

~ CFGB April 2013 Programming~

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> <b>SWOD:</b> Press: 7RM</p> <p><b>WOD: El Cid</b> <b>5 Rounds – 7 cycles per round of:</b> Snatch grip deadlift Hang Power Snatch Overhead Squat Overhead barbell step-up (left leg) 20” box Overhead barbell step-up (right leg) 20” box Rack thruster (snatch grip)</p> <p>*M=95/F=65# *Every time you drop the weight in the middle of a cycle this constitutes a penalty. For every penalty counted, perform 20 Double unders at the end of the WOD. *Rest no more than 1 minute between rounds.</p>	<p><b>2</b> <b>SWOD:</b> Squat: 5RM Close Grip Bench: 2RM, then 1 x max reps at 75% of 2RM</p> <p><b>WOD:</b> <b>Grace</b></p> <p><b>-REST 3 MINUTES-</b></p> <p><b>3 rounds for total reps of:</b> 2 minutes Muscle-Ups -rest 1 minute 2 minutes Box overs 12” -rest 1 minute</p> <p><b>*Compare to 10 April 2012</b></p>	<p><b>3</b> <b>HERO WOD: GRIFF</b> <b>For Time:</b> Run 800 meters Run 400 meters backwards Run 800 meters Run 400 meters backwards</p>	<p><b>4</b> <b>SWOD:</b> Rack Pull: 3RM (mid-shin to lockout) Instability Pull-ups – 3x5</p> <p><b>HERO WOD: PAUL</b> <b>5 rounds for time of:</b> 50 Double Unders 35 Knees-to-elbows 20 yd Overhead Walk (M=185/F=135#)</p>	<p><b>5</b> <b>SWOD:</b> Power Snatch + Overhead Squat: 1RM Instability Chin Ups– 3x max reps</p> <p><b>WOD:</b> <b>3 Rounds for time:</b> 5 Curtis P’s (M=95/F=65#) 10 Pull-ups 10 Ring Dips</p> <p>Curtis P = Barbell Squat Clean, Step forward into a knee to ground lunge, step back to feet together, Step forward into a knee to ground lunge with the other leg, step back to feet together, push press, return bar to ground for 1 rep.</p> <p>* Compare to 9 April 2012</p>
<p><b>8</b> <b>SWOD:</b> <b>Every Minute for 15 minutes:</b> 1 Snatch Grip Deadlift 1 Snatch Pull 1 Snatch</p> <p><b>WOD:</b> <b>5 sets against a 60 second running clock of:</b> 10 Push-ups Max reps Barbell Thrusters (M=95/F=65#)</p> <p>* Rest 60 seconds between rounds. Score is max number of thrusters completed during the workout. *Compare to 25 April 2012</p>	<p><b>9</b> <b>SWOD:</b> Front Squat: 1RM Press: 5RM</p> <p><b>WOD:</b> <b>7 rounds each for time of</b> 5 Deadlifts (M=315/F=185#) 10 Box Over Jumps (M=24/F=20”) Run 200m *Rest 3 minutes between each round.</p> <p>Notes: Each round should be performed ALL OUT</p> <p>* Compare to 17 April 2012 *The rest makes this a long WOD.</p>	<p><b>10</b> <b>WOD:</b> <b>3 10:00 minute intervals on a running 30 minute clock:</b> <b>Interval 1:</b> Run 1 mile Complete as many shoulder press, (M=95/F= 65#) as possible with remainder of time. <b>Interval 2:</b> Run 1 mile Complete as many push press, (M=135/F=75#) as possible with remainder of time. <b>Interval 3:</b> Run 1 mile Complete as many jerks, (M=185/F=95#) as possible with remainder of time.</p>	<p><b>11</b> <b>SWOD:</b> Close Grip Bench : 3 x max reps @ 80% of 2 RM <b>Bent Rows:</b> 3 x 15 (bar starts and finishes on the floor)</p> <p><b>WOD:</b> <b>5 rounds for time of:</b> Max Reps Front Squat (BW) 5 Burpee to Lateral Hops**</p> <p>*Front Squats use bodyweight **For burpee lateral hops, perform a burpee and finish by completing a lateral jump over a hurdle or box ranging in height between 12-18”</p>	<p><b>12</b> <b>SWOD:</b> Drop Box Jump: 1RM Hi-hang Clean: 2RM, then 3x2 @ 90% of 2 RM Deadlift: 1RM</p> <p><b>WOD:</b> <b>18 minutes AMRAP of:</b> 1 rope climb (15’) 25 Double unders 10 Straddle ups <a href="#">DEMO Video</a></p>

