

~ March 2016 ~						
Sunday, 06 March 2016	Monday, 07 March 2016	Tuesday, 08 March 2016	Wednesday, 09 March 2016	Thursday, 10 March 2016	Friday, 11 March 2016	Saturday, 12 March 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>"Fun with a Ball?" 5 Rounds for time of: 200 M Run with medball* 50,40,30,20,10 Russian Kettlebell Swings (35#/25#) 10,20,30,40,50 Russian Twists w/medball</p> <p>* you choose the weight of the medball</p>	<p>CrossFit Games Open WOD 16.2 Workout: TBA</p>	<p>Conditioning AMRAP 9: 2,4,6,8,10,12... PC (135/95) 2,4,6,8,10,12... Box Jump Overs</p>	<p>1. Strength 5x3 Thrusters, climbing</p> <p>2. Conditioning EMOMx12 Odd: 7 Push Press + 7 Thrusters, Even: 8x10m Shuttle Runs – every 10m counts as a rep. two hand touch over the turn around line. record weights on the bar and times for each of the 6 sprints.</p>	<p>1. Endurance - Long Intervals Choose one of the following sports: Bike, run, row, swim, or ruck</p> <p>Perform 3 sets of 12 minutes, with a 4 minute recovery period.</p> <p>Set a pace that you can maintain for the entire interval.</p>	<p>CrossFit Games Open WOD 16.3 Workout: TBA</p>	<p>3 RFT: 21 Box Jumps, 24/20 15 Bar Facing Burpees 9 Power Cleans, 135/95</p>

~ March 2016 ~						
Sunday, 13 March 2016	Monday, 14 March 2016	Tuesday, 15 March 2016	Wednesday, 16 March 2016	Thursday, 17 March 2016	Friday, 18 March 2016	Saturday, 19 March 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>Team Workout: Teams of 3 complete AMRAP 18 of the following triplet: 10 KB Goblet Squats (24 Kg/16 Kg) 20 Burpees 30 KB Swings (24 Kg/16 Kg) Athlete 1 and 2 start on the triplet (one athlete working at a time). Athlete 3 starts starts with a run - and completes 200m run before switching with a teammate. One teammate must always be running, and you must switch when the run is completed.</p> <p>Score is total rounds + reps of the triplet.</p>	<p>CrossFit Games Open WOD 16.3 Workout: TBA</p>	<p>1. Conditioning For Time: 50 Cal Row 50 Box Jumps 25 PC (135/95) 25 Burpees over Bar</p>	<p>1. Strength Build to a heavy Overhead Complex of: 1 Push Press + 1 Push Jerk + 1 Split Jerk</p> <p>2. Conditioning EMOMx15 5 rounds of: Min 1 – :30s Max rep 10m Shuttles Min 2 – :30s Max rep 1-Arm DB Snatches, 70/50 – alternate arms every rep Min 3 – :30s Max rep Strict HSPU, 165/115</p>	<p>1. Endurance Choose ONE of the following Sports</p> <p>Bike (THURS): 6 x 600 m sprint, 1200 m easy</p> <p>Run (THURS): 6 x 200 m sprint, 400 m easy</p> <p>Row (THURS): 6 x 250 m sprint, 500 m easy</p> <p>Ruck (THURS): 6 x 250 m sprint, 500 m easy</p>	<p>CrossFit Games Open WOD 16.4 Workout: TBA</p>	<p>Teams of 3 complete AMRAP 16 of the following triplet: 10 Front Squats, 185/135 20 C2B 30 Deads 185/135 Athlete 1 and 2 start on the triplet (one athlete working at a time). Athlete 3 starts on a rower and completes 500m Row before switching with a teammate. One teammate must always be rowing, and you must switch every 500m. Score is total rounds + reps of the triplet.</p>

