



ELITE TRAINING
PROGRAMS



Ultimate “Fitness” Guide

New Techniques for a Growing Sport



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DISCLAIMER

We recommend that you seek the advice of a licensed medical professional before starting any new fitness or nutrition program. The contents of this book are for educational purposes and Elite Training Programs is not responsible for any harm, injury, or death that may occur from the advice in this book.

Who is Wes Kennedy?

Wes developed his passion for fitness during his 8 years in the Canadian Forces. He spent the last 5 years as a Special Forces Operator, which required him to develop into a mentally tough and physically robust individual.

He believes that every person goes through various levels of growth throughout their lives, but they all follow the same general cycle. They **ASPIRE** to achieve something beyond that which they are capable of in that moment. They then **GROW**, learn, and develop themselves in pursuit of these goals. And by doing this repeatedly over time, they begin to **EXCEL** not only at these various skill sets, but at life as a whole.

His goal is to provide a system to coach and mentor people through this process as effectively as possible. While he trains people for physical performance goals, he incorporates aspects of assessment, nutrition coaching, stress management and lifestyle practices, as well as individualized program design so that each athlete experiences much more than just great fitness results.

Wes has helped clients slash FRAN times and successfully pass SF selection. He can help you too. Email him at wes@elitetrainingprograms.com to get started today!



ELITE TRAINING
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This eBook is designed to provide readers with just a few of the ways they can increase their chances of success at earning a spot to CF Regionals. These are tools that all the elite level athletes are aware of and are already implementing in their program. They are a few pieces to a much larger puzzle required for high level performance. Don't let this discourage you, they **WILL** dramatically increase your WOD times, 1RM's, and overall performance if you implement them into your training. Enjoy!

CHAPTER 1: RUN YOUR ENGINE

I hear it all the time:

- How did you pace it?
- How do you think I should pace the workout?
- What time should I aim for?

These are the questions of an inexperienced CF athlete who doesn't have a shot at making it to Regionals.

- How do I need to pace this workout?
- How will my mobility affect my ability to perform?
- How do I need to warm up for this workout?

These are the questions you need to ask yourself. These are the questions that will lead to some proper answers around how to run your own engine.

The first thing I want you to think about is the warm-up. The warm-up is going to set you up for success, if we measure success as your ability to run YOUR engine at maximum capacity. The warm-up consists of 4 parts: mobility, general warm-up, priming the CNS, and specific warm-up. I will address each of these below:

Mobility

The first thing I want CF athletes thinking about when they're preparing for a workout is:

- How will my mobility affect my ability to execute these movements?

If the workout calls for high rep thrusters and your overhead position, squat position, or rack position is less than optimal, you'll need to address this prior to the workout.

Some people will say you shouldn't do mobility work that close to a workout, and they're not wrong...in certain cases. If you're doing a Clean or Deadlift ladder type of workout, for example, you're going to want to keep that tonicity in your hamstrings. You may perform a little bit of scapular work or front rack mobility work but don't spend a ton of time rolling out your hamstrings (until after the workout of course).

This doesn't mean that you should be doing long static stretches either, but going through some dynamic range of motion, foam rolling, contract-relax methods of mobility will allow you to get into a much, MUCH better position. And if you can get into a biomechanically sound position naturally it means that you're not going to be leaking power while fighting to maintain that position during the workout. If you've never done mobility work before or don't know where to begin, I highly recommend you read this book by Kelly Starrett → [Becoming a Supple Leopard](#).

If you have relatively good mobility, however, and you're in a training scenario, save the mobility work to before bed time.

General Warm-Up/ Aerobic Warm-Up

The next thing to address is your general warm-up or aerobic warm-up. Anytime I'm at a CF competition, I never fail to see athletes that look as though they are afraid to break a sweat when they warm up. It's as if they think that the smallest amount of breathing and exertion beforehand will reduce their performance. Unfortunately for them (and fortunately for you) they are doing the exact opposite. They are not allowing their engine to prepare itself properly.

The general/aerobic warm-up accomplishes several things, such as:

- It gets blood flowing and blood vessels opened up: more blood flow = more oxygen flow, more oxygen flow = increased work capacity
- It allows you to begin breathing; to start allowing our bodies to get used to the work that is about to come

But how do you know how much is enough, or how much is too much? It varies. A high CNS demand workout, i.e. snatch ladder, may require a very small amount i.e. 4-7minutes. A short, highly metabolic workout, i.e. FRAN, may require a more significant amount of time i.e. 10-15minutes, and a long muscular endurance workout such as Open 14.5, may require closer to 15-20minutes. It shouldn't tire you but should begin at an easy pace, and end with a bit of good breathing, some light sweat, and an arousal in your mood and energy levels.