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<p><b>15</b>  <b>SWOD:</b>                      Press: 8x3 @ 80% of 5 RM from 3-4-2013 (rest 45 secs)                      BB Walking Lunge: 3 x 20 yards                      (M=135/F=85#) (rest 3 mins between sets)</p> <p><b>WOD:</b>  <b>3 rounds for time of:</b>                      10 Muscle-ups                      50 Squats</p> <p>* Compare to 7 April 2011</p>	<p><b>16</b>  <b>SWOD:</b>                      Snatch Grip Deadlift: 3RM                      One Arm DB Rows: 3 x max reps AHAP</p> <p><b>WOD:</b>  <b>3 AMRAP sets of:</b>                      30 sec Clean &amp; Jerk (M=135/F=95#)                      30 sec box jumps (M=24/F=20")                      30 sec KBS (M=2pd/F=1.5 pd)                      30 sec burpees                      * active rest between sets by walking 400m</p> <p>* Compare to 16 April 2012</p>	<p><b>17</b>  <b>WOD: Thermopylae</b>  <b>2 Rounds for time of:</b>                      1.5 mile Run                      25 Ring Pull-ups                      25 Deadlifts (M=185/F=135)                      25 Ring Push-ups                      25 Box Jumps (M=24"/F=20")                      25 Kettlebell swing (M=2/F=1.5pd)                      25 Ring dips</p> <p>*Compare to 15 April 2011</p>	<p><b>18</b>  <b>SWOD:</b>                      Bench Press: 3RM, then 1 x max reps @ 75% of 3RM</p> <p><b>Squat Clusters*</b>                      Complete 3 sets:                      Squat 4-6 reps                      Rest 4 minutes between each set</p> <p><b>* SEE NOTES AT BOTTOM on how to perform Squat Clusters!!!!</b></p> <p><b>WOD:</b>  <b>For time:</b>                      1k Row                      100 Push-ups                      10 Snatches (M=135/F=85#) <b>*Your legs are going to be tired. Focus on technique!!!!</b></p>	<p><b>19</b>  <b>SWOD:</b>                      Instability Pull-ups: 3x max reps                      Snatch: 6x2</p> <p><b>WOD:</b>  <b>2 Rounds of the following:</b>  <b>With a three minute running clock:</b>                      75 Double-unders, then in the time remaining complete as many L-Pull-Ups as possible.                      Rest one minute.  <b>With a three minute running clock:</b>                      75 Double-unders, then in the time remaining complete as many rope climbs as possible.                      Rest one minute</p>
<p><b>22</b>  <b>SWOD:</b>                      Close Grip Bench: 8x3 @ 75% of 2 RM (rest 45 secs between sets)                      Barbell Step Ups: 8, 8, 8, 8                      *Use a box so when your foot is resting on the box the top of your leg is parallel with the ground</p> <p><b>WOD:</b>  <b>As many reps as possible in 12 Minutes of:</b>                      30 Muscle-ups                      90 Double Unders                      150 Wall Balls (M=20#/F=14# to 10' target)</p>	<p><b>23</b>  <b>SWOD: Rest</b></p> <p><b>HERO WOD: SANTORA</b>  <b>Three rounds for reps of:</b>                      1 minute of Cleans (M=155/F=95)                      1 minute of 20' Shuttle sprints (20' forward + 20' backwards = 1 rep)                      1 minute of Deadlifts (M=245/F=145)                      1 minute of Burpees                      1 minute of Jerks (M=155/F=95)                      Rest 1 minute</p>	<p><b>24</b>  <b>WOD: Run</b>                      2x5 min intervals w/2min recovery between intervals                      Next interval scheme starts after the 2min recovery                      5x1min Intervals w/30sec recovery between intervals</p> <p>* Hold maximal distance possible on each of the set intervals.</p> <p>*Compare to 26 April 2011</p>	<p><b>25</b>  <b>SWOD:</b>                      Instability Pull-ups: 3x max reps                      Clean: 3RM (Work up to a single 3RM set. Do not let go of the bar while performing the 3RM)                      Push Press: 3RM, 1 x max reps @ 75% of 3 RM</p> <p><b>WOD:</b>  <b>For total reps:</b>                      6 minutes of rope climbs                      Rest 1 minute                      3 minutes of burpees                      Rest 1 minute                      2 minutes of handstand push-ups</p>	<p><b>26</b>  <b>SWOD:</b>                      Seated Box Jump: 1RM                      Deadlift: 2RM</p> <p><b>HERO WOD: COE</b>  <b>Ten rounds:</b>                      10 Thrusters (M=95/F=65#)                      10 Ring push-ups</p>

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<p><b>29</b></p> <p><b>SWOD:</b> Overhead Squat: 2RM, 1 x max reps @ 80% of 2 RM</p> <p><b>WOD:</b> <b>5 Rounds for time of:</b> Run 400 meters 10 Back squat (M=135/F=85#)</p>	<p><b>30</b></p> <p><b>SWOD:</b> Hang Clean: 1RM</p> <p><b>WOD:</b> <b>3 rounds for time of:</b> 5 Bar Muscle-ups 10 Hang power snatch (M=135#/F=85#) 50 Squats</p>	<p><b>NOTES:</b> For your first set use 90% of your 1 RM. Complete between 4-6 reps at this weight. Squat 1-2 reps. Rest 30 seconds. Perform 1-2 reps, Rest 45 seconds. Perform 1-2 reps. Rest 60 seconds. Finish with a final rep. For set 2 &amp; 3, use 95% of your 1 RM. Complete between 4-6 reps at this weight Squat 1-2 reps. Rest 30 seconds. Perform 1-2 reps, Rest 45 seconds. Perform 1-2 reps. Rest 60 seconds. Finish with a final rep.</p> <p>Do not squat all 6 reps in a single set. The goal is to move the weight as fast as possible for each rep. Rather than perform a slow grinder set that lasts 2 minutes, put the bar up and rest and perform another rep moving as fast as possible. The goal is to move the bar as fast as possible. <b><i>Repeat, move the bar as fast possible!</i></b></p>		