

MASTERS ~ April 2016 ~						
Sunday, 10 April 2016	Monday, 11 April 2016	Tuesday, 12 April 2016	Wednesday, 13 April 2016	Thursday, 14 April 2016	Friday, 15 April 2016	Saturday, 16 April 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
<p>REGIONAL & MASTERS QUALIFIED ATHLETES</p> <p>1. Strength</p> <p>A. 4.3.2.1 OHS, climbing</p> <p>B. 4.3.2.1 Front Squat, climbing</p> <p>C. 4.3.2.1 Back Squat Climbing</p> <p>This strength session is 12 sets. Once you start there is no more warming up between movements. The goal is to increase the weight every set.</p> <p>2. Conditioning</p> <p>"Boat Race"</p> <p>3 RFT:</p> <p>500m Row</p> <p>400m Run</p> <p>3 mins rest between rounds.</p>	Rest	<p>1. Clean Complex</p> <p>EMOMx15: Power Clean + Hang Squat Clean + Squat Clean, climbing</p> <p>2. Conditioning</p> <p>"Heartbreak Kid"</p> <p>3 Rounds:</p> <p>10 Front Squats, 155/105 – no rack</p> <p>20 C2B</p> <p>50 Double Unders</p>	<p>1. Snatch</p> <p>A. 1-rep heavy Hang Power Snatch</p> <p>B. 1-rep heavy Power Snatch from blocks below the knee</p> <p>C. 1-rep heavy Power Snatch</p> <p>2. Gymnastics/Bar Conditioning</p> <p>18-15-12-9-6-3 unbroken TTB for time</p> <p>3. Conditioning</p> <p>AMRAP 20:</p> <p>7 Power Cleans, 135/95</p> <p>7 Burpees</p> <p>7 Box Jumps, 24/20</p>	Recovery	<p>1. Barbell Conditioning</p> <p>30 Squat Snatches for time, 115/80</p> <p>2. Gymnastics Skill</p> <p>10 sets of 2 unbroken Muscle ups</p> <p>3. Conditioning</p> <p>30-20-10 reps for time of:</p> <p>Dead Lifts, 185/155</p> <p>Wall Balls, 20/14</p> <p>Handstand walking for feet</p>	<p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Strength</p> <p>3 sets of max reps OHS at 185/135</p> <p>2. Conditioning</p> <p>5 RFT:</p> <p>10 Handstand Push ups</p> <p>10 Ring Dips</p> <p>10 Push ups</p> <p>300m Row</p>

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Sunday, 17 April 2016	Monday, 18 April 2016	Tuesday, 19 April 2016	Wednesday, 20 April 2016	Thursday, 21 April 2016	Friday, 22 April 2016	Saturday, 23 April 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
1. Strength 3x3 OHS 2. Conditioning 3 RFT: 7 Squat Cleans, 155/105 14 C2B 21 Box Jumps	Rest	MASTERS QUALIFIED ATHLETES AND OPEN ATHLETES 1. Conditioning 3 RFT: 30 Cal Row 20 Power Cleans, 95/65 10 OHS, 95/65 5 Strict HSPU 2. Strength Clean Complex A. EMOMx5: 3 Power Cleans + 3 Front Squats + 3 Jerks Rest 5 minutes B. EMOMx5: 2 Power Cleans + 2 Front Squats + 2 Jerks Rest 5 minutes C. EMOMx5: 1 Power Clean + 1 Front Squat + Jerk	1. Snatch EMOMx15 3 Rounds of: Min 1: 1 Snatch at 60% Min 2: 1 Snatch at 65% Min 3: 1 Snatch at 70% Min 4: 1 Snatch at 75% Min 5: 1 Snatch at 80% 2. Conditioning EMOMx10: Odd: 10 Wall Balls, 20/14 + 10 Box Jumps, 24/20 Even: 10 C2B	Masters Qualifiers are Announced at 8 PM EST - Games.CrossFit.Com Recovery Day	MASTERS QUALIFIER EVENTS 1 & 2 : WOD DETAILS TBD	MASTERS QUALIFIER EVENT 4 : WOD DETAILS TBD

MASTERS ~ April 2016 ~

Sunday, 24 April 2016	Monday, 25 April 2016	Tuesday, 26 April 2016	Wednesday, 27 April 2016	Thursday, 28 April 2016	Friday, 29 April 2016	Saturday, 30 April 2016
<p>Workout of the Day: MASTERS QUALIFIER EVENT 1 : WOD DETAILS TBD</p>	<p>Workout of the Day: MASTERS QUALIFIER EVENTS 2 & 3 : WOD DETAILS TBD</p> <p>Note: All score submissions due by 8 PM EST.</p>	<p>Workout of the Day: Recovery Day</p>	<p>Workout of the Day: ALL ATHLETES With a 30 min running clock Teams of 3 complete 5 mins of: A. Max reps of 15' Rope Climbs B. Prowler Push for total meters, average bodyweight of team members C. Tire Flip, you choose the weight D. Assault Bike for max cal E. Handstand Walk for total meters F. Row, for max cal 1 athlete works at a time. Switch athletes at anytime.</p>	<p>Workout of the Day: Recovery Day</p>	<p>Workout of the Day:</p> <ol style="list-style-type: none"> Snatch <ol style="list-style-type: none"> 5x2 Power Snatch 5x2 Low Hang Snatch Pull 5x2 Snatch Grip Push Press from behind neck Gymnastics 3 sets of the following Bar Complex: 5 TTB + 4 Bar MU + 3 TTB + 2 Bar MU – all without coming off the bar Conditioning For time: 5 Rounds of Cindy 20 Squat Snatches, 115/80 5 Rounds of Cindy 1 round of "Cindy" = 5 pull ups + 10 Push up + 15 Squats 	<p>Workout of the Day:</p> <ol style="list-style-type: none"> Overhead Squats 3x3, climbing Thrusters EMOMx7: Min 1: 7 Thrusters Min 2: 6 Thrusters Min 3: 5 Thrusters Min 4: 4 Thrusters Min 5: 3 Thrusters Min 6: 2 Thrusters Min 7: 1 Thruster Increase weight every minute, not "thrust-a-jerks" allowed. Power Cleans EMOMx7: Min 1: 7 Power Cleans Min 2: 6 Power Cleans Min 3: 5 Power Cleans Min 4: 4 Power Cleans Min 5: 3 Power Cleans Min 6: 2 Power Cleans Min 7: 1 Power Clean Increase weight every minute. 3 RFT: 30 Calorie Row 20 Pistols 10 DB 1-Arm Snatch, 70/50 (5/side)

