

Training 1

Weightlifting/Strength:

Back Squat

1. Build to a heavy set of 3.
2. Drop down to 90% and do 3 x 3.

Snatch Chipper:

For time:

- 1x 50/25kg
- 2x 55/30kg
- 3x 60/35kg
- 4x 65/40kg
- 5x 70/45kg
- 6x 75/50kg
- 7x 80/55kg
- 8x 85/60kg
- 9x 90/65kg
- 10x 95/70kg

Scale = The final weight should be around 80% of your 1RM snatch. Build in 2.5 or 5kg increments over the 10 sets.

Rules: They have to be squat snatches. If you take a step forward or back as you stand up then that lift is a no-rep. If you fail a lift you have to do ten bar-facing burpees over the bar as penalty before you can continue snatching. If you fail three times in a row you are out.

#FocusOftheDay

CrossFit:

2 x 2 min on - 1 min off

300m Row

5/3 RMU

Goal = Back to the row

Then:

2 x 2 min on - 1 min off

20 Alternating Pistols

10 STO 60/45kg

Goal = 2 rounds

Then:

2 x 2 min on - 1 min off

5 Burpees

100 DUs

5 Burpees

15 TTB

Goal = 1 round

Accessory:

5 rounds for quality:

15-20 Medball GHD sit ups (Choose your own weight)

4-6 Negative parallel HSPU (You only need to do the lowering part of the movement)

Daily Movement Drill:

Use as part of your daily warm-up.

60-90 seconds of neck flow. [Neck flow](#)

Training 2

Weightlifting/Strength:

Strict Press

1. Without dropping down in weight. Establish a:

5RM

4RM

3RM

2RM

1RM

2. Then at 80% of the 1RM do 1 rep every 30 seconds for 10 reps.

CrossFit:

CrossFit: Regional Event 4 from 2012

For time:

50 Back Squats 60/45kg

40 Pull-ups

30 Shoulder to Overhead 60/45kg

50 Front Squats 40/30kg

40 Pull-ups

30 Shoulder to Overhead 40/30kg

50 Overhead Squats 30/20kg

40 Pull-ups

30 Shoulder to Overhead 30/20kg

Time Cap: 22 min

Accessory:

D-Ball hold:

Accumulate 5 min @ 30-50kg

*Substitute plate hold

Gymnastics:

Skill Development:

3 rounds of:

3 x 20 sec on - 20 sec off:

Kip swings

V-tuck ups [Video](#)

Kip swings high knees [Video sec 5-9](#)

V-ups [Video](#)

Technical Focus: Aim to get the movement coming from the midline and not the shoulders in the kip swings.

Gymnastic Conditioning:

For time:

3 rounds:

250m Row

12 Unbroken T2B

1-3 Strict RMU

2 rounds of:

500m Row

15-25 Unbroken T2B

4-6 RMU

[#FocusoftheDay](#)

Push the pace of the row before going directly into the TTB.

Daily Movement Drill:

Use as part of your daily warm-up.

60-90 seconds of neck flow.

Training 3

CrossFit:

4 rounds for time:

25/20 cal Ski Erg

20 GHD Sit-ups

20m HSW over obstacle (build of plates. Make one that is challenging, but doable for you)

Choose a comfortable sustainable pace. 20min time cap.

Weightlifting/Strength:

Clean + Power Jerk + Split Jerk

1. Establish a daily max in the complex.

2. Do five additional sets at 90% but with two cleans.

Back Squat

1 rep every 30 seconds for 10 minutes: Pick a heavy but manageable weight.

Gymnastics:

Skill Development

6 rounds, rest as needed to perform quality reps:

3 Kipping C2B + 3 [Paused C2B](#) (2 sec at the top) butterfly + 3 Kipping C2B

Keep a towel between the legs to make sure you are staying tight in the lower body.