~ March 2016 ~						
Sunday, 20 March 2016	Monday, 21 March 2016	Tuesday, 22 March 2016	Wednesday, 23 March 2016	Thursday, 24 March 2016	Friday, 25 March 2016	Saturday, 26 March 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>"Backwards CrossFit Baseline x 3" 3 Rounds, each for time* 10 Pullups 20 Pushups 30 Abmat Situps 40 Air Squats 500 m Row Rest 3 minutes between rounds</p>	<p>CrossFit Games Open WOD 16.4 Workout: TBA</p>	<p>1. Conditioning With a running clock 21-15-9: Thrusters, 95/65 Box Jumps, 24/20 rest equal time, then... 21-15-9: Calorie Row Bar Facing Burpees</p>	<p>1. Snatch 3 rounds of: 3 reps at 70% 3 reps at 75% 2 reps at 80% 2 reps at 85% 1 rep at 90%</p> <p>2. Conditioning AMRAP 12 10 KBS, 2-pood/1.5-pood 60 Double unders 6 10m Shuttle sprints (every turn around counts as a rep)</p>	<p>1. Endurance - TABATA Choose ONE of the following Sports Bike (TUE): 2-3 x 1/2 TABATA (:20 hard on, :10 off for 4min), Rest 4 minutes, goal to match total distance for each TABATA Run (TUE): 2-3 x 1/2 TABATA (:20 hard on, :10 off for 4min), Rest 4 minutes, goal to match total distance for each TABATA Row (TUE): 2-3 x 1/2 TABATA (:20 hard on, :10 off for 4min), Rest 4 minutes, goal to match total distance for each TABATA Ruck (TUE): 2-3 x 1/2 TABATA (:20 hard on, :10 off for 4min), Rest 4 minutes, goal to match total distance for each TABATA</p>	<p>CrossFit Games Open WOD 16.5 Workout: TBA</p>	<p>1. Conditioning 1 RFT: 30 Pull ups 50 Sit ups 70 Double unders immediately into 2 RFT: 20 Pull ups 40 Sit ups 60 Double unders immediately into 3 RFT: 10 Pull ups 20 Sit ups 40 Double unders</p>

~ March 2016 ~						
Sunday, 27 March 2016	Monday, 28 March 2016	Tuesday, 29 March 2016	Wednesday, 30 March 2016	Thursday, 31 March 2016	Friday, 01 April 2016	Saturday, 02 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>"Garage Gym Day"</p> <p>1. Team Tire Drag Hitch a rope or two to a tire and team up for max distance in 1-minute sprints. On the count of 3,2,1, go, you and a partner will drag a tire for max distance. How far can you go in 60 seconds? Everyone should have at least 3 attempts for max distance. Rest at least 4 or 5 minutes between efforts, if possible.</p> <p>2. Conditioning 3 Rounds for Time: 400 m run 15 DB Squat Clean Thrusters*</p> <p>* You choose the weight - one dumbbell in each hand. Go as heavy as possible, with correct form.</p>	<p>CrossFit Games Open WOD 16.5 Workout: TBA</p>	<p>1. Strength 10 RM Back Squat 3 RM Front Squat</p> <p>2. Plyometric 3 attempts at a max Vertical Jump</p> <p>3. Conditioning 4 Rounds, each for time of: Run 200 M 10 Back Squat @ 70% of established 10-RM Rest 2 minutes between rounds</p>	<p>1. Barbell Conditioning "Big Clean Complex" 6 sets of the following Complex : High Hang Squat Clean + Hang Squat Clean + Squat Clean + Push Press High Hang Squat Clean + Hang Squat Clean + Squat Clean + Push Jerk High Hang Squat Clean + Hang Squat Clean + Squat Clean + Split Jerk One set consists of all 12 reps. Try not to drop the bar during the entire set. Rest as needed between sets and try to increase weight after each set. High Hang – Start with the bar at "the pockets." Hang – Start with the bar just above the knee. Squat Clean – Start with the bar on the ground.</p>	<p>1. Chipper 100 Double Unders 80 Box Crossovers (20") 60 Cal Row 40 Burpees 20 Cal Assault Bike</p> <p>2. Strength 3x for Max Weight - Weighted Pullup -or- 3x for Max duration - hanging from bar (with your chin above the bar). * Find your heaviest weighted pullup. If you are still working on your pullup -- or alternatively -- find your max time hanging with your chin above the bar. 3 attempts.</p>	<p>1. Snatch Complex 7 sets of: Power Snatch + Hang Squat Snatch + Squat Snatch</p> <p>2. Strength 7x2 Overhead Pause Squats, Pause for 5 Seconds at the bottom of each rep.</p> <p>3. Gymnastics Skills 5 sets of 10-15 unbroken TTB, rest as needed between sets</p> <p>4. Conditioning 21-15-9 Wall Balls, 20/14, *12'/10'* Target KBS, 2-pood/1.5-pood 500m Row after each round</p>	<p>1. Conditioning Teams of 3 complete 2 rounds of: 3 mins of Power Snatch (95/65) 3 mins of Burpees over Bar 3 mins of Overhead Squats (95/65) 3 mins of Pull-Ups</p>

