- Logistics
 - TEAMS OF 2]
 - For Time:
 - 1,600 Meter Run
 - 80 AbMat Sit-ups
 - 800 Meter Medicine Ball Run
 - 40 AbMat Sit-ups
 - 400 Meter Farmers Carry
 - 20 AbMat Sit-ups
 -
 - Med-Ball: (20/14)
 - Dumbbells: (50/35)
 -
 - Time Cap: 35 Minutes
 -
 - * Run/Carry Together
 - * Split 1 Med-Ball
 - * Each Partner Carries 1 Dumbbell
 - * Synchro AbMat Sit-ups (Top)

LESSON PLAN

LESSON PLAN

THURSDAY FEB 6

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 Trunk Twists
 - 0:20 Arm Circles
 - 0:20 Quad Pulls
 - 0:20 Knuckle Draggers
 - 0:20 Alternating Lunge + Reach
 - 0:20 Spidermans
 - 0:20 Hip Openers
 - 0:20 Soldier Kicks
 - 0:20 Pogo Hops
 - 0:20 High Knees
 - 0:20 Butt Kicks
 - 0:20 Abmat Sit Ups

2

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

- Farmer's Carry Warm-Up | Tell, Show, Do, Check
 - 0:20 Plank Scapular Retractions
 - Scapular Retractions: With arms extended in front, focus on pulling the shoulder blades back (squeezing them together) and then releasing.
 - 0:20 Plank Shoulder Taps
 - This helps activate the core and stabilize the shoulders, key for maintaining posture during carries.
 - 0:20 Single-Arm Suitcase Carry (Light Load)
 - Have athletes pick up a light weight in one hand and walk 10–15 meters (or in place if space is limited).
 - Encourage them to stand tall, roll the shoulders back, and brace the core to avoid leaning to one side.
 - 0:20 Double Dumbbell (or Kettlebell) Light Farmer's Carry
 - Watch for athletes maintaining upright posture, a tight core, and stable, steady steps.
 - 0:20 Farmer's Carry (Workout Load)
 - Move to the load intended for the workout.
 - Ensure athletes keep their eyes forward, shoulders back, and arms relaxed (not shrugging). Emphasize even weight distribution and deliberate foot placement.

3

STRENGTH //

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

- Practice Round
 - 100m Run
 - 5 AbMat Sit-ups
 - 100m Medball Run
 - 5 AbMat Sit-ups
 - 50m Farmer's Carry
- Break
- Workout adjustments if needed

4

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

- Look For
 - Run: The opening run should take under 10:00, once we get into the medball run athletes should hold the bedball on the shoulder alternating sides as they would like.
 - Sit up: The sit ups should take 3:00-2:00-1:00 at most.
 - Farmers Carry: Athletes should be able to make it 100m unbroken before putting the load down.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY FEB 7

CLASS

Thruster
3 Sets:
8 Thrusters

- * Build In Weight To Technical Failure
- * Rest 2-3 Minutes Between Sets

"Fran" [BENCHMARK]
21-15-9:
Thrusters (95/65)
Pull-ups

Time Cap: 10 Minutes

REPEAT FROM 2/19/24

KG | (423/29)

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Upper Body Accessory
[PART A]
3 Sets:
10 Alternating Dumbbell Strict Presses
* Opposite Arm In Overhead Position
* 20 Reps Total (10 Each Side)

[PART B]
3 Sets:
10 Alternating Dumbbell Bent Over Rows
* Opposite Arm Pulled Into Chest
* 20 Reps Total (10 Each Side)

COACHING RESOURCES

- [Fran Talk](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This is the fifth 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, Fran is an infamous and classic CrossFit couplet. Meant to be completed at a fast and furious pace, these two opposing push and pull movements make a spicy combination and keep power output high. Choose the correct loading and modifications to achieve this and not get slowed up anywhere. Aim for no more than 1 break per set to preserve the stimulus.

SCORE

Time

TARGET

2-8 Minutes

STIMULUS

Anaerobic Capacity [RPE 9]

ELEMENT

NOTES

MODIFICATIONS

Thruster

- Aim for 2 sets or less.

- Reduce Loading/Reps
- Sub Dumbbells (35/25)s
- Wallballs

- Front Squats
- 42-30-18 Air Squats

Pull Up

- If we are scaling these, Jumping pull-ups are the best variation for pull-ups, as they keep you moving and the heart rate high.

