

	Week 1	WOD (Strength/Power)
Monday Upper body	<p>10 minute Row @ Easy Pace. 3 sets @ 75 – 95# BB Complex 6x Deadlift + 6x Hang Clean + 6x Front Squat + 6x Back Squat + 6x Push Press + 6x Push-up</p> <p>OHS @ 35% + Ring Push-up, 30-20-10 reps of each</p>	<p>If able Run or Swim 40m a few hours prior to this WOD. The weight has been modified to meet your goals.</p> <p>AMRAP in 8min 4 Power Snatch @ 95 16 Calorie Row</p>
Tuesday Stength Movements	<p>10 minute Row @ Easy Pace Then: Work up to Bench Press 1RM Then: 6x2 Bench Press @ 80% of 1RM, Rest 2 minutes between sets Then: Work up to Heavy TGU Then: 4x1 (each arm) TGU @ 90% 1RM Then: 8x (20sec Sprint/10sec Rest) Row, rest 2min Then: 8x (20sec Sprint/10sec Rest)</p>	<p>"The Dark Side Total"</p> <ol style="list-style-type: none"> 1. Back Squat into Rack Jerk 2. Max weighted Pullup 3. Power Clean
Wednesday Lower Body	<p>10 minute Row @ Easy Pace</p> <p>50 Rounds 5 Walking Lunge @ 2, 53# KB 5x Push Press @ 2, 53# KB</p>	<p>100m Tire Drag 15 Deadlift @275 100m Tire Drag 15 Deadlift @275 100m Tire Drag</p> <p>Swim training at my house at 7pm</p>

Week 2	WOD (Lower Body)
<p>3x20 Squat, 3x10 Jump Squat, 2x5 Tuck Jump Then: 3x (1-6) Pull-up Ladder Then: "Tailpipe": 3 Rounds P1: 250m Row P2: KB Rack Hold Then: 30/30 Push Press</p>	<p>Run or Swim 40min 3 Rounds 10 Squat clean and jerk @ 135 Run 400</p>
<p>Burgener Warmup 4 rounds 8 Goblet Squat 2 pood 12 Burpees 30 Russian Kettlebell Swings for time @ 2pood</p>	<p>"The Sith" 5 rounds of: 3 Power Clean (Choose weight while increasing weight per set) Immediately followed by: 9 for men /6 for women Muscle Ups Rest as needed between sets.</p>
<p>5 sets of 5 High Bar Back Squat at 40% of 1RM, resting :30 sec between each set with the bar on the back if able. Rest 3 minutes For time: 3 rounds Row 15/10 calories Lateral burpees (jumping over the rower)</p>	<p>3 rounds for time 30 Pushups 15 Overhead Squat @ 135/95 Swim training at my house at 7pm</p>

<p>Row 1000 (for time)</p> <p>Rest, then:</p> <p>3 sets of 15 GHD Situps 15 GHD Back Extensions</p> <p>Hand Stand Walk Practice. Make sure Carson or I are there to help out and give pointers.</p>	<p>10-9-8-7-6-5-4-3-2-1 Box Jumps 36"/30" Hand Release Pushups Kettle Bell Swings 2/1.5pood</p>
<p>10 minute Row @ easy pace 3 rounds 5 Sprint w/ Green Band 15x Handstand Push Ups</p> <p>Then, 3 rounds 5 sprint w/ Green Band 10 DL @ BW</p> <p>Then: 5:00 minute Row (20sec Hard/20sec Active Rest)</p>	<p>"Death Star" AMRAP in 5min 10 Pullups 10 Burpees Rest 1min</p> <p>AMRAP in 5 min 10 Deadlift @ 135 10 Hand Stand Pushups Rest 1min</p> <p>AMRAP in 5 min 10 Ground to Overhead @ 135 100 Double Unders</p>
<p>Saturdays will be used as needed and I will coordinate with you to determine which Saturdays we utilize for training and or rest.</p>	