~ March 2016 ~

Sunday, 03 April 2016	Monday, 04 April 2016	Tuesday, 05 April 2016	Wednesday, 06 April 2016	Thursday, 07 April 2016	Friday, 08 April 2016	Saturday, 09 April 2016
<p>Workout of the Day:</p> <p>1. Endurance - Time Trial</p> <p>Choose ONE of the following Sports. Choose distances (suggestions below). This is an all out effort for your best time.</p> <p>Swim: 1K TT, R 10min then 500m TT</p> <p>Bike: 15K TT, R 10min then 5K TT</p> <p>Run: 5K TT, R 10min then 1 Mile TT</p> <p>Row: 5K TT, R 10min then 1 kM TT</p> <p>Ruck: 5K TT, R 10min then 1 kM TT</p>	<p>Workout of the Day:</p> <p>1. Strength EMOMx10: 2 Squat Snatches, you choose the weight</p> <p>2. Conditioning "Nasty Girls"</p> <p>3 RFT: 50 Air Squats 7 Muscle ups 10 HPC, 135/95</p>	<p>Workout of the Day:</p> <p>1. Squat 1RM Back Squat</p> <p>2. Conditioning 21-15-9 Deadlift, 275/185 Box Jump, 30/24"</p>	<p>Workout of the Day:</p> <p>1. Overhead Squat work up to a heavy single</p> <p>2. Snatch Balance work up to a heavy single</p> <p>3. Hang Squat Snatch work up to a heavy single</p> <p>4. Push Press 4x8, climbing</p>	<p>Workout of the Day:</p> <p>1. Endurance - Pacing</p> <p>Choose ONE of the following Sports</p> <p>Swim (THURS): 250m repeats, 3min rest, perform until form/pace deteriorates</p> <p>Bike (THURS): 2K repeats, 3min rest, perform until form/pace deteriorates</p> <p>Run (THURS): 1000m repeats, 3 min rest, perform until form/pace deteriorates</p> <p>Row (THURS): 1200m repeats, 3min rest, perform until form/pace deteriorates</p> <p>Ruck (THURS): 1200m repeats, 3min rest, perform until form/pace deteriorates</p> <p>*Hold splits within 3-5 seconds</p>	<p>Workout of the Day:</p> <p>1. Strength Work up to a heavy single Front Squat</p> <p>2. Strength Work up to a heavy single Jerk</p> <p>3. Conditioning "J"</p> <p>200 DU Buy-In</p> <p>4 Rds: 5 Ring MU 10 Front Squats (155/105) 15 HSPU 20 Burpees</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Hurricane"</p> <p>3 rounds: 800 Meter Run 21 Power Cleans (155/105)</p>