- Reduce Reps (Ex: 15-12-9, 12-9-6)
- Jumping Pull-ups
- Banded Pull-ups

- 12-9-6 Reps Strict Pull-ups
- Ring Rows
- Alternating Dumbbell Plank Rows (Renegade Row)

The One Teaching Focus | "Explode Through Your Hips"

- Common Fault: Lack of power during the transition to the press.
- Correction: Focus on generating force from the hips to propel the bar overhead.
- Strategy
 - Prioritize the intended stimulus of the workout today by choosing modifications and reps that let you push hard and stay uncomfortable but moving for the duration.
 - Working at a controlled pace and choosing a quick break during barbell sets may better allow you to work through bigger sets on the pull-ups. Smooth = fast! Smooth and fast = faster!
- Logistics
 - If you need rig space, or do not have enough barbells, you can try running two heats and have athletes count for one another.

LESSON PLAN

LESSON PLAN

FRIDAY FEB 7

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 (0:15 Sprint at the top of each minute)
 - 0:30 Pigeon (right)
 - 0:30 Pigeon (left)
 - 0:30 Banded Lat Stretch (right)
 - 0:30 Banded Lat Stretch (left)
 - 0:20 Air Squats
 - 0:20 Ring Rows

2

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

- Pull ups | tell, show, do, check
 - :10 Deadhang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - 3 Pull ups or workout mod
- Thruster Prep
 - 5-7 Front Squats (Cued Reps)
 - Focus: Upright torso and depth.
 - Cue: "Chest tall, elbows high."
 - 5-7 Push Presses (Cued Reps)
 - Focus: Timing—hips and legs extend first, then arms press.
 - Cue: "Legs drive, arms follow."
 - Athletes dip and drive on "go," then reset their stance and bar position between each rep to refine timing.
 - 5-7 Thrusters (Cued Reps)
 - Focus: Smooth transition through squat, hip extension, and press.
 - Cue: "Squat, pop, punch."
 - Athletes focus on driving out of the squat, fully extending at the hips, and finishing with a strong overhead press in one fluid motion.

3

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

- Build In Weight To Technical Failure
- Aim for ~65-75% of 1RM
- Rest 2-3 Minutes Between Sets

4

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

- Practice Round
 - At a Hard Effort Pace:
 - 7 Thrusters
 - 7 Pull-ups
 - 3 Thrusters
 - 3 Pull-ups
- Break
- Workout adjustments if needed

5

WORKOUT // 10 MINUTES | 42:00-52:00

- Look For
 - Thrusters: Look for athletes to keep the weight in the heels even as we try to move fast through our reps.
 - Pull-ups: Look for full range of motion, as athletes get fatigued they should still lockout fully in the bottom, and get their chin over the bar at the top.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY FEB 8

CLASS

"Team McGhee" [HERO]
[TEAMS OF 2]
AMRAP 30:
5 Deadlifts (275/185)
13 Push-ups
9 Box Jumps (24"/20")

* Alternate Movements With Partner

KG | (124/83)

OPEN | GAMES

AMRAP 30:
5 Deadlifts (275/185)
13 Push-ups
9 Box Jumps (24"/20")

ACCESSORY WORK

(formerly 'After Party')

Bike Conditioning
12 Sets:
2:00 Moderate Pace [RPE 5-7]
0:30 Rest

* Focus On Maintaining Same Calories Each Set

AGE GROUP

55+ / 13-15

(185/135)

KG | (83/61)

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY FEB 8

OVERVIEW

Pick reps/weights that allow you to complete each movement in under 1:00, allowing for at least 10 rounds today. This has potential to be a high round workout, so being able to split with a partner will make it easier to keep intensity high.

SCORE

Rounds + Reps

TARGET

15-20 Rounds

STIMULUS

Moderate-Heavy Loading

ELEMENT	NOTES	MODIFICATIONS	
Deadlifts	<ul style="list-style-type: none">Loading should not exceed 70% of your 1RM.	<ul style="list-style-type: none">Reduce Loading/Reps10 Double Kettlebell Deadlifts10 Heavy Kettlebell Swings	<ul style="list-style-type: none">10 Kettlebell Sumo DeadliftsGood MorningsBarbell Sumo Deadlift
Push-ups	<ul style="list-style-type: none">Keep a neutral spine and body in a straight line, tightening your core.	<ul style="list-style-type: none">Reduce RepsBox Push-Ups (Hands Elevated)	<ul style="list-style-type: none">Dumbbell Bench PressDumbbell Floor Press
Box Jumps	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">Reduce Box HeightBox Step-Ups18 Squat Jumps18 Jumping Lunges	<ul style="list-style-type: none">Alternating Single-leg Squats (Pistols)Reverse LungesBroad Jumps

The One Teaching Focus | **Push-Up Body Position + Scaling Options**

- Maintain a straight line from head to heels.
- Avoid sagging or piking at the hips.
- Engage the core to keep the body stable.
- Scaling Options:
- Be aware of athletes' fitness levels and provide appropriate scaling options.
- Progress athletes gradually to more challenging variations as their strength improves.

