

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 17-21 August	Jerk Drill Up to a heavy single power jerk then 5x1 @ 90% of HS	Pressing Bench Press 5 heavy sets of 3 Single Arm Floor Press 3x5	Clean and Jerk Drill 5 sets of, at moderate weight 2 Clean Pull + 1 Power Clean + 1 Front Squat	Snatch Drill Snatch Complex 5 sets, moderate-heavy Power Snatch, OHS, Hang Snatch, Snatch	Gymnastics L3:EMOM 10: 1 Kipping Swing + 1 T2B + 1 Pull-Up. Add 1 rep to each movement every minute until you can't do the sets unbroken, or time runs out. L2: 10 sets of 3 kipping pull-ups w/ 2 second pause at the top of each one. https://youtu.be/QngE0M74o L1: Kipping Swing practice. 5 sets of 10 swings. Legs straight, feet together, alternating hollow and arch positions.
	Weightlifting L2/3: Clean and Jerk Max L1: 5 reps with good form. Only go up in weight as form allows trying to go heavier than last week.	Weightlifting L3/L2: Split Jerk 8x1 @ 60% L1: Split Jerk 10-15 perfect reps at moderate weight (no pressouts)	Snatch L3:Snatch Max L2: Snatch Heavy Single L1: Hang Snatch (power snatch if needed) 5 reps with good form. Only go up in weight as form allows	Squat HB Back Squat 4x8 @ 55% of LB max	Gymnastics L3: 5 minutes to Work up to > 5 second free standing hold 5 minutes to Work up to > 5 steps handstand walk L2: 5 minutes to Work up to > 5 second one arm handstand hold 5 minutes to Work up to > 5 shoulder taps L1: 5 minutes to Work up to Hand Stand Hold 5 minutes to complete: 20 push ups, 50 presses with empty BB
	Sport L3: 12x Overhead Squats (135#/95#) 21x Pull-ups 1600m Run 21x Pull-ups 12x Thrusters (135#/95#) L2: 12x Overhead Squats (95#/65#) 21x Pull-ups 1200m Run 21x Pull-ups 12x Thrusters (95#/65#) L1: 12x Overhead Squats (65#/45#) 21x Pull-ups 800m Run 21x Pull-ups 12x Thrusters (65#/45#)	High Intensity L3: AMRAP 4: 10x Scotty Bobs (45#/25#) 10x Box Jumps (30"/24") Rest 2 Minutes AMRAP 4: 10x RKBS (2pd/1.5pd) 10x Burpees L2: AMRAP 4: 10x Scotty Bobs (25#/15#) 10x Box Jumps (24"/20") Rest 2 Minutes AMRAP 4: 10x RKBS (53/35#) 10x Burpees L1: AMRAP 4: 5x Scotty Bobs (15#/10#) 10x Box Jumps (24"/20") Rest 2 Minutes AMRAP 4: 10x RKBS (yellow/red) 10x Burpees	High Intensity Clean Ladder: Minute 1: L3 = 185#/125# L2 = 135#/95# L1 = 95#/65# Minute 2: L3 = 205#/145# L2 = 155#/105# L1 = 105/75# Minute 3: L3 = 225#/165# L2 = 175/115# L1 = 115/85# Minute 4: L3 = 245#/175# L2 = 195/125# L1 = 125/90# Minute 5: L3 = 265#/185# L2 = 205/135# L1 = 135/100# Minute 6: L3 = 285#/195# L2 = 215/145# L1 = 145/105#	Sport L3: In 10 minutes 1500 M Row As many rounds as possible, 5x Muscle Up 5x Power Cleans (135#/95#) L2: In 10 minutes 1000 M Row As many rounds as possible, 5x Ring Dips 5x Power Cleans (115#/80#) L1: In 10 minutes 750 M Row As many rounds as possible, 5x Push-ups 5x Power Cleans (95#/65#)	Sport L3: AMRAP 12: 30x Mtn Climbers 30x Wallballs (20/14) 30x Double-unders L2: AMRAP 12: 20x Mtn Climbers 20x Wallballs (20/14) 20x Double-unders L1: AMRAP 12: 15x Mtn Climbers 15x Wallballs (20/14) 30x Single-unders
		Aerobic			
	Metcon Annie 50-40-30-20-10 rep rounds of: Double-unders Sit-ups	Snatch Assist Segmented SN Deadlift 5x2, 80-90% of best SN 2 second pause at mid shin, knee, mid thigh Aerobic Work 4x1200m (500m, 400m, 300m) 40sec rest b/t reps & 5min rest b/t sets Workout Target Pacing: 3-5sec/500m slower than your 2000m PR	Metcon Minutes 1-6 Complete 3 Rounds 10 Thrusters (95/65) 7 Barbell Facing Burpees Minutes 7-14 Complete 400M Run 50 Air Squats 50 Sit Ups Minutes 15 – 18 AMRAP 30 DU's 10 Hang Power Snatch (95/65)	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 x5 ea way horizontal X pull aparts x10 OHS	Aerobic Work Run: 5 Rounds: 300m on 100m off Sidewalk is 300m

	Shoulder Stability	2 Rounds Not For Time x10-15 Scap Rows with band x10 pvc dislocates x10 lockdowns x10 cuban presses	Abs/Back	3 Rounds Not For Time -10 V - ups -30 flutter kicks -10 upper half supermans	Abs/Back	3 Rounds not for time - -15 Wallball situps -10 hollow rocks with pvc overhead -10 leg extensions on GHD				
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