

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 10-14 August		Jerk Drill 2 Front Squats + 1 Power Jerk + 1 Split Jerk 6 heavy sets	Clean and Jerk Drill Clean Deadlift to Mid thigh + 2 Clean Pull + High Hang Clean 4 sets, moderate weight, focusing on proper position, then speed		Gymnastics 5 Rounds: 1 Strict MU + 1 Kipping MU + 2 Ring Dips Scale 1 Strict PU + 2 Kipping Pull Ups
		Pressing Bench Press 8x2, Minimal rest, 70-80%. Focus on speed on the way up. Slight pause on the chest. Strict Press 3x6, moderate weight	Gymnastics		Snatch Drill Heaving Snatch Balance + 2 OHS Up to a heavy set
	Weightlifting Drill L3/L2: Snatch balance 3-3-3-3-3 Try to increase load each time L1: Pressing Snatch balance 3-3-3-3-3 Keep weight the same	Strength L3: 6x3 banded HB Squats @ 70% 2" bands (grey elite FTS band) for a 350+ 1rm 1" bands (orange elite FTS band), for 300-350 1rm L2: 10x2 HB Squats @ 70-75% *Set of 2 every 90 seconds* L1: 5x5 HB Squats	Snatch In 20 minutes L3: Snatch 3x1 @ ~95%+ L2: Find a heavy single Snatch L1: Hang Squat Snatch, 10 reps with good form. Power snatches if OHS hasn't been developed. Heavier than last week.	Gymnastics 10 minutes of pistol practice: L1: Lunge progression: 5 sets of 1 at each lunge position 3 sets of 5 of slow paused split squat L2: Paused pistols to low box 3 sets of 5 on each leg, position box just below parallel L3: :30 on, :30 off, continuous alternating reps @ 80% effort	Clean and Jerk L3: Clean and Split Jerk 7x2 @ 80-90% L2: Clean & Split Jerk 6x1 @ 90-95% L1: 10 reps with good form. Only go up in weight as form allows. Heavier than last week.
	Sport L3: 5 rounds of: 250m row 5x squat cleans (165#/115#) 5x handstand push ups L2: 5 rounds of: 250m row 5x squat cleans (135#/95#) 5x pike push ups L1: 5 rounds of: 250m row 5x squat cleans (95#/65#) 5x push ups	Sport L3: 5-4-3-2-1 Reps of: Muscle Ups Barbell Complex (115/80) L2: 5-4-3-2-1 Reps of: C2B Ring Dips Barbell Complex (95/65) L1: 5-4-3-2-1 Reps of: Pull-ups Push-ups Barbell Complex (75/55) * Complex includes – Power Clean, Thruster, R leg lunge, L leg lunge.	Aerobic Metcon With a partner: Using a sandbag/weight vest Run 100m with sandbag, drop SB, run 100m, tag your partner. They repeat in opposite order. Do the SB run x5 each Rest 4 minutes. Row 200m intervals with partner until you hit 1200m	EMOM EMOM 10: L3: 5x Pistols per leg 25x Double-unders L2: 3x Pistols per leg 25x Double-unders L1: 3x Assited Pistols per leg 25x Double-unders Rest 5 minutes then 5x50' prowler push. Moderate weight, fast speed.	Sport L3: 10x G2OH (155#/105#) 20x C2B 30x Stick jumps (20") 40x Wall Balls (20#/14#) 30x Stick jumps (20") 20x C2B 10x G2OH (155#/105#) L2: 10x G2OH (135#/95#) 20x Pull-ups 30x Stick jumps (20") 40x Wall Balls (20#/14#) 30x Stick jumps (20") 20x Pull-ups 10x G2OH (135#/95#) L1: 10x G2OH (95#/65#) 20x Ring Rows 20x Stick jumps (20") 30x Wall Balls (20#/14#) 20x Stick jumps (20") 20x Ring Rows 10x G2OH (95#/65#)
	Shoulder Stability With a 5-10lb plate: x10 ea way around the head rotations x10 tricep extensions x10 ea way bus drivers x10 front raise x5 ea way lateral raise	Aerobic Assault Bike with Partner: 20 cal each, as fast as possible rest 2 min 200 cal total, switch every 20 *use rower if bike is being used 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	Snatch Assist Segmented SN Deadlift 5x2, 80-90% of best SN 2 second pause at mid shin, knee, mid thigh 2 Rounds Not For Time x10-15 Scap Push ups x10 pvc around the worlds x10 lockdowns x90 sec prayer stretch	Metcon Partner WOD: 2000M Row 75 Goblet Squats (53/35) 50 Pull Ups 50 Box Jump Overs (24/20) 75 Burpees Aerobic Work Row: 4x600m with 3min rest b/t reps 5min rest after final 600m interval 1x400m, 1x300m, 1x200m with 90sec rest b/t reps 3 Rounds not for time - Abs/Back -15 Suitcase situps -20 sec Hollow Rock hold -5 Strict TTB	Clean Assist Clean Deadlift 3x3 Maintain Clean positions the whole time. Double overhand, hook grip. 100-105% of best clean. Shoulder Stability 2 Rounds Not For Time x10-15 band pull aparts x10 empty bb snatch grip press x10 tricep pulldowns x30 ea side lat stretch