Week 3	WOD (Upper Body)
<p>30sec on 1min off for 6 rounds of: Hand stand holds</p> <p>2 sets: 3 Rope Climbs 6 Ring Dips 9 Wall Ball 12 Russian KBS Rest 1 minute</p>	<p>Boba Fet Complex: 10 reps of each exercise before moving to next, Bear style without letting go of the bar.</p> <p>You have 3 attempts to complete max weight.</p> <p>Deadlift Hang Clean (or power) Shoulder to Overhead Back Squat Rack Jerk</p>
<p>3 sets 10 Jerk @ 65-70% 2 min Row @ >500m pace 2 min Rest.</p> <p>Rest 5 min.</p> <p>3 sets 12x Back Squat @ 55-60% 2 min Jump Rope 2 min rest</p> <p>Rest 5 min.</p> <p>3 sets of 8 Pull-up, Push- up, GHD Situp KB Push Press @ 2, 1.5 pood KB Swing KTE Rest 1min</p>	<p>"Nate"</p> <p>AMRAP 20min of 2 Muscle Ups 4 Handstand Pushups 8 Kettle Bell Swings (2pood/1.5pood)</p>
<p>25 Lunges 25 Squats</p> <p>Box Jump work Depth Jumps Depth jump into Broad Jump Depth Jump into Box Jump into Broad</p> <p>25 Overhead Squat with PVC</p>	<p>4rounds: 10 Push Press (135/95) 25 Wall ball (20/14) 400m run</p>

<p>3 sets of 100 Doubles unders resting 2min in between</p> <p>rest 3min</p> <p>2 800m runs. rest = 1st 800m run time</p>	<p>Tabata: Row Rest 1min Pullups Rest 1min Pushups Rest 1min Situps</p>
<p>Today rather than doing the WOD, you could choose to do a 2-3 hour Endurance workout. This workout should involve running or swimming. Ensure that the pace is done at a 75-80% MHR Pace. Then do the WOD if you feel REALLY good.</p>	<p>3 Rounds: 9 Push Jerk (155/105) -*bar is on the ground, not in the rack* 15 Ring Dips 21 Toes to bar</p>
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	<p>3 Rounds 10 Squat clean and jerk @ 155/105 Run 400</p>
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	<p>3 rounds for time 30 Pushups 15 Overhead Squat @ 135/95</p>
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	<p>WOD (Lower Body)</p>
	<p>3 Rounds 10 Squat clean and jerk @ 155/105 Run 400</p>
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Week 4	WOD (Cardiovascular)
<p>15 Handstand Pushups 15 Wall Squats 15 Hand Release Pushups 15 Squat Jumps 15 Ring Dips</p> <p>5 rounds of :45sec Handstand Holds resting :15sec in between.</p>	<p>AMRAP in 20 mins of: 400m Run 20 KB Swings (2pood/1.5pood) 20 Pullups</p>
<p>Shoulder pass throughs until warm 15 OHS w/ pvc then 15 w/ barbell 15 Front Squats (Just barbell). Fight the urge to round back. Keep chest upright and hips forward.</p> <p>4 rounds Run 1 mile Rest 2min</p> <p>3 sets of: 10 toes to bar 10 ring pushups w/ feet elevated on box. Feet should be level or above the head</p> <p>3 sets of hand stand holds 30sec/45sec/1min</p>	<p>Row 1000m 30 HSPUs Run 1000m</p>
<p>Max unbroken HSPUs</p> <p>6 Broad jumps 12 box jumps 18 Lateral Burpees (over babell)</p>	<p>50 wall balls 50 box jumps 100 situps 50 ground to overhead (snatch or clean/jerk) 75/55 50 pushups 100 double unders</p>

<p>Row 2k (Med Pace)</p> <p>100 Lunges 100 Squats</p> <p>Box Jump work Depth Jumps Depth jump into Broad Jump Depth Jump into Box Jump into Broad</p>	<p>3 rounds: Row 250m 9 deadlifts, 225/155 30 double unders 21 burpees</p> <p>Go all out each round and active rest about 6-8 mins per rd (hopefully that will allow heats to work in with our limited rowers)</p> <p>*Modified from a Fort Vancouver wod, do we need to shoutout?</p>
<p>20 GHD Situps 5 Kettlebell Snatch Rt. Arm 20 GHD Back Extensions 5 Kettlebell Snatch Lt. Arm</p> <p>rest 3min</p> <p>Max Dead Hang Pullups in 2min Max Supine Ring Pulls in 2min</p>	<p>"Dae Han"</p> <p>Three rounds for time of: Run 800 meters with a 45 pound barbell 15 foot Rope climb, 3 ascents 135/95 pound Thruster, 12 reps</p>
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GUIDE:	Good = 1pt	Fair = 2pt
	Monday	Tuesday
Example Week	B: 3 eggs, 1 apple, almonds, coffee. L: Left over ribs, 1 apple, lots 'o cherries, almonds. S: 1 Apple and almonds D: Short ribs, corn on the cob w/ butter, and cherries 12 fish oils	B: 5 egg-whites/1 egg w/ cheese, coffee L: Chicken breast, 1 apple, cherries, almonds S: Chicken breast, strawberries, grapes, almonds. D: Roasted short ribs, cooked spinach w/ almond slivers. S: A few Cherries.
Week 1		
Week 2		
Week 3		
Week 4		

