

Training 1

Session #1

Weightlifting/Strength:

Power Clean + Front Rack Lunge

Build to a heavy single of the complex (1 PC + 1 L + 1 R). *Focus on staying upright in the lunges.*

Death by TnG Power Clean + Lunges

Every 5 minute until failure:

5 TnG Power cleans
10 Alternating front rack lunges
5 TnG Power cleans
10 Alternating back rack lunges
5 TnG Power cleans
10 Alternating overhead lunges

Start at 50/35kg and add 5kg after each successful round. Continue until you can't complete a round within the time-cap. In the lunges, one step counts as one rep. The power cleans has to be done unbroken, however you are allowed to rest between and divide the lunges as desired. Lunges are stationary.

Accessory:

For quality 10 min AMRAP:

10 Strict TTB
10 Ring rows

Session #2

Gymnastics:

Gymnastics Skill Development:

2 rounds:

10 Banded Glide Kip drill
5 x 1 Start at the top of the BMU drop back into the bottom of the kip and perform 1 hip to bar [Video](#)

Gymnastics Conditioning:

18 x 40 sec on - 20 sec off (3 full rounds through, 18 min total):

1. Echo Bike
2. BMU
3. V-ups
4. Echo Bike
5. C2B
6. Wall facing HSH

No sandbagging on the AB, go hard here each round. For the BMU and C2B focus on good technique first, then speed of reps if it is feeling good. Also be careful not to rip. If you are getting close substitute BMU for burpee pull-ups and C2B for ring rows.

Accessory:

4 rounds for quality:

30 sec Heavy Yoke carry / [Heavy back rack hold](#)
2 min Rest

Training 2

Session #1

Weightlifting/Strength:

Snatch + Below the Knee Snatch + Hang Snatch

1. Find your daily max in the complex. *You are not allowed to drop the bar between reps, but you can reset on the floor.*
2. Find your 2RM hang snatch.
3. Find your 3RM below the knee hang snatch.
4. Find your 4RM snatch.

The aim is to do all of the snatching within a 45 minute window, including warm-up. Focus is technique over absolute weight, obviously the 4RM snatch will be hard however focus on the positions.

Front Squat

1. Find your 3RM.
2. 3 more singles at your 3RM weight. Go every 90 sec.

Accessory:

2 rounds for quality:

- 10 Glute ham raises [Video](#)
- 30 Banded hamstring curls [Video](#)

Then, 2 rounds:

- 60 sec Wall holding squat
- Rest as needed between sets. At least 90 sec.*

Session #2

Gymnastics:

Gymnastics Skill Development:

4 rounds for quality of:

1. 15-30 sec Hang on rope (Alternate hand on top)
2. 10 Toes to rope [Video](#)

Gymnastics Strength:

5 rounds for quality, rest as needed:

- 1 Legless Rope climb 15ft (*Straddle L-sit up, pike L-sit down (rope on the side)*)
- 8-12 Weighted Box dips
- 8-12 Weighted Lateral raises (weight on your hip) [Video](#)

CrossFit:

For time:

50 - 40 - 30 - 20 - 10

Double-Unders (Double reps: 100/80/60/40/20)

Push-ups

Box jumps 20in M/F

Air squat

Meter HSW (Half distance: 25/20/15/10/5m)

Time cap: 25 min

Accessory:

2 rounds for quality:

25 Superman roll outs

50 Abmat Sit-ups

Rest as needed between exercises.

Training 3

Session #1

Plyometrics:

For quality/distance, rest as needed:

4 rounds:

10 Straight leg box jumps 20in M/F

30m Feet together standing broad jump

Then:

5 rounds:

5 Squat broad jumps

Repeated from last week. Try to increase the height of the box slightly (add a plate etc) if possible.

Weightlifting/Strength:

Deadlift

1. Build to a heavy 5RM (this doesn't have to be an all time 5RM, just a set that is heavy but you can move the bar quickly).

2. 1 x 20 @ 60% of the 5RM.

Strict Press

1. Build to a heavy 5RM (this doesn't have to be an all time 5RM, just a set that is heavy but you can move the bar quickly).

2. 1 x 20 @ 60% of the 5RM.

CrossFit:

4 rounds for time:

300m Ski Erg

5 Bench press 100/65kg

2 min rest

Session #2

Conditioning:

Row

400/300 cal row for time done as

20 x 20/15 cal, work:rest 1:1

E.g. if it takes you 1 minute to do 20 cal, you must then rest 1 minute before you can start again.

