

~ CFGB August 2013 Programming~

Mon	Tue	Wed	Thu	Fri
			<p>1 SWOD: Front squat - heavy single then 3x3 @80% of HS Snatch pull – 3x3 @100% (of snatch) Rack jerk - heavy single</p> <p>WOD: 4 rounds for time of: 2 Rope Climbs (15’) 4 Deadlift (M=245/F=155#) 8 Burpees</p>	<p>2 SWOD: Muscle snatch - heavy single Snatch balance - heavy single 3-position snatch (floor, knee, mid-thigh) – 3 Sets of 60% (of snatch)</p> <p>WOD: 3 Rounds for time of: 50 Squats 25 floor wipers (M=185/F=95) Run 400m</p>
<p>5 SWOD: Strength Cycle 2 - Week 2 a) Back squat – 5x3 @85% b) Clean deadlift – 3x3 @115% (of clean) 1c) Push press – 5x5 @82.5% 2c) GHD sit-up + 2 Russian Twist - 3 x 10</p> <p>WOD: 4 rounds for time of: Run 800 meters 10 Chin-ups 15 Push-ups</p>	<p>6 SWOD: Muscle snatch - heavy single 2-position clean & 2 jerk (floor, mid-thigh) – 4 sets @65% (of CJ)</p> <p>HERO WOD: TUMILSON 8 rounds for time of: 200m Run 11 DB Burpee Deadlifts (M=60/F=45#)</p>	<p>7 HERO WOD: HORTMAN 45 minute AMRAP of: Run 800 meters 80 Squats 8 Muscle-ups</p>	<p>8 SWOD: REST Front squat – 5x3 @77.5% Snatch pull – 3x3 @102.5% (of snatch) Rack jerk - heavy single</p> <p>WOD: 5 rounds for time of: 5 Split Snatch (M=95/F=65#) 10 Burpee Bar Hops 10 Hanging windshield wipers (Sea side) (DEMO)</p>	<p>9 SWOD: 2-position snatch – 3 sets @65% Overhead squat - heavy single Snatch - heavy single Back squat - heavy single</p> <p>WOD: 12 minute AMRAP of: 5 Ring Dips 5 Burpees 25 Double unders</p>
<p>12 SWOD: Strength Cycle 2 - Week 3 Back squat – 4x2 @87.5% Snatch deadlift – 3x2 @120% Push press – 5x4 @85%</p> <p>WOD: 3 rounds for time of: 10 Power Snatch (M=95/F=65#) 10 Pull-ups (Strict) 10 Hanging leg raise</p>	<p>13 SWOD: 2-position Muscle snatch (floor, mid-thigh) – 3 sets @65% Clean & jerk – 3x1 @70%</p> <p>WOD: 3 rounds for total working time of: Row 500m 5 Burpees M=5/F=2 Muscle-Ups</p> <p>Rest 1:1 – all efforts should be 100%</p>	<p>14 WOD: Straight Ahead Speed 10 x10 yard Sprints (Work to Rest 1:1) 6 x100 yard Sprints (Work to Rest 1:3) 10 x 10 yard Sprints (Work to Rest 1:1)</p>	<p>15 SWOD: Front squat – 3 @70%, 2 @75%, 3 @70%, 2 @80%, 3 @70%, 1 @85% Snatch pull – 3x2 @105% (of snatch) Rack jerk - heavy single</p> <p>WOD: “Jackie” 1k Row 50 Thrusters (45#) 30 Pull-ups</p>	<p>16 SWOD: Clean & jerk - heavy single Front squat - heavy single Good morning - light/med 3x10</p> <p>WOD: 5 Rounds for time of: 1+1 Snatch +Snatch balance @70% of 1RM Snatch 10 GHD sit-ups</p>

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<p>19 SWOD: Strength Cycle 2 - Week 4 Back squat – 2x2 @90% Snatch pull – 2x1 @107.5% Press – 4x3 @80%</p> <p>WOD: 4 rounds for time of: 400m run 6 Box jumps (M=24/F=20") 12 Thrusters (M=95#/F=65)</p>	<p>20 SWOD: Muscle snatch - heavy single Snatch balance - heavy single; 2x1 @80% (of single) Clean & jerk – 3x2 @60%</p> <p>WOD: For Flexibility: 2 minutes of First Rib MWOD 2 minutes of Overhead Distraction MWOD 1 minute of Hold Bridge Up 2 minutes of Shoulder Internal Rotation MWOD 2 minutes of Shoulder Extension MWOD 1 minute of Hold bottom of Skin the Cat Then no rest - 3 Rounds of: 10 Weighted GHD sit-up + 2 Russian twists (M=25/F=15#) 30 Double Unders</p>	<p>21 WOD: Row – 5K 5000m with rate changes every 1000m: 22-24-26-24-22</p> <p>Row for a total of 5000 meters at a sustainable intensity, varying your stroke rate as follows: row 1000 meters @ 22 spm, 1000 meters @ 24 spm, 1000 meters @ 26 spm, 1000 meters @ 24 spm, and 1000 meters @ 22 spm</p>	<p>22 SWOD: Front squat - heavy single Snatch – 4x2 @60% Rack jerk – 3x1 @75%</p> <p>WOD: 4 rounds each for time of: 1 Legless 15' rope climb 10 Barbell Rollouts (M=95/F=65#) 10 Burpees</p> <p>*Rest 1 minute between each round.</p>	<p>23 SWOD: Snatch – 1RM max Clean & jerk - max Back squat - max * no more than 3 attempts at 1RM</p> <p>HERO WOD: ADRIAN 7 rounds for time of: 3 Forward rolls 5 Wall climbs 7 Toes to bar 9 Box jumps (M=30/F=24")</p>
<p>26 SWOD: Bulgarian Cycle 2 Week 1 1) Snatch - heavy single 2) Clean & jerk – 2x1 @85% 3a) Front squat - heavy single 3b) Planks (front, side) - 3 x max</p> <p>WOD: 3 rounds for time of: 20 Calorie Row 15 Burpees 10 Toes to Bar</p>	<p>27 SWOD: Muscle snatch + 2 OHS - heavy MS single Snatch – 3x1 @80% Clean & jerk – 3x1 @80%</p> <p>WOD: 15 minute AMRAP of: 5 Clean to Thrusters (M=135/F=95#) 50 Double-Unders</p>	<p>28 WOD: 10 Rounds for quality of reps* 5 HSPUs 10 V-outs (DEMO) 10 Strict Ring Dips</p> <p>*This is not a timed WOD. Work on form, strength, and quality for all reps.</p>	<p>29 SWOD: Snatch balance – 3x2 @70% Power snatch – 3x1 @80% Power clean & jerk – 3x1 @80%</p> <p>WOD: 3 rounds for time of: 7 Bar muscle-ups 14 Pistols (alternating legs) Run 400 meters</p>	<p>30 SWOD: Snatch - heavy single Clean & jerk - heavy single Front squat - heavy single</p> <p>WOD: EMOM until failure: 5 Wall ball shots (M=20/F=14) 3 Handstand push-ups 1 Power clean (M=155/F=95)</p>