Based on the workout you might spend the entire time on an Airdyne (AD) or rower. You might alternate between rower, AD, running, and jump rope. You may choose to start off slow and increase your effort over time, or you might maintain the same easy pace throughout with the last 10 seconds of each minute performed at a higher pace.

Prime Your Central Nervous System (CNS)

This one won't always apply but is great for any weighted workout. Take these two workouts for example:

14.3 (for males)

Complete as many reps as possible in 8 minutes of:

- 135-lb. deadlifts, 10 reps
- 15 box jumps, 24-inch
- 185-lb. deadlifts, 15 reps
- 15 box jumps, 24-inch
- 225-lb. deadlifts, 20 reps
- 15 box jumps, 24-inch
- 275-lb. deadlifts, 25 reps
- 15 box jumps, 24-inch
- 315-lb. deadlifts, 30 reps
- 15 box jumps, 24-inch
- 365-lb. deadlifts, 35 reps
- 15 box jumps, 24-inch

14.5

For Time: 21-18-15-12-9-6-3 reps of:

- Thrusters 95 / 65 lb
- Burpees over bar

For both of these workouts, warming up to a moderate thruster or deadlift is a GREAT idea to get the CNS primed. That is, a moderate weight for YOU, for THAT day. This isn't based on a percent of your 1RM, but rather on feel. I won't get into all the science behind the CNS, but if you've done this before you know what I'm talking about. If you haven't, give it a try and you'll quickly understand.

Specific Warm-Up

Now is the time to start picking up the pace. You'll want to expose your system to the movements you'll be doing in the workout, but at an increasing intensity.

Here's a workout as an example:

Open Workout 14.4 - AMRAP in 14 minutes of:

- 60 calorie row
- 50 toes-to-bar
- 40 wallball shots 20lb. to 10-foot target
- 30 cleans @ 135lb
- 20 muscle-ups

My advice for this (assuming you have the ability to perform this workout and achieve a few muscle-ups) would be to do the following:

4-7 rounds at increasing intensity of:

- 10 calorie row
- 2-3 toes to bar
- 6-8 wall-ball shots
- 2-3 cleans
- 1 muscle up
- Rest 2-3min

There are several goals for this part of the warm-up:

- 1) To ingrain a good breathing pattern for each movement. The way you breathe for the row, versus the way you breathe for the toes to bar, versus the way you should breathe for the muscle-ups is completely different.
- Rowing: May be one breath per stroke or two, depending on your engine, your stroke rate, and your efficiency at the rower.
 - Toes-to-bar: Blow out at the bottom (fully extended) position and take a little breath in at the top when you kick the bar.
 - Wall Balls: Breathe at the top and the bottom and DON'T hold your breath. A lot of people tend to do this on wall-balls.

- Cleans: Big breath on the way down, hold for the pull and breathe out at the top.
- Muscle-Ups: Big breath at full extension, with a small powerful breath in flexion, and another small powerful breath as you kip out of the dip.

You can see that there is a lot to think about, which is why it's important to ingrain this in the warm-up so that it becomes automatic when it comes time to perform.

- 2) You're working your lactate system. You're getting some lactate into your blood stream so when it comes time to perform you already have it to draw on as an energy substrate.
- 3) Pacing! Perhaps the most important, you need to learn how you're going to pace it and break up your reps. I'm not going to get into a huge amount of detail, as this subject alone could take up an entire book, but I'll leave you with a simple example:

150 Wall-Balls for Time

You could think about attacking this in several ways, such as:

- 30-30-30-30-30
- 50-40-30-20-10
- AMRAP and then hold on

If you don't know how each of these feels, you're not training appropriately.

There's going to be benefits to each strategy for the right person and is something that you will need to practice and experiment with during the training season. How you pace each movement will also depend on what movement is performed before and what movement is performed after in the workout.

