

COMPETITIVE ~ June 2016 ~						
Sunday, 29 May 2016	Monday, 30 May 2016	Tuesday, 31 May 2016	Wednesday, 01 June 2016	Thursday, 02 June 2016	Friday, 03 June 2016	Saturday, 04 June 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>1. 5 RFT 25 Cal Row 16 C2B 9 Def. Strict HSPU*</p> <p>* The deficit is 4.5 inches for men and 3 inches for women.</p> <p>2. MU Sprint 15 Muscle ups 1 squat clean (205 / 135 lb.) 1 squat clean (225 / 145 lb.) 1 squat clean (245 / 155 lb.) 1 squat clean (255 / 165 lb.) 1 squat clean (265 / 175 lb.)</p>	Rest Day	<p>1. Snatch 5x1 Hang Squat Snatch at 75% 4x1 Low Hang Squat Snatch at 80% 3x1 Squat Snatch at 85%</p> <p>2. Conditioning 5 RFT: 25 Cal Row 3 Rope Climbs, 15' 12 DB 1-arm Snatch, 70/50 (6/side)</p> <p>2. Strength 3x8 Front Squat</p>	<p>1. Barbell Conditioning Teams of 3: A. AMRAP 7 of Back Squats: 50 reps at 135/95 50 reps at 185/135 AMRAP at 225/155</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Bench Press: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Strict Pull ups:</p> <p>2. Accessory Work 3 Giant Sets of: 25 Hand Release Push ups 20 Strict DB Presses – you choose the weight 15 Ring Rows 10 Strict Bent-over Barbell Rows – you choose the weight move with purpose from movement to movement. Rest 2-3 mins between rounds</p>	Recovery Day	<p>2016 Lurong Summertime Week 3 WOD</p> <p>2-Minute AMRAP of Deadlifts 1-Minute Rest 2-Minute ARMAP Back Squat 1-Minute Rest 2-Minute ARMAP Shoulder to Overhead</p>	<p>1. Snatch EMOMx9 Min 1,2,3: 2 Hang Squat Snatches Min 4,5,6: 2 Low Hang Squat Snatches Min 7,8,9: 2 Squat Snatches</p> <p>2. Conditioning A. In a 10 Minute Window: 1 Mile Run + Max reps of Clean and Jerks, 135/95</p> <p>Rest 3:00</p> <p>B. In a 7 Minute Window: 800m Run + Max reps of Snatch, 115/75</p> <p>Rest 3:00</p> <p>C. In a 4 Minute Window: 400m Run, Max reps of Thrusters (95/65)</p>

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Sunday, 05 June 2016	Monday, 06 June 2016	Tuesday, 07 June 2016	Wednesday, 08 June 2016	Thursday, 09 June 2016	Friday, 10 June 2016	Saturday, 11 June 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:
Rest Day	<p>1. Barbell/Gymnastics Conditioning With a 16 minute running clock: A. EMOM: 14 Odd: Power Snatch + Hang Squat Snatch + Squat Snatch Even: 30' HS Walk B. Establish a 5RM Front Squat in remaining time</p> <p>2. Barbell/Gymnastics Conditioning With a 16 minute running clock: A. EMOM: 14 Odd: 3 TnG Power Cleans + 3 Front Squats Even: 3 Muscle ups B. Establish a 5RM Front Squat in remaining time</p> <p>3. Conditioning 3 Rounds for Time: 75 Double Unders 50 Air Squats 25 Calorie Row</p>	<p>1. Conditioning "Strict Nicole" AMRAP 20 of: 400m Run + Max reps of unbroken Strict Pull ups – every time you come off the bar run another 400m</p> <p>2. Conditioning 10 Rounds of: 10 Hang Power Cleans, 155/105 10 Cal Assault Bike Rest 1 minute between rounds.</p>	<p>1. Strength 3x6 OHS, climbing</p> <p>2. Barbell Conditioning Teams of 3: A. AMRAP 7 of Thrusters: 50 reps at 95/65 50 reps at 115/80 AMRAP at 135/95</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Hang Power Clean: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Dead Lift: 50 reps at 185/135 50 reps at 225/155 AMRAP at 275/185</p> <p>3. Conditioning AMRAP 6: 12 Power Snatch, 95/65 12 Wall Ball, 20/14 12 Row for Cals.</p>	<p>Recovery Day</p> <p>Note: Granite Games Week 1 Open WOD Announced - 8 PM EST</p>	<p>2016 Granite Games Week 1 Open WOD - TBD</p>	<p>1. Snatch EMOMx5: 5 TnG Squat Snatch, across</p> <p>2. Conditioning 3 RFT: 800m Run 30 DB Squat Cleans, 45/25* 30 Burpees</p> <p>* each hand</p>