Logistics

- "McGhee" [HERO]
 - AMRAP 30:
 - 5 Deadlifts (275/185)
 - 13 Push-ups
 - 9 Box Jumps (24"/20")

LESSON PLAN

LESSON PLAN

SATURDAY FEB 8

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 Downward + Upward Dogs
 - 0:30 Scorpions
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:20 Glute Bridges
 - 0:20 90/90 Hip Rotations
 - 0:20 Spidermans
 - 0:20 Box Step Ups
 - 0:20 Squat Jumps
 - 0:20 Box Jumps

2

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

- Push-Up Warm-Up
 - 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.
- General Deadlift Warm Up
 - 5 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 5 Cued reps above knee to mid shin
 - Knees out of the way
 - 5 Cued reps mid shin to standing
 - Driving with the legs
 - Shoulders and hips rise together until bar passes knee
 - Take 3 Min to warm up to workout load

3

STRENGTH //

PRIMER // 6 MINUTES | 24:00-30:00

- Practice Round
 - 2 Rounds, Alternating Movements with Partner:
 - 1 Deadlift
 - 3 Push-ups
 - 3 Box Jumps
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 30:00-60:00

- Look For
 - Deadlifts: 2 sets on the deadlifts, encourage athletes to keep their shoulder blades squeezed and engaged.
 - Push-Ups: Full range of motion is key here. Chest should touch the floor, and full lockout at the top.
 - Box Jumps: Jump high, land high. Be sure athletes lockout at the top, and step down.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY FEB 9

CLASS

"The Dinghy"

8 Rounds:
250/225 Meter Row
200 Meter Run

Rest 1 Minute Between Rounds

"Sunday Runday"

Beginner: Run 2 Miles
Intermediate: Run 2.5 Miles

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

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Durability

For Quality:

2-3 Mile Ruck

Men: 30-60 Pounds

Women: 20-45 Pounds

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY FEB 9

OVERVIEW	Today as all Sundays go, RPE is a 2-3, so we are not looking to empty the tank here. We want to focus on consistent quality work. Overall we are looking for about 2:00 of work and 1:00 of rest each round.		
SCORE	Time	TARGET	18-25 Minutes
		STIMULUS	Recovery [RPE 2-3]
ELEMENT	NOTES	MODIFICATIONS	
Row	<ul style="list-style-type: none">About 1:00	<ul style="list-style-type: none">1:30 Time Cap200/180m Ski12/10 Calorie Echo Bike500/450m Bike Erg	<ul style="list-style-type: none">200m Run150m AirRunner16 Shuttle Runs (1 rep = 10m)
Run	<ul style="list-style-type: none">About 1:00	<ul style="list-style-type: none">1:15 Time Cap250/225m Row200/180m Ski12/10 Calorie Echo Bike	<ul style="list-style-type: none">500/450m Bike Erg1:00 Moderate Effort on Treadmill/Runner16 Shuttle Runs (1 rep = 10m)15 Burpees
<ul style="list-style-type: none">COLD WEATHER SUB<ul style="list-style-type: none">Use any of the other machine rub Mods20 Box Step-ups75 Double Unders / 100 Single Unders50 Mountain Climbers (Per Side)			

- 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. Athletes often bring the seat all the way to their heels, creating an inefficient position to drive from.
 - Logistics
 - If machines need to be shared, have one group start on the run and the other start on the row. Or, start a group 2:00 behind the first.

LESSON PLAN

LESSON PLAN

DAY MONTH #

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
 - Jumping Jacks (1 minute)
 - World's Greatest Stretch
 - Lateral Shuffles
 - Scorpions
 - Glute Bridges
 - Reverse Lunges
 - Dynamic Toe Touches
 - Bear Crawls
 - Standing Arm Crossovers
 - High Knees
 - 200m Run

2

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

- 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

3

STRENGTH //

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

- Practice Round
 - 2 rounds:
 - 100m Row
 - 100m Run
- Break
- Workout adjustments if needed

4

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

- Look For
 - Both Movements: Find a steady pace that is repeatable, and allows us to maintain an effort of RPE 2-3.

5

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