CHAPTER 2: GAME-DAY NUTRITION

What to eat, what to eat, what to eat. Again, this question could fill up an entire book but I'm going to give you a simple template for what you could eat on a multi-event day and let you play around with it:

- **6:45AM:** Wake Up
- **7:30 AM**
 - 3 Hard Boiled Eggs
 - 2 strips of bacon
 - Medium orange
- **9:40-9:55** Event 1
 - 30min Pre-Workout
 - 15-20g BCAAs
 - Post Workout
 - 20-30g Protein powder
 - 40-60g maltodextrin/ Gatorade power/ table sugar
- **10:40**
 - 100-150g Deli meat
 - 46g Carbs (sweet potato baby food)
- **12:30- 12:45** Event 2
 - 30min Pre-Workout
 - 15-20g BCAAs
 - ½ cup organic coffee
 - Post Workout
 - 20-30g Protein powder
 - 40-60g Maltodextrin/ Gatorade Powder/ Table Sugar
- **1:30**
 - 150-200g deli meat
 - 46g carbs (sweet potato baby food)
- **2:30-2:45** Event 3
 - 30min Pre-Workout
 - 15-20g BCAAs
 - ½ cup organic coffee

- Post Workout
 - 40-50g Protein Powder
 - 40-50g Maltodextrin/ Gatorade Powder/ Table Sugar/
 - 4,000IU Vitamin D
 - 1 scoop Greens Plus
 - 2g DHA/EPA Fish Oil

- **3:30**
 - 200-250g deli meat
 - 46g carbs (sweet potato baby food)

- **6:30 Dinner**
 - Eat food, and lots of it

Here are a couple more points to think about:

Hydration

- Make sure you're getting in, at minimum, 1/2BW in ounces per day, where 1 ounce = 29.5mL.
- You will most likely need more than this since stress will increase your need for H₂O.
- Drink even if you think you don't need it. You're going to be wired all day from the stress and may not realize you're becoming dehydrated.
- I always see athletes trying to drink water during the workouts, as if it's going to help them somehow. Sure if the workout lasts 40min or more and it's hot as hell out, drink up. But for the 10-15minute WOD's that the majority of competitions consist of, you're wasting precious seconds. You're as hydrated as you're going to get, and another mouthful isn't going to help.

Carbohydrates

- Use what you know and what you've practiced in training. I like the baby food sweet potatoes as it's easy to digest and loaded with extra micro nutrients.
- 0.2g/kg protein and 0.4g/kg carbohydrate is a good rule of thumb for pre workout fuel OR, as listed above 15-20g BCAA's which is digested and assimilated WAY faster.

Post-Workout Nutrition

- Oh my god! That's not paleo! I don't care! Your cortisol is jacked and your glycogen stores are depleted. I want you recovering fast, and the high octane fuel is the way to go in this case. You're training for performance not longevity so I don't care that it's not whole food in this case.
- Whether you use maltodextrin, Gatorade powder, or table sugar doesn't really matter as long as you've used it in training and it sits well with you. I would personally recommend a 1:1 ratio of maltodextrin and sugar or just Gatorade powder.
- A clean source of whey protein (no soy, or soy by-products) is what I recommend. If this doesn't sit well with you, goat whey protein or beef based protein powders are two other options. If you're using beef based protein, do your research as there are not a lot of clean sources out there. I like the beef protein isolate available at www.truenutrition.com. It is available unflavored and at a good price too.
- 0.8kg/kg carbohydrate + 0.4g/kg protein is a good place to start

Between Workout Nutrition

- Again, the key here is using something that you know. Don't start eating something today that you've never eaten in training.
- Keep it low fat. During a multi event competition day, our bodies are stressed as it is and you're probably going to have a hell of a time digesting any significant amount of fat properly and in time for your next event. Remember, as a rule of thumb, you want to go into each event semi-fasted.
- If you don't feel like taking in all that protein, don't worry about it. You'll get in enough with your post-workout shakes.

Coffee

- 2 points: Keep it organic and if you haven't tested in training, don't start now (there's a trend here, isn't there?).

This is a template to start giving you an idea of how to set up your own game day nutrition strategy. I will say it one last time: practice it in training first and find out what works for YOU. Use the nutrition tracker in our performance tracker eBook and keep track of how you feel throughout the day as you experiment with different foods.

CHAPTER 3:

AVERAGE TO ELITE

Following the workout of the day is okay if you want to “exercise”, but if you want to “train” you need to start thinking long term. I’m talking a year out from the CF Open. You don’t need to break up your training into just strength, or just Olympic lifting, or just classic Crossfit WOD’s. You can blend your training together so that you make consistent gains throughout the training season in ALL aspects of your fitness.

Of course, in this sport, there are a LOT of things to blend together:

- Olympic lifting,
- strength work,
- supplementary strength work
- volume building/ Z1 work
- aerobic power
- anaerobic capacity
- alactic power
- gymnastic skill work
- breathing skill work
- mobility
- And on, and on, and on....

If the list seems pretty daunting that’s because it is. But it doesn’t have to be. If you don’t have access to a qualified coach that understands how to blend ALL of these pieces together I’m going to give you some guidelines that you can implement yourself. Keep in mind that this is VERY generalized and at Elite Training Programs we believe that fully customized individualized training programs are what will get athletes in the best shape, with fewer injuries, in the least amount of time.