Gymnastic Conditioning

25 min EMOM:

Min 1: 1-2 Legless Rope Climb 15ft

Min 2: 8-12 Cal row + 8 -12 C2B

Min 3: 8-12 Cal Row + 5-10 Burpees over the rower

Min 4: 8-12 C2B + 8-12 Cal row

Min 5: Rest

Gymnastic Strength/Accessory:

3 x 15 unbroken Hands turned back Push ups.

[#FocusoftheDay](#)

Daily Movement Drill:

Use as part of your daily warm-up.

60-90 seconds of neck flow.

Training 4

“Training 4/Triathlon Development”

The focus for Training 4 will vary depending on your needs. Some athletes will take today as an active recovery day, to keep the body moving and working at a lower intensity, some athletes may have this day as a complete rest day which is fine.

Other athletes may choose this day as one of the main focuses of the week, this should be the case if you need to develop your aerobic capacity. If you are feeling good and time allows, you can do the session.

Run *(Ideally performed on a track or machine)*

1 x 800m easy pace

2 x 400m hard pace*

1 x 600m easy pace

2 x 300m hard pace*

1 x 400m easy pace

2 x 200m hard pace*

1 x 200m easy pace

2 x 100m hard pace*

**1 min rest between sets.*

The Program Recovery

The focus of this session is an “easy recovery” to not only improve your movement but to get your body feeling fresh before your next training session begins.

18 min EMOM:

Min 1: Wrist flow <https://youtu.be/bisnUOmWj0s>

Min 2: Anterior shoulder stretch

Min 3: L-sit hold

Min 4: Wall facing handstand hold

Min 5: Hip flow https://youtu.be/W3E_KNs3RvQ

Min 6: Slow air squats

The goal of these sets is to be moving for 40-50 seconds of the minute.

Training 5

CrossFit:

In pairs:

For time:

Station 1:

40 cal Ski Erg (Divide as needed)

30 Burpee box jumps, 24in (Divide as needed)

10 Synchro hang squat snatches 50/35 kg – these must be performed unbroken.

Station 2:

30 GHD Sit-ups medball passes (Set-up so you face each other and pass the ball. 1 pass = 1 rep)

10 Synchro RMU

Station 3:

60 cal Row (Divide as needed)

10 Triple unders (Divide as needed)

20 Synchro hang squat cleans 50/35 kg – these must be performed unbroken.

Both pairs work through all stations.

You can choose to go MM, FF or MF pairs

Done as a relay, pair 2 can start once pair 1 finishes station 1.

CrossFit:

For time:

MMFF 800m Run

MM 21 Partner DL

MMFF 30 Synchro over worm burpees

FF 21 Partner DL

MMFF 30 Synchro over worm burpees

MM 50 Cal Assault Bike

MMFF 20 Synchro over worm burpees

FF 40 Cal Assault Bike

MMFF 20 Synchro over worm burpees

MMFF 800m Run

Weight:

M/M: 200kg

F/F: 150kg

Swim:

1 x 400m Swim (Non stop, warm-up)

1 x 200m Just kicking with float

1 x 200m Swim

1 x 200m Just arms, float between legs

5 min Rest

4 x 100m swim, try every: 2 min

5 min Rest

10 x 25 swim, try every: 30 sec

Team 2

CrossFit:

(Whole team)

3 rounds for time:

1.5 mile Run

30 Synchro burpee box jump overs 24 inch boxes

Wear a weight vest 20/14lbs

CrossFit:

Whole team:

For time:

12 Pegboard climbs (At least 2 each)

12 HSW Obstacle passes (At least 2 each)

24 synchronised C2B (Whole team)

24 synchronised parallel HSPU (Whole team)

48 synchronised DB OHS squats, 1 x 15/10kg (Whole team, must use same arm)

CrossFit:

(Whole team)

For time:

20 Worm thruster

1 Short rope climb each while others hold the worm

20 Worm push press

1 Short rope climb each while others hold the worm

20 Worm squats

1 Short rope climb each while others hold the worm

20 Worm cleans

1 Short rope climb each while others hold the worm

20 Over worm burpees (Regionals standard)