MASTERS ~ April 2016 ~

Sunday, 01 May 2016	Monday, 02 May 2016	Tuesday, 03 May 2016	Wednesday, 04 May 2016	Thursday, 05 May 2016	Friday, 06 May 2016	Saturday, 07 May 2016
<p>Workout of the Day:</p> <p>1. Conditioning 12-9-6 Ring Muscle ups Squat Cleans, 185/135</p> <p>2. Conditioning 100 Double unders 40 HSPU 30 TTB 20 Shoulder to Overhead 165/115 20m Front Rack Walking Lunge, 165/155</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Clean work up to a heavy Power Clean + Squat Clean</p> <p>2. Conditioning 5 RFT: 5 Burpee Box Jumps, 20" 15 OHS, 75/55 200m Run</p> <p>Note: Games.CrossFit.Com Masters Leaderboard Posted</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Snatch 5x3 quick single squat snatches at 75% 4x2 quick single squat snatches at 80% 3x1 squat snatches at 85%</p> <p>2. Back Squat 2x3, across 3x2, across</p> <p>3. Conditioning AMRAP 20: 50 Meter Prowler Push 100 Meter Sandbag Carry (40/20) 200 Meter Sprint Rest 1 minute between rounds.</p>	<p>Workout of the Day:</p> <p>CrossFit Games Masters Invitations Start</p>	<p>Workout of the Day:</p> <p>1. Conditioning 4 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict handstand push-ups</p> <p>2. Conditioning For time: 15/12 muscle-ups 1 squat clean (145 / 95 lb.) 1 squat clean (165 / 115 lb.) 1 squat clean (185 / 135 lb.) 1 squat clean (205 / 145 lb.) 1 squat clean (225 / 155 lb.)</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Barbell Conditioning Teams of 4 same-sex athletes complete the following, in order, for time: 200 Deads 150 Back Squats 125 Bench Press – use a rack 100 Cleans Men use 185 lbs. Women use 125 lbs.</p>

MASTERS ~ April 2016 ~

Sunday, 08 May 2016	Monday, 09 May 2016	Tuesday, 10 May 2016	Wednesday, 11 May 2016	Thursday, 12 May 2016	Friday, 13 May 2016	Saturday, 14 May 2016
<p>Workout of the Day:</p> <p>1. Conditioning A. 2 Rounds of: 800m Run 20 OHS, 115/80 20 GHDSU</p> <p>Rest 1 minute</p> <p>B. 2 Rounds of: 15 GHDSU 50 Double Unders 10 SDHP, 115/80</p> <p>Rest 1 minute</p> <p>C. 2 RFT: 30 Double Unders 10 SDHPU, 115/80 20 Box Jump Overs, 24/20"</p> <p>2. HandStand Push up 5 sets of max unbroken reps, rest as needed between sets</p> <p>3. Snatch 5x1 at 80% of 1RM</p>	<p>Workout of the Day:</p> <p>Rest</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Clean A. 2x2 Squat Clean at 85% B. 2x1 Halting Dead Clean at 85%, pause for 2 seconds above the knee</p> <p>2. "Helen" 3 RFT: 400m Run 21 KBS, 1.5-pood/1-pood 12 Pull ups</p> <p>3. Strength 3x3 Front Squat</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Clean and Jerk Complex work up to a heavy set of: 1 Power Clean + 1 Squat Clean + 1 Push Jerk + 1 Split Jerk</p> <p>2. Strength Work up to a heavy Pause Front Squat – hold the bottom for 3 seconds on each rep.</p> <p>3. Conditioning A. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>B. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>C. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED ATHLETES & OPEN ATHLETES</p> <p>1. Snatch 3x3 at 75% 2x2 at 80% 1x1 at 85% 2x2 at 80% 3x3 at 75% unlimited rest between sets</p> <p>2. Strength 5x10 Back Squat, climbing</p> <p>3. Conditioning "Filthy 50" 50 Box Jumps, 24/20 KBS, 1-pood Jumping Pull-Up, bar at mid forearm when standing Walking Lunge Toes to Bar (this is not a typo) Push Press, 45/35 Hip Ext Burpee Wall Ball 20/14 Double unders</p>	<p>Workout of the Day:</p> <p>MASTERS QUALIFIED & OPEN ATHLETES</p> <p>1. Strength 10 RM TnG Squat Clean</p> <p>2. Conditioning Teams of 3: With a 25 min clock... 3K Row Buy-In, split up as desired In the remaining time complete AMRAP of: 50 Hang Power Snatch (75/55) 50 Thrusters (75/55) 50 Sumo DL High Pulls (75/55) 1 athlete works at a time, split up reps as desired.</p>