The following example is for someone who:

- Placed higher than 200 (300, 400, etc) in the CF Open last year in their region
- Is fairly untrained in the sport, and wants to improve their ranking in the Open and make it to Regionals

If this sounds like you, a training plan for you might look something like this:

- April - July
 - Improve all aspects of your strength, Olympic lifts, pressing, pulling, bending, squatting as well as working towards structural balance (Front Squat at 85% of your Back Squat, Deadlift at 125% of your Back Squat, etc...)
 - Build up Z1 cyclical volume. This includes running, rowing, skipping, swimming, biking, and AD. Incorporate all of them; mix them up in as many ways as you can think of. 1 to 3 hours a week of this would be a good place to start. This is done at an easy pace and should be based off of feel for each modality but a good rule of thumb is to keep your HR between 120-140bpm.
 - Include alactic intervals 1-2/week: This is something that is not tested in the sport but is beneficial for athletes to train early in the season; especially for women to help them dig deeper into their nervous system for their absolute strength work.
 - And lastly add in lower end mixed and single modality aerobic power work. Aerobic power work should be done at a repeatable pace. For instance 1 day might include

- Row 30sec @ 85% effort/ Rest 30sec x 16

Another day might include:

- 10min AMRAP @ 80% effort:
 - 10 back extensions
 - 10 wall balls
 - 5 pull-ups,
 - 30 Double Unders
 - Rest 10min x 2

- August – November
 - Continue to improve Olympic Lift Maxes
 - Maintain strength
 - Reduce cyclical zone 1 work
 - No running
 - Include low and high intensity aerobic power training
 - Maintain or increase skill work sessions
- December – February
 - Maintain strength and Olympic lifting ability
 - Improve your ability to perform frequent, multiple rep strength and Olympic lift movements
 - Increase aerobic power volume
 - Add in anaerobic lactic work
 - Add in more specific “Crossfit” structured workouts – not necessarily at 100% effort or in a testing scenario

Now for the part you've been waiting for. The above is an outline of what a year-long training plan *could* look like for the right person, at the right time. What I'm about to give you below is a 6 week program designed to show you how we can increase your performance across a broad and encompassing range of tests all at the same time.

There will be two levels to the training: beginner and advanced. Choose which program you will follow based on how familiar you are with all of the movements, how much time you have to dedicate to the program, and how knowledgeable you are in regards to nutrition and recovery.

When you are finished the program, I would be extremely grateful if you sent me your before and after results. This will allow me to create an even better program for you guys.

We believe in individualized programming and nutrition protocols based off of an initial assessment. Rather than following a group class of "functional movement", and doing met-cons every day, we prefer to layer our programming, to take all the information that is out there around strength and conditioning and create a plan based on sound principles.

Although you are not completing a fully in depth assessment before starting this program, you are:

1. Testing yourself at the beginning
2. Following a training plan that has a clear purpose
3. Re-Testing at the end to confirm the efficacy of the program

This third step is very important, as it allows us to understand what worked, what didn't, and helps us decide what to do next.

One last point to note is that females following this program should perform 1 higher in the rep range. For example, if the movement requires 4-5 reps for the back squat, females should perform 5-6. Check the [FAQ](#) for more information on rep ranges and other specifics of our programming and abbreviations.

Enjoy!

| Monday – Week 1 | Tuesday – Week 1 | Thursday – Week 1 | Friday – Week 1 | Saturday – Week 1 |
|---|--|--|--|--|
| <p>Advanced</p> <p>Test: A: Build to a 1RM Snatch; rest as needed B: Build to a 1RM Back Squat; rest as needed C: Build to a 1RM CGBP</p> <p>I highly recommend you check out our FAQ HERE before starting on this program</p> | <p>Advanced</p> <p>Test: CINDY 20 minute AMRAP of: 5 Pull Ups 10 Push Ups 15 Air Squats</p> | <p>Advanced</p> <p>Test: Find your 1RM Clean & Jerk; rest as needed</p> | <p>Advanced</p> <p>AM Test: FRAN 21-15-9 Thrusters 95#/65# Pull Ups Rest 6 hours PM Test: Diane 21-15-9 Deadlift 225#/185# HSPU</p> | <p>Advanced</p> <p>PM Test: 60min Row for max distance</p> <p>notes: use a damper setting that is appropriate for this distance. We don't recommend a 10 for most people. 3-8 would be suitable for most.</p> |
| <p>Beginner</p> <p>Test: A: Build to a 1RM Power Clean; rest as needed B: Build to a 1RM Back Squat; rest as needed C: Build to a 1RM CGBP</p> | <p>Beginner</p> <p>Test: ANNIE 50-40-30-20-10 Double Unders Sit-Ups</p> | <p>Beginner</p> <p>15min Air Dyne easy</p> | <p>Beginner</p> <p>AM Test 2km Row for time</p> | <p>Beginner</p> <p>PM Test: 60min Row for max distance</p> <p>notes: use a damper setting that is appropriate for this distance. We don't recommend a 10 for most people. 3-8 would be suitable for most.</p> |

