

COMPETITIVE ~ May 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
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. Conditioning 21-15-9 Ring Muscle ups Back Squats, 225/155</p> <p>2. Conditioning 100 Double unders 50 HSPU 40 TTB 30 Shoulder to Overhead 165/115 30m Front Rack Walking Lunge, 165/155</p>	Rest Day	<p>SESSION 1 1. 2015 REGIONAL Event 1 "Randy" 75 Power Snatches for time, 75/55</p> <p>2. Strength EMOMx10: 2 Front Squats across</p> <p>SESSION 2 1. 2015 REGIONAL Event 2 "Tommy V" 21-15-9 Thruster 12-9-6 Rope Climb, 15'</p> <p>2. Clean EMOMx10: 3 TnG Power Cleans</p>	<p>1. REGIONAL Event 3 For time: 1-mile run 50 overhead squats (135 / 95 lb.) 100 GHD sit-ups 150 double-unders 50 sumo deadlift high pulls (135 / 95 lb.) 100 box jump overs (24 / 18 in.) Time cap: 26 minutes</p> <p>2. REGIONAL Event 4 For time: 125 ft. Run + 250 ft. Handstand walk Time cap: 3 minutes</p> <p>Event 5 begins 1 minute and 40 seconds after this event ends.</p> <p>3. REGIONAL Event 5 1-rep-max snatch Each athlete will have two 20-second windows to attempt the lift with 80 seconds rest between windows.</p>	Recovery Day	<p>1. 2015 REGIONAL EVENT 6 5 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict deficit handstand push-ups</p> <p>2. 2015 REGIONAL EVENT 7 For time: 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>	<p>1. 3 Rounds for time of: 8 Muscle ups + 5 Cleans, rest 3 minutes between rounds Clean weights: 205/135, 225/145, 245/155, 255/165, 265/175</p> <p>2. 4 RFT: 20 Power Snatches, 75/55 5 Rope Climbs, 15'</p> <p>3. EMOMx10 Odd: 20/18 cal Row Even: 50' HS Walk for time.</p>

COMPETITIVE ~ May 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. Event 3 Prep A. 3 Rounds of: 800m Run 20 OHS, 135/95 20 GHDSU 2 min rest between rounds</p> <p>Rest 1 minute</p> <p>B. 3 Rounds of: 15 GHDSU 50 Double Unders 10 SDHP, 135/95 1:30 min Rest between rounds</p> <p>Rest 1 minute</p> <p>C. 3 RFT: 30 Double Unders 10 SDHPU, 135/95 20 Box Jump Overs, 24/20"</p> <p>2. HandStand Push up 5 x 10 unbroken Strict, rest as needed between sets</p> <p>3. Snatch 5 single with unlimited rest as projected opening weight.</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</p> <p>1. Row 6 sets of 30 calorie Row, :30 rest btwn sets</p> <p>2. Chest to Bar 3 sets of 20 unbroken, 1 min rest btwn sets</p> <p>3. Conditioning 3 RFT: 25 Calorie Row 18 C2B 10 HSPU</p> <p>4. Handstand Walk 6x60' for speed, :20 rest btwn sets</p>	<p>Workout of the Day:</p> <p>1. Run 1 mile Run</p> <p>2. Snatch EMOMx9: 3 rounds of: Min 1: 70% Min 2: 80% Min 3: 90%</p> <p>3. Conditioning A. 40 seconds of max rep Muscle ups + 5-rep squat clean ladder at Regional weight. B. 30 seconds of max rep Muscle ups + 5-rep squat clean ladder at Regional weight. C. 20 seconds of max rep Muscle ups + 5-rep squat clean ladder at Regional weight.</p> <p>4. Conditioning 3 RFT: 30 Power Snatches, 75/55 15 Thrusters, 115/80 7 Rope Climbs, 15'</p>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <p>1. "Randy" Rest 1 hour</p> <p>2. "Tommy V"</p> <p>Note: The 2016 regionals will take place over three (3) consecutive weekends in May: • May 13-15: California, South and Pacific Regionals • May 20-22: West and Atlantic Regionals • May 27-29: Central, East and Meridian Regionals</p>	<p>Workout of the Day:</p> <p>1. For time 1 mile Run on TF 50 OHS, 135/95 50 GHDSU 150 DU 50 SDHP, 135/95 50 Box Jump Overs</p> <p>Rest 90 mins</p> <p>2. 2015 Regional Event 4 Handstand walk 250 for time</p> <p>3. 2015 Regional Event 5 2 Attempts at 1RM Snatch</p>