COMPETITIVE ~ June 2016 ~

Sunday, 12 June 2016	Monday, 13 June 2016	Tuesday, 14 June 2016	Wednesday, 15 June 2016	Thursday, 16 June 2016	Friday, 17 June 2016	Saturday, 18 June 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:
Rest Day	<p>Note: Granite Games Open Week 1 - Scores Due - 8 PM EST</p> <p>1. Conditioning "Grace" 30 Clean and Jerks, 135/95</p> <p>2. Strength 5 Complexes of: 5 Push Presses 5 Front Squat 5 Thrusters Rest 2-3 minutes between sets. You choose the weight. Same weight for all 3 movements. No dropping the bar till all 15 reps are complete.</p> <p>3. Strength work up to a 5 rep heavy Dead Lift</p>	<p>1. Snatch EMOMx5: 5 TnG Squat Snatches, across – you choose the weight</p> <p>2. Strength EMOMx10: 2 Back Squats, across – you choose the weight</p> <p>3. Conditioning 5 Rds: 15 TTB 20 Cal Row 25 WB (20/14)</p>	<p>1. Barbell Conditioning Teams of 3: A. AMRAP 7 of Strict Press: 50 reps at 95/65 50 reps at 115/80 AMRAP at 135/95</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Front Rack Step Out Lunges: 50 reps at 115/75 50 reps at 135/95 AMRAP at 155/105</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Push Press: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>2. Conditioning 12-9-6: Front Squats, 185/135 Bar Muscle ups</p> <p>3. Gymnastics Conditioning NOT for time: A. 7x1 Strict Ring Muscle ups with med ball between your feet B. Accumulate 60 seconds of an L-sit on parallelles C. 35 Strict C2B Pull ups D. 100' HS Walk</p>	<p>Recovery Day</p> <p>Note: Granite Games Week 2 Open WOD Announced - 8 PM EST</p>	<p>2016 Granite Games Week 2 Open WOD - TBD</p>	<p>1. Snatch EMOMx10: 1 Snatch, start at 50% and climb</p> <p>2. Gymnastics Benchmark 5 Legless Rope Climbs for time</p> <p>3. Conditioning "Fight Gone Bad" 3 RFT of 1 min at each station for max reps: Wall Balls, 20/14 SDHP, 75/55 Box Jumps, 20" Push Press, 75/55 Cal Row 1 minute rest between rounds</p>

COMPETITIVE ~ June 2016 ~

Sunday, 19 June 2016	Monday, 20 June 2016	Tuesday, 21 June 2016	Wednesday, 22 June 2016	Thursday, 23 June 2016	Friday, 24 June 2016	Saturday, 25 June 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:
Rest Day	<p>Note: Granite Games Open Week 2 - Scores Due - 8 PM EST</p> <p>1. Clean and Jerk EMOMx10: 3 Reps</p> <p>2. Back Squat Work up to a heavy double</p> <p>3. Gymnastics Skills 50 Strict HSPU for time</p> <p>4. Conditioning "Hulk Hogan" Every 2 minutes for 20 mins: 3 Muscle ups 5 Power Cleans, 185/135 7 Burpees Record score is the time of your slowest round.</p>	<p>1. Snatch AMRAP 1 of Max Snatches at 115/80 Rest 1 minute AMRAP 1 of Max Snatches at 155/105 Rest 1 minute AMRAP 1 of Max Snatches at 185/135</p> <p>2. Strength 4x6 Front Squats</p> <p>3. Conditioning "Naughty Nancy" 4 RFT: 600m Run 25 OHS, 140/95</p>	<p>1. Strength 1 RM Deadlift</p> <p>2. Accessory Work 2 EMOMx12 4 rounds of: Min 1: 8 Romanian Deads – you choose the weight Min 2: 40 second Plank Hold on elbows Min 3: 40 Double unders</p> <p>3. Accessory Work 1 4x6 Bulgarian Split Squats (6/leg) – you choose the weight</p>	<p>Recovery Day</p> <p>Note: Granite Games Week 3 Open WOD Announced - 8 PM EST</p>	<p>2016 Granite Games Week 3 Open WOD - TBD</p>	<p>1. Conditioning With Teams of 3 Complete AMRAP 22: 7 Rope Climbs 10 Thrusters, 155/105 15 Power Clean, 155/105 46 Cal Row 1 athlete works at a time.</p> <p>2. Gymnastics 5 RFT: 10 Pistols 15 GHDSU</p> <p>3. Strength 4x6 Overhead Squat</p>

COMPETITIVE ~ June 2016 ~						
Sunday, 26 June 2016	Monday, 27 June 2016	Tuesday, 28 June 2016	Wednesday, 29 June 2016	Thursday, 30 June 2016	Friday, 01 July 2016	Saturday, 02 July 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:
Rest Day	<p>Note: Granite Games Open Week 3 - Scores Due - 8 PM EST</p> <p>1. Strength A. 1-rep heavy Clean B. 1-rep heavy Jerk C. 1-rep heavy Front Squat</p> <p>2. Gymnastics Benchmark Max pistols in 1 min Masters Standards: 41+ reps: Ninja 36-40 reps: Above average 31-35 reps: Average <31: You need to work on these before the Games.</p> <p>3. Conditioning "Sugar Daddy" 21-15-9: Deadlifts, 225/155 400 Meter Run</p>	<p>1. Snatch Work up to a heavy complex of: Power Snatch + Hang Squat Snatch + Squat Snatch + OHS</p> <p>2. Conditioning: 5 RFT 12 Pull-Ups 12 Burpees 200m Run</p> <p>3. Strength/Gymnastics Conditioning EMOMx12 Odd: 6 Heavy Thrusters, you choose the weight Even: 3-6 Bar Muscle ups</p>	<p>1. Strength Build to a max complex of: Front Squat + Push Press + Thruster</p> <p>2. Conditioning Death by Thruster at 65% of the max complex established in #1.</p> <p>3. Conditioning EMOMx20 5 rounds of: Min 1: 15/12 Cal Assault Bike Min 2: 10 Clean and Jerks, 135/95 Min 3: 20/16 Cal Row Min 4: 10 OHS, 135/95</p>	<p>Recovery Day</p> <p>Note: Granite Games Week 4 Open WOD Announced - 8 PM EST</p>	<p>2016 Granite Games Week 4 Open WOD - TBD</p>	<p>1. Snatch work up to a heavy single</p> <p>2. Clean work up to a heavy double</p> <p>3. Front Squat work up to a heavy triple</p> <p>4. Conditioning "Severin" 50 Strict Pull ups 100 Hand Release Push ups 5K Run</p>