| Monday – Week 2 | Tuesday – Week 2 | Thursday – Week 2 | Friday – Week 2 | Saturday – Week 2 |
|---|---|--|---|--|
| Advanced A: Drop Snatch 2,2,2,2,2; rest 2min B: BS @ 31X1 x 4-5; rest 3min x 3 C: CGBP @ 30X1 x 4-5; rest 3min x 3 D: AMSAP Sorensen Hold; rest 2min x 3 | Advanced 10min AMRAP @ 85% 10 Deadlift 50% 1RM 10 HR Pushups 0.3 Miles AD Rest 10min x 3 - goal is same work each set | Advanced A: Push Jerk x 2,2,2,2; rest 3min B: Clean High Pull x 2,2,2,2; rest 3min C1: Wtd Pullup @ 21X1 x 4-5; rest 2min x 3 C2: Press @ 21X1 x 4-5; rest 2min x 3 D: Powell Raise @ 3010x 10-12; rest 2min x 3/arm | Advanced 4 Rounds 7 KBS 2pd/1.5pd 7 Burpees AFAP Rest 8min x 4 no pacing, max effort each set | Advanced AM: AD 20min easy pace PM: Row 1min @ 85% effort Row 1min @ 50% effort x 12 - keep a sustainable pace |
| Beginner A: Power Clean from mid Thigh x 3,3,3,3; rest 3min B: BS @ 31X1 x 5-6; rest 3min x 4 C: CGBP @ 30X1 x 5-6; rest 3min x 4 D1: Side Bridge L 60sec; rest 60sec x 3 D2: Side Bridge R 60sec; rest 60sec x 3 | Beginner 10min AMRAP @ 90% 30 Single Skips 30 Standing Lunges 30 Pushups Row 250m Rest 10min x 2 - goal is same work each set | Beginner 20min AD easy + 10min Double Under Practice | Beginner 5 Rounds: 10 Deadlift Heavy 5 Strict Pullups Run 200m Rest 2min - goal is same pace each set | Beginner PM: Row 1min @ 85% effort Row 1min @ 50% effort x 12 - keep a sustainable pace |

| Monday – Week 3 | Tuesday – Week 3 | Thursday – Week 3 | Friday – Week 3 | Saturday – Week 3 |
|---|---|--|--|---|
| Advanced A: Snatch High Pull 2,2,2,2,2; rest 3min B: BS @ 31X1 x 3-4; rest 3min x 4 C: CGBP @ 30X1 x 3-4; rest 3min x 4 D: AMRAP GHD Sit-Ups; rest 90sec x 3 | Advanced 10min AMRAP @ 85% 10 Front Squats 50% 1RM 8 HSPU 0.3 Miles AD Rest 10min x 3 - goal is same work each set | Advanced A: Split Jerk x 2,2,2,2; rest 3min B: Power Clean x 2,2,2,2; rest 3min C1: Wtd Pullup @ 21X1 x 3-4; rest 2min x 4 C2: Press @ 21X1 x 3-4; rest 2min x 4 D: DB External Rotation @ 3010x 8-10; rest 2min x 3/arm | Advanced 4 Rounds 8 Thrusters 95#/65# 8 Burpees AFAP Rest 9min x 4 no pacing, max effort each set | Advanced AM: AD 25min easy pace - every 5min perform 2-3 HSPU PM: Row 500m @ 90% effort Rest 2min x 7 - keep a sustainable pace |
| Beginner A: Power Clean from mid below knee x 2,2,2,2,2; rest 3min B: BS @ 31X1 x 4-5; rest 3min x 5 C: CGBP @ 30X1 x 4-5; rest 3min x 5 D1: Side Bridge L 70sec; rest 70sec x 3 D2: Side Bridge R 70sec; rest 70sec x 3 | Beginner 10min AMRAP @ 90% 40 Single Skips 12 Box Jumps 20/18” 10 HR Pushups Run 100m Rest 10min x 2 - goal is same work each set | Beginner 25min AD easy + 10min Double Under Practice | Beginner 6 Rounds: 10 Thrusters - Tough 5 Strict Pull-Ups Row 250m Rest 2min + 10min Double Under Practice - goal is same pace each set | Beginner PM: Row 500m @ 90% effort Rest 2min x 7 - keep a sustainable pace |

