

~ CFGB April 2015 ~

	Mon	Tue	Wed	Thu	Fri
<p align="center">EWODs</p> <p>A. 1 Mile Run Time Trial</p> <p>B. 4x500m Row, 1:1 Work:Rest</p>	<p align="center">6</p> <p align="center">SWOD</p> <p align="center">5x5 Front Squat @ 75% 50 GHD Situps*</p> <p>*We'll be going thru a cycle of GHD situps. If an athlete is proficient with GHD situps, they should start with 50 today, and work up throughout the month as programmed. Scale appropriately for all athletes who are inexperienced with the movement.</p> <p align="center">WOD</p> <p align="center">Death by Wall Ball 20/14 to 10/9 ft</p>	<p align="center">7</p> <p align="center">SWOD</p> <p align="center">8x2 Snatch @ 75%</p> <p align="center">WOD</p> <p align="center">"Nicole" AMRAP 20 400m Run Max Effort Pullups Score is total reps pullups</p>	<p align="center">8</p> <p align="center">WOD</p> <p align="center">5 rounds, each for time, on a 5 minute clock: 5 Squat Clean 135/95 50 Double Unders 10 Wall Ball 20/14 to 10/9 ft</p>	<p align="center">9</p> <p align="center">SWOD</p> <p align="center">7x3 Press @ 80% EMOM 8 C2B Pullup</p> <p align="center">WOD</p> <p align="center">5 RFT 5 Deadlift 275/185 10 Burpees</p>	<p align="center">10</p> <p align="center">SWOD</p> <p align="center">5x2 OHS @ 85%</p> <p align="center">WOD</p> <p align="center">8x200m Run Go every 2 minutes</p>
<p align="center">EWODs</p> <p>A. 5k Row</p> <p>B. 3x800m Run, go every 10 minutes</p>	<p align="center">13</p> <p align="center">SWOD</p> <p align="center">7x3 Hang Sq Clean @ 75% 60 GHD Situp</p> <p align="center">WOD</p> <p align="center">"Mary" AMRAP 20 5 HSPU 10 Pistols, alternating 15 Pullups</p>	<p align="center">14</p> <p align="center">SWOD</p> <p align="center">5x7 Push Press @ 70%</p> <p align="center">WOD</p> <p align="center">AMRAP 12 3, 6, 9, 12, etc Burpee Sumo Deadlift High Pull 75/55</p>	<p align="center">15</p> <p align="center">WOD</p> <p align="center">3 RFT 50 Double Unders 20 Front Squat 95/65 20 Pullups</p>	<p align="center">16</p> <p align="center">SWOD</p> <p align="center">8x3 Snatch @ 75%</p> <p align="center">WOD</p> <p align="center">5 RFT 400m Run 15 T2B</p>	<p align="center">17</p> <p align="center">SWOD</p> <p align="center">5x5 Front Squat @ 80% 65 GHD Situps</p> <p align="center">WOD</p> <p align="center">5 RFT 20 Wall Ball 20/14 to 10/9 ft 5 Pwr Clean 135/95</p>

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	Mon	Tue	Wed	Thu	Fri
<p>EWODs</p> <p>A. "Griff" 2 Rounds: 800m Run 400m Backward Run</p> <p>B. 8x250m Row, 1:1 Work:Rest</p>	<p>20</p> <p>SWOD 7x3 Deadlift @ 85%</p> <p>WOD 5k Run</p>	<p>21</p> <p>SWOD 5x8 Push Press @ 70%</p> <p>WOD For Time: 21 Deadlift 225/155 21m Handstand Walk 15 Deadlift 225/155 15m Handstand Walk 9 Deadlift 225/155 9m Handstand Walk</p>	<p>22</p> <p>WOD 5 RFT 300m Row 5 Thrusters 95/65 5 Ring Dips</p>	<p>23</p> <p>SWOD 8x2 Back Squat @ 85% EMOM 8 C2B Pullup (1 more rep than last time)</p> <p>WOD For Time: 25m Prowler Push 90/50 25m Sprint 25m OH Walking Lunge 45/25 