COMPETITIVE ~ May 2016 ~

Sunday, 15 May 2016	Monday, 16 May 2016	Tuesday, 17 May 2016	Wednesday, 18 May 2016	Thursday, 19 May 2016	Friday, 20 May 2016	Saturday, 21 May 2016
<p>Workout of the Day:</p> <p>1. 2015 Regional Event 6</p> <p>5 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict deficit handstand push-ups</p> <p>Time cap: 16 minutes</p> <p>2. 2015 Regional Event 7</p> <p>For time: 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> <p>Time cap: 6 minutes</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</p> <p>1. Randy Work A. AMRAP Power Snatches (75/55) in :50 – :10 rest B. AMRAP Power Snatches (75/55) in :50 – :10 rest C. AMRAP Power Snatches (75/55) in :50</p> <p>2. Tommy V Work 25 Rope Climbs for time</p> <p>3. Chipper Work 1 mile Run on TF 30 OHS, 135/95 50 GHDSU 30 SDHP, 135/95</p>	<p>Workout of the Day:</p> <p>1. HS Walk 3x125' 3 min rest between sets</p> <p>2. Snatch EMOMx9 Min 1: Opening Weight Min 2: Reach weight Min 3: Rest</p> <p>3. EMOMx15 Min 1: Max Calorie Row in :40 Min 2: Max C2B in :40 Min 3: Max Strict Deficit HSPU in :40</p>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <p>2016 Lurong Summertime Challenge Benchmark WOD</p> <p>Box Jump Overs Toes to Bar Clean & Jerks</p>	<p>Workout of the Day:</p> <p>1. Conditioning 1 mile run 100 air squats 100 abmat sit ups 50 kbs, 2-pood/1.5-pood 50 box jumps overs, 24/20</p> <p>2. Handstand Walk 175 feet for time</p> <p>3. Snatch work up to a heavy single</p>

COMPETITIVE ~ May 2016 ~

Sunday, 22 May 2016	Monday, 23 May 2016	Tuesday, 24 May 2016	Wednesday, 25 May 2016	Thursday, 26 May 2016	Friday, 27 May 2016	Saturday, 28 May 2016
<p>Workout of the Day:</p> <p>1. Conditioning 4 rounds with a 20# weight vest: 25 Calorie Row 10 C2B 5 Strict Deficit HSPU</p> <p>2. Conditioning 3 RFT: 7/5 Muscle ups with a 20# vest 5 Cleans (no vest) – you choose the weight Rest 5 mins between rounds</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</p> <p>1. Run 2 miles</p> <p>2. Snatch 3x1 at 10# under opening weight 3x1 at opening weight 3x1 at 10# over opening weight</p> <p>3. Conditioning 50 GHDSU 40 SDHP, 135/95 30 Box Jump Overs, 24/20 20 Rope Climbs, 15"</p>	<p>Workout of the Day:</p> <p>1. Handstand Walk 125' Rest 1 minute 125"</p> <p>2. Row 5 RFT: 25 Cal Row 5 Muscle ups</p> <p>3. Squat Clean 3 rounds of: 1 rep at 225/155 1 rep at 245/160 1 rep at 265/165 Rest 1 minute between rounds.</p>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <p>2016 Lurong Summertime Week 2 WOD</p> <p>Wall Balls Power Snatches</p>	<p>Workout of the Day:</p> <p>1. 2015 Regionals Event 3 "The Chipper"</p> <p>For time: 1-mile run 50 overhead squats (135 / 95 lb.) 100 GHD sit-ups 150 double-unders 50 sumo deadlift high pulls (135 / 95 lb.) 100 box jump overs (24 / 18 in.)</p> <p>2. 2015 Regionals Event 4/5 250' HSW + 1RM Snatch</p>

COMPETITIVE ~ May 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
<p>Workout of the Day:</p> <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>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</p> <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>Workout of the Day:</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>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <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>Workout of the Day:</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>