Gymnastics:

Gymnastic Strength Development:

Strict RMU

1. Find your max UB strict RMU

2. 5 min EMOM: 1 set of 50% of the max set

Strict HSPU

1. Find your max UB strict HSPU*

2. 5 min EMOM: 1 set of 50% of the max set

**If you think you have more than 20 go from deficit. Choose a height that will allow 10-15 reps.*

Accessory:

3 rounds for quality:

20-40 sec German hang from bar [Video](#)

40 sec Dead hang from bar

Rest as needed between sets/rounds.

Training 4

Run:

Drills

"Pose method pull" 50 x each leg [Video](#)

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

2 rounds:

100m

200m

300m

400m

800m (aim for a fast 800m pace)

30 sec rest between distances, 3 min rest between rounds.

The idea is to keep the 100m splits the same at all distances aiming to hit a fast 800m time. This will mean your first few distances are very easy, gradually getting harder.

Swim:

Warm up:

4 x 100m (25m catch up with 2 second pause, 25m single arm left, 25m single arm right, 25m full stroke)

5 x 50m (25m kicking on back with hands by the side, 25m breaststroke)

10 x Tumbleturn practice/progression *

5 x Tumbleturn from 5m out (focus on streamline out of turn, no breath on first stroke after turn)

Main Set:

10 x 100m trying to hold average 500m pace or faster.

30 sec rest between

8 x 50 freestyle. 1 fast, 1 easy. 30 sec rest before fast set

2 x 200m trying to hold average 500m pace or faster.

20 sec rest between

Training 5

Session #1

Weightlifting/Strength:

BTN Split Jerk + Paused Overhead Squats

1. Find your 1RM.

Do a BTN split jerk to get the weight overhead, then OHS with a pause for three seconds in the bottom position.

2. 3 x 3 OHS @ 80%, this time without the pause in the bottom.

TnG Power Snatches + TnG Squat Snatches

For time:

15 Power snatches (50/30kg), must be done as 3 x 5 TnG reps

15 Squat Snatches (60/45kg), must be done as 3 x 5 TnG reps

15 Power snatches (50/30kg), must be done as 3 x 5 TnG reps

15 Squat Snatches (60/45kg), must be done as 3 x 5 TnG reps

Use 1 bar and change the weights, scale as needed.

CrossFit:

3 rounds, max effort:

Max effort strict HSPU (choose a deficit that allows 6-10 reps)

20m Heavy Prowler push

20m Arm over arm pull (*use a rope attached to the prowler to drag it back*)

Max effort strict HSPU at same height

Rest 3 minutes

Session #2

Conditioning:

Every 5 min for 25 min (5 rounds):

400m Run

15 Thrusters 45/30kg

15 Burpee over bar

4 min time cap on each round. Goal is to find a hard but maintainable pace throughout.

Accessory:

2 rounds:

Max effort DB Bicep curls: 2x 15/10kg

Go to failure on the movement, when at failure 1 minute farmers walk.

Rest as needed.

Max effort DB Bench press: 2x 25/20kg

Go to failure on the movement, when at failure 1 minute farmers walk.

Rest as needed.

Training 6

Session #1

The Progrm Mash

5 rounds for time:
5 C2B + 5 TTB

Directly into:

For time:
20 Thrusters 45/30kg
20 Front squats 45/30kg
20 Push press 45/30kg
20 Back squats 45/30kg

5 min Rest

5 rounds for time:
5 C2B + 5 TTB

Directly into:

For time:
30 Push-ups
30 Air squats
30 Box jumps 24in M/F
30 HSPU
30 Alt Pistols
30 Box jumps 30/24in M/F

5 min Rest

5 rounds for time:
5 C2B + 5 TTB

Directly into:

For time:
40/30 Cal Row
40/30 Cal Ski
40/30 Cal Bike
40/30 Cal Run

Session #2

Strength:

Sumo Deadlift

Build to a 1RM from blocks (mid shin).

Single Arm DB Overhead Squat

Build to a heavy 8RM per arm.

Glute Ham Raises

3 x 8, use a weight if possible. [Video](#)

Dimel Deadlift

3 x 20, at roughly 30% of 1RM. [Video](#)

Good Mornings

100 reps in as few sets as possible with an empty barbell.

Accessory:

Core complex:

12 x 30 sec on - 30 sec off alternating through (3 full rounds)

1. Right Leg – Left hand crossovers
2. V-Ups
3. Left Leg – Right hand crossovers
4. Arch body hold