	Week 1	WOD (Strength/Power)
Monday Upper body	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 OHS @ 35% + Ring Push-up, 30-20-10 reps of each	If able Run or Swim 40m a few hours prior to this WOD. The weight has been modified to meet your goals.  AMRAP in 8min 4 Power Snatch @ 95 16 Calorie Row
Tuesday Stength Movements	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)	"The Dark Side Total"  1. Back Squat into Rack Jerk  2. Max weighted Pullup  3. Power Clean
Wednesday Lower Body	10 minute Row @ Easy Pace 50 Rounds 5 Walking Lunge @ 2, 53# KB 5x Push Press @ 2, 53# KB	100m Tire Drag 15 Deadlift @275 100m Tire Drag 15 Deadlift @275 100m Tire Drag Swim training at my house at 7pm

Thursday Cardio	Max Double Unders in 2min 4 x 250m Sprint on rower. Rest :30sec	4 rounds 8 Front Squat 225/185 16 Burpees Rest 3 minutes Max set unbroken Ring Dips Subtract Dips from time.
Friday Anything goes	10 min Run @ easy pace Then: 100x Thruster @ 45lb 100x Wall Ball @ 20lb 100x Pushups Then: 10 minute Row Active Rest Then: "Row to Hell": Team Row Ladder 50- 40-30-20-10 calories Partner 1 rows 50cal while partner 2 holds plank position on elbows.  Complete this warmup separately (at a different time) if needed due to time constraints.  Otherwise do it back to back. Time to get tough Mother Fucker!	This will be long day. Get in early and stay focused. If you need to wear ear phones so people don't talk to you, do so. Unless it is me.  Row 500m 50 Pullups 50 Kettlebell Overhead Squat 1pood -(25 each arm) 50 Pushups (Hand Release) 50 Box Jump Overs 24"/20" 50 Double Unders 50 GHD Back Extensions
Saturday	Saturdays will be used as needed and I will coordinate with you to determine which Saturdays we utilize for training and or rest.	

Week 2	WOD (Lower Body)
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	Run or Swim 40min 3 Rounds 10 Squat clean and jerk @ 135 Run 400
Burgener Warmup  4 rounds  8 Goblet Squat 2 pood  12 Burpees  30 Russian Kettlebell Swings for time @  2pood	"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.
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	3 rounds for time 30 Pushups 15 Overhead Squat @ 135/95
For time: 3 rounds Row 15/10 calories Lateral burpees (jumping over the rower)	Swim training at my house at 7pm

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

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

3 sets of 100 Doubles unders resting 2min in between rest 3min 2 800m runs. rest = 1st 800m run time	Tabata: Row Rest 1min Pullups Rest 1min Pushups Rest 1min Situps
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.	3 Rounds: 9 Push Jerk (155/105) -*bar is on the ground, not in the rack* 15 Ring Dips 21 Toes to bar
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Week 4	WOD (Cardiovascular)
15 Handstand Pushups 15 Wall Squats 15 Hand Release Pushups 15 Squat Jumps 15 Ring Dips 5 rounds of :45sec Handstand Holds resting :15sec in between.	AMRAP in 20 mins of: 400m Run 20 KB Swings (2pood/1.5pood) 20 Pullups
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.  4 rounds Run 1 mile Rest 2min  3 sets of: 10 toes to bar 10 ring pushups w/ feet elevated on box. Feet should be level or above the head  3 sets of hand stand holds 30sec/45sec/1min	Row 1000m 30 HSPUs Run 1000m
Max unbroken HSPUs 6 Broad jumps 12 box jumps 18 Lateral Burpees (over babell)	50 wall balls 50 box jumps 100 situps 50 ground to overhead (snatch or clean/jerk) 75/55 50 pushups 100 double unders

Row 2k (Med Pace)  100 Lunges 100 Squats  Box Jump work Depth Jumps Depth jump into Broad Jump Depth Jump into Box Jump into Broad	3 rounds: Row 250m 9 deadlifts, 225/155 30 double unders 21 burpees  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)  *Modified from a Fort Vancouver wod, do we need to shoutout?
20 GHD Situps 5 Kettlebell Snatch Rt. Arm 20 GHD Back Extensions 5 Kettlebell Snatch Lft. Arm rest 3min Max Dead Hang Pullups in 2min Max Supine Ring Pulls in 2min	"Dae Han" 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
Saturdays will be used as needed and I will coordinate with you to determine which Saturdays we utilize for training and or rest.	

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GUIDE:	Good = 1pt	Fair = 2pt
JOIDE.	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		C. A Tow Chamed.
Week 2		
Week 3		
Week 4		
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Poor = 3pt Perfect week = 7pts		
Wednesday	Thursday	
B: 5 egg-whites/1 egg w/ cheese, coffee	B: 3 eggs, 1 apple, almonds, coffee.	
L: Left over beef, apple, strawberries,	L: Left over ribs, 1 apple, lots 'o cherries,	
almonds	almonds.	
S: Chicken breast, strawberries, grapes,	S: 1 Apple and almonds	
almonds.	D: Short ribs, corn on the cob w/ butter, and	
D: Roasted short ribs, cooked spinach, 1	cherries	
New Castle.	12 fish oils	
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Ok = 7 - 12pts	Poor = 13 - 17pts		
Friday	Saturday		
B: 3 eggs, 1 apple, almonds, 3x WCM. L: Chipotle Burrito Bowl D: Burger Lounge Burger, Onion Rings, Milk Shake and a Coke	B: 3 egg whites + 1 egg, 1 apple, 3xWCM. L: Salmon Greek salad, pita, tsaziki?, coke. S: Beer D: Beer, Hamilton's burger and fries, and more beer. S: Taco Fiesta Cali burrito (shared).		

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Epic Fail = 18-21pts	TOTAL	1
Sunday	TOTAL	
B: 3 eggs, 1 apple, almonds, coffee. L: Left over ribs, 1 apple, lots 'o cherries, almonds. S: 1 Apple and almonds	12 Points =	
D: Short ribs, corn on the cob w/ butter, and cherries 12 fish oils	OK Week	

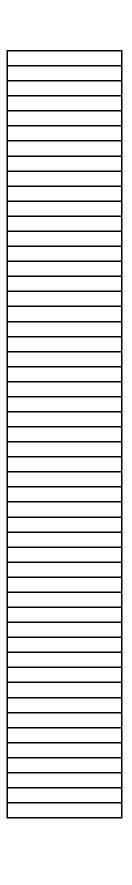
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GUIDE:	8hr or more = 1pt (Good)	5-7hr = 2pt (Fair)
00.02.	8hr or more = 1pt (Good) Monday	5-7hr = 2pt (Fair) Tuesday
Example Week	8hrs good sleep uninterupted	8hrs good sleep uninterupted
Week 1		
Week 2		
Week 3		
Week 4		
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5hr or less = 3pt (Poor)	Perfect week = 7pts
5hr or less = 3pt (Poor) Wednesday	Perfect week = 7pts Thursday
6hrs	9hrs

Ok = 7 - 12pts Friday	Poor = 13 - 17pts Saturday
5hrs	Saturday 5hrs
Partied and slept like shit.	Played Modern Warfare 3 all night.
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Fnic Fail = 18-21nts	TOTAL	
Epic Fail = 18-21pts Sunday		
	12 Points	
8hrs	=	
	OK Week	

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