| Monday – Week 4 | Tuesday – Week 4 | Thursday – Week 4 | Friday – Week 4 | Saturday – Week 4 |
|---|---|--|---|---|
| Advanced A: Snatch Balance 2,2,2,2,2; rest 3min B: BS @ 31X1 x 2-3; rest 3min x 5 C: CGBP @ 30X1 x 2-3; rest 3min x 5 D: AMRAP T2B (-3); rest 2min x 3 | Advanced 10min AMRAP @ 85% 10 Thrusters 50% 1RM 10 Pull-Ups 0.3 Miles AD Walk 10min x 3 - goal is same work each set | Advanced A: Split Jerk x 2,2,2,1,1; rest 3min B: Clean from Mid Thigh x 2,2,2,2; rest 3min C1: Wtd Pullup @ 21X1 x 2-3; rest 2min x 5 C2: Press @ 21X1 x 2-3; rest 2min x 5 D: Powell Raise @ 3010x 6-8; rest 2min x 3/arm | Advanced 4 Rounds 9 KBS 2pd/ 1.5pd 9 Burpees AFAP Rest 10min x 4 no pacing, max effort each set | Advanced AM: AD 30min easy pace Every 5min perform 5 pullups PM: Row 1000m @ 90% eff. Rest 4min x 4 - keep a sustainable pace |
| Beginner A: Clean High Pull 2,2,2,2,2; rest 3min B: BS @ 31X1 x 3-4; rest 3min x 5 C: CGBP @ 30X1 x 3-4; rest 3min x 5 D1: Side Bridge L 80sec; rest 80sec x 3 D2: Side Bridge R 80sec; rest 80sec x 3 | Beginner 10min AMRAP @ 90% 10 Double Unders 0.2miles AD Rest 10min x 2 - goal is same work each set | Beginner 30min AD easy + 10min Double Under Practice | Beginner 7 Rounds: 8 Press - Tough 6 Man Makers 200m Run + 10min Double Under Practice - goal is same pace each set | Beginner PM: Row 1000m @ 90% eff. Rest 4min x 4 - keep a sustainable pace |

| Monday – Week 5 | Tuesday – Week 5 | Thursday – Week 5 | Friday – Week 5 | Saturday – Week 5 |
|--|---|---|--|--|
| Advanced A: Power Snatch + OHS 2,2,2,1,1; rest 3min B: BS x 3,2,1,3,2 rest 3min C: CGBP x 3,2,1,3,2 rest 3min x 5 D1: AMSAP Side Bridge L; rest 90sec x 3 D2: AMSAP Side Bridge R; rest 90sec x 3 | Advanced 10min AMRAP @ 85% 10 Deadlifts 50% 1RM 10 Box Jumps 24/18” 0.3 Miles AD Rest 10min x 2 | Advanced A: Split Jerk x 1,1,1; rest 3min – no maxes B: Clean x 2,2,1,1; rest 3min – no maxes C1: Wtd Pullup @ 21X1 x 1-2; rest 2min x 3 C2: Press @ 21X1 x 1-2; rest 2min x 3 | Advanced 4 Rounds 10 KBS 2pd/ 1.5pd 10 Burpees AFAP Rest 10min x 3 no pacing, max effort each set | Advanced PM: Row 2000m @ 90% eff. Walk 10min x 3 - keep a sustainable pace |
| Beginner A: Power Clean 2,2,2,1,1 rest 3min B: BS @ 31X1 x 3,2,2,1 rest 3min C: CGBP @ 30X1 x 3,2,2,1 rest 3min D1: Side Bridge L 90sec; rest 90sec x 3 D2: Side Bridge R 90sec; rest 90sec x 3 | Beginner 10min AMRAP @ 90% 20 Double Unders 0.2miles AD Rest 10min x 2 - goal is same work each set | Beginner 20min Double Under Practice | Beginner 7 Rounds: 10 Ring Dips 10 Situps 10 Double Unders Rest 90sec - goal is same pace each set | Beginner PM: Row 2000m @ 90% eff. Walk 10min x 3 - keep a sustainable pace |

