

Monday	Monday		Tuesday		Wednesday		Thursday		Friday	
Week1 27-31 July			Gymnastics	10 minutes of pistol practice: L1: Lunge progression @ 3:20 http://gymnasticswod.com/content/pistol-progression-pt1 L2: Paused pistols to low box L3: :30 on, :30 off, continuous alternating reps @ 80% effort			Jerk Drill	2 Front Squats + 1 Power Jerk + 1 Split Jerk 6 heavy sets	Clean Drill	Clean Deadlift to Mid thigh + 2 Clean Pull + High Hang Clean 4 sets, moderate weight, focusing on proper position, then speed
			Snatch Drill	Heaving Snatch Balance + 2 OHS Up to a heavy set			Pressing	Bench Press 10x2, Minimal rest, 65-75%. Focus on speed on the way up. Slight pause on the chest. Strict Press 3x8, moderate weight	Gymnastics	5 Rounds: 1 Strict MU + 1 Kipping MU + 2 Ring Dips Scale 1 Strict PU + 2 Kipping Pull Ups
	Warm Up	3 Rounds: 30 sec on/10 sec off -Squat to high hold -Spiderman Lunge with downward dog -Shoulder Circles - forward and back	Warm Up	Row 500m 10x Bent leg Iron Crosses Per sid 10x Bird Dogs 10x Reverse Lunge with OH reach Reclining hero 30 sec	Warm Up	Agility Ladder Short dynamic warm up	Warm Up	2 Rounds: 1 Minute tissue prep each leg 20 second pull-up hang in hollow 10 spiderman lunges 15 air squats	Warm Up	400m Run Dynamic Warm Up
	Gymnastics	Gymnastics Alternating Tabata Hollow / Arch Holds (8 x 20:10)	Clean and Jerk	L3: Clean and Split Jerk 6x3 @ 70-80% L2: Clean & Split Jerk 8x1 @ 80-85% L1: 20 reps with good form. Only go up in weight as form allows.	Weightlifting Drill	L3: 5x2 Snatch Pulls @ 95% of best Snatch L2: 5x3 Snatch Deadlift to Mid Thigh L1: 5-5-5-5 Snatch-grip deadlift	Gymnastics + Strength	All levels: HB Back Squat 4x2 @ 80-85% of LB max If you do not know your 1RM, stay conservative with your weights. Strict Pull-Ups between sets of Back Squats, starting and ending with Pull-Ups. Goal is greatest number of total pull-ups.	Snatch	In 20 minutes L3: Snatch 5x1 @ ~90-95% L2: Find a heavy single Snatch L1: Hang Squat Snatch, 20 reps with good form. Power snatches if OHS hasn't been developed
	Sport	L3: 4 Rounds: 400m Run 12x Burpees 21x Box Jumps (30/24) L2: 4 Rounds: 400m Run 12x Burpees 21x Box Jumps (24/20) L1: 3 Rounds: 400m Run 12x Burpees 21x Box Jumps (24/20)	Sport	L3: AMRAP 20: 5x Squat cleans (165#/115#) 10x Russian Twists (20#/14#) 15x Ring Rows L2: AMRAP 20: 5x Squat cleans (135#/95#) 10x Russian Twists (20#/14#) 15x Ring Rows L1: AMRAP 20: 5x Squat cleans (95#/65#) 10x Russian Twists (20#/14#) 10x Ring Rows	Capacity	L3: 750m Row 50x Russian KB Swings (53#/35#) 800m Run 40x Front-rack lunge (20 per leg, 135#/95#) 400m Farmers carry (53#/35# per hand) 30x Turkish get-ups L2: 750m Row 50x Russian KB Swings (53#/35#) 800m Run 40x Front-rack lunge (20 per leg, 95#/65#) 400m Farmers carry (53#/35# per hand) 20x Turkish get-ups (53#/35#) L1: 750m Row 40x Russian KB Swings (35#/18#) 800m Run 30x Weighted lunge (15 per leg, 35#/18# per hand) 400m Farmers carry (35#/18# per hand) 20x Sand Bag Get Ups	Sport	All Levels: L3: Then Emom 9: 5x Thrusters (115#/80#) 5x C2b L2: Then Emom 9: 5x Thrusters (95#/65#) 5x Pull-ups L1: Then Emom 9: 5x Thrusters (65#/45#) 5x Ring Rows	Sport	L3: 10-9-8...3-2-1 Hang-squat snatch (115#/80#) OB Burpees L2: 10-9-8...3-2-1 Hang-squat snatch (85#/55#) OB Burpees L1: 10-9-8...3-2-1 Hang-power snatch (65#/45#) Burpees
	Metcon	Partner WOD 80 Burpee buy In then Complete 3 Rounds 50 Wall Balls 40 Toes to Bar 30 KB Swings (53/35) 200M Run *Split up work anyway you choose. Both partners must do the 200M run together.	Clean and Jerk Assist	Clean Deadlift 3x3 Maintain Clean positions the whole time. Double overhand, hook grip. 100-105% of best clean.	Shoulder Stability	Band Series- x10 horizontal pull aparts x10 vertical pull aparts x10 dislocates x5 ea way horizontal X pull aparts x10 OHS	Metcon	AMRAP 15 7 HSPU's 14 Goblet Squats (53/35) 25 Double Unders 10 calories on bike	Snatch Assist	Segmented SN Deadlift 5x2, 80-90% of best SN 2 second pause at mid shin, knee, mid thigh
	Aerobic Work	With a Partner.... Assault Bike 225 calories for time, split up anyway	Shoulder Stability	2 Rounds Not For Time x10-15 Scap Rows with band x10 pvc dislocates x10 lockdowns x10 cuban presses			Aerobic Work	Rowing: 2x400m w/ 2min rest b/t reps 1x1000m w/ 5min rest 4x200m w/ 1min rest b/t reps	Shoulder Stability	2 Rounds Not For Time x10-15 Scap Push Ups x10 pvc around the worlds x10 wall slides x10-15 Scap Pull Ups
	Abs/Back	3 Rounds Not For Time -10 GHD Situps - add #25lb plate -30-45 sec weighted plank -30-45 sec hold in back extension					Abs/Back	3 Rounds not for time - -15 Suitcase situps -20 sec Hollow Rock hold -5 Strict TTB		