| Monday – Week 6 | Tuesday – Week 6 | Thursday – Week 6 | Friday – Week 6 | Sunday– Week 6 |
|---|--|--|---|--|
| Advanced Test: A: Build to a 1RM Snatch; rest as needed B: Build to a 1RM Back Squat; rest as needed C: Build to a 1RM CGBP | Advanced Test: CINDY 20 minute AMRAP of: 5 Pull Ups 10 Push Ups 15 Air Squats | Advanced Test: Find your 1RM Clean & Jerk; rest as needed | Advanced AM Test: FRAN 21-15-9 Thrusters 95#/65# Pull Ups Rest 6 hours PM Test: Diane 21-15-9 Deadlift 225#/185# HSPU | Advanced Afternoon Test: 60min row for max distance |
| Beginner Test: A: Build to a 1RM Power Clean; rest as needed B: Build to a 1RM Back Squat; rest as needed C: Build to a 1RM CGBP | Beginner Test: ANNIE 50-40-30-20-10 Double Unders Sit-Ups | Beginner Rest Day | Beginner AM Test 2km Row for time | Beginner Afternoon Test: 60min row for max distance |

I hope the information in the last 3 chapters has helped you gain a better understanding as to how the elite level athletes are preparing themselves for this sport. If you have any more questions, please contact us at info@elitetrainingprograms.com

Keep reading to find out about our 2 FREE Bonuses...

FREE Bonus 1:

At Elite Training Programs, we specialize in remote coaching services. Our clients continue to come to us over any local coaches because we continue to deliver exceptional results.

However, we understand some of the unique challenges that remote coaching poses. That is why over the last few months we have begun to assemble a comprehensive video archive for our clients and followers to use and implement into their training plan. The videos are kept short and sweet, with a detailed explanation of the movement below each video. We will be adding to our collection substantially over time, so stay tuned. Click on the image below to head on over to our YouTube page to learn more:



FREE Bonus 2:

I want to share my best ideas with you; to help you find clarity in the world of weights; and to help you reach your health and fitness goals.

The Elite Training Programs Online Coaching Program is an opportunity, reserved for a limited few, to work exclusively with me, Wes Kennedy, and my group of highly skilled coaches on achieving those goals.

For our online clients we offer personalized strength and conditioning program design, customized nutritional protocols, video technique and functional movement assessments, and ongoing coaching support.

To be clear, online coaching is the highest and most intimate service we have to offer you, and everything is tailored specifically to you. However, this online coaching program is NOT for everyone. It's expensive, we are demanding, and we hold very high expectations for private clients.

This application is a means to assess your eligibility into my private coaching program. It is also a means to assess whether or not private coaching is a good fit for you. There is no obligation that follows this application.

To apply, e-mail us at info@elitetrainingprograms.com with your name, your goals, and why you think you are a good fit for our program.

WHAT OTHERS ARE SAYING ABOUT ELITE TRAINING PROGRAMS



Since I have been on Wes's program, I have seen **amazing results** in my endurance, stamina and strength. I have increased my personal records on every single one of my lifts. As well, I redid workouts from the 2013 Crossfit Opens and have well exceeded my original score. More importantly, I competed in the UG Series-Toronto where I placed third overall.

Due to the busy nature of my life: military, mom, wife, and entrepreneur, time is of the essence. I am gone a lot, yet, Wes's programming has still pushed me **past my comfort and into success!** Wes's programming not only allows me to fit in my workouts when I can, but where I can. My programming has been **dynamic and effective.**

I have always been strong, healthy and fit, but Wes has brought those aspects of my life to the next level by giving me **clear, direct, and catered** programming custom tailored to my personal goals. I enjoy knowing my training plan is tailored to ME and not just my favorite workouts or movements. I feel accountable not only to myself, but to Wes as well. He is very good at listening to the client, and providing **knowledgeable information** on nutrition, exercise, and mobility.

- Brandy Cook

Crossfit Competitor

Exclusive Coaching Client

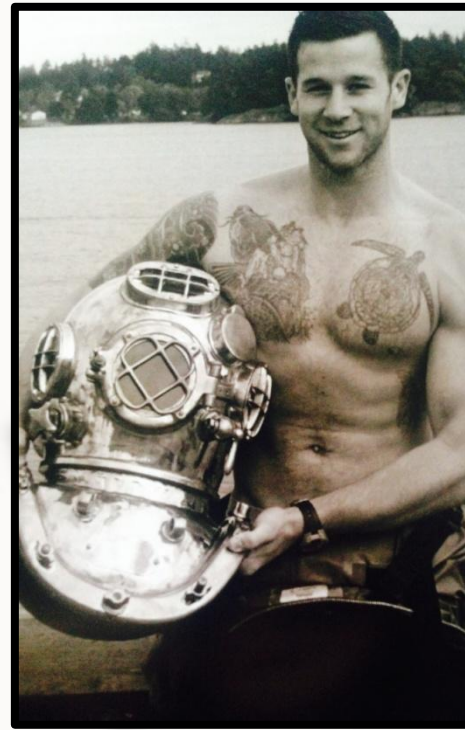
“A couple of months ago I finally got my dream, a chance to prove myself on the Canadian Clearance Diver selection process! Only one problem, I had not expected to get this opportunity so soon and I was not in the right kind of shape. I was strong but more familiar with a bench press than I was with my own pair of shoes and a short run. I needed to completely change my nutrition and fitness routine, increase my cardio and learn to swim. This selection was a little over a month away and if I succeeded could lead to a new career with great opportunities. I called Wes Kennedy because he was a highly recommended fitness programmer and would be able to help me with my training.

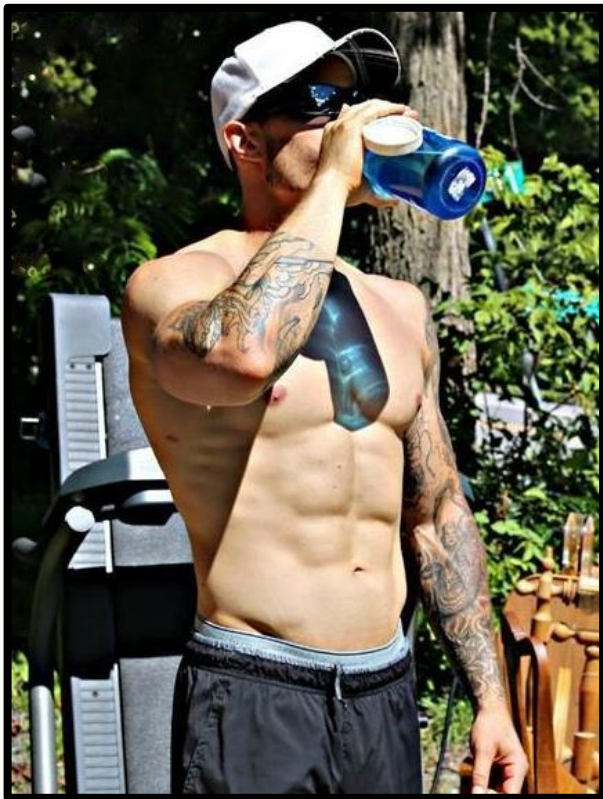
In no time at all Wes had set up a program that took my individual needs and specific concerns and formulated a well thought out training/ nutrition regime. Within two weeks I found my cardio was bounding past my expectations and my swimming came faster than ever. I found that the days I did not want to train were the heaviest, and my laziness was not a factor. Training was incredibly diverse; I saw **huge gains** both in my cardio times and my strength. After our training was almost complete Wes ran me through a "mock" prelim, keeping me up for three days simulating what I might see in my selection.

Long story short, the training was hard but just what I needed. I came to prelim an **absolute machine**. I was easily one of the fittest guys to show up and after 2 excruciating weeks completed the selection phase successfully. . I advise anyone with a goal big or small to seek the guidance of Wes and his company. **Challenge yourself, and go further than ever before!”**

- James Butler

Canadian Forces Clearance Diver
Exclusive Coaching Client





“In the fall of 2013, I had hit the wall. I was stuck, bored, and hopping from site to site for a WOD. I had no real schedule or routine and felt like I was going around in circles doing CrossFit. I felt like I was training just to train. I had no goals and nothing to justify what I was training for. I needed change, I needed an outside look and some help to take my training to the next level. I looked around and thought about joining a box or finding a coach but I just never committed to the thought and left it on the back burner. A fellow athlete **highly recommended ETP**. After some thought, I came to the conclusion that this is what I needed to get started, to really work for more than just being "FIT". I wanted to achieve my goals and dreams. So back In Nov 2013, I signed up for Elite Training Programs and haven't thought twice about it. Now I'm signed up for the first time for the Opens and my goal is Regionals, and more comps.

I've seen a **huge increase in my lifts and technique** and my **work capacity has increased a ton**. Having a goal and a program written specifically for me **makes training 100 x worth it**. You get no b/s feedback specific to what you're doing right/wrong. When you e-mail him with a question or an inquiry the **response is fast and friendly**. He really focuses on how to improve your weaknesses and gives you the **proper tools and education** to help **strengthen and improve** them with time.

I get asked all the time what site I use or if I write my own programming and I tell them Wes over at Elite Training Programs is where I get my custom training for my specific needs and goals. **I highly recommend the site all the time.**”

- Blair Walton
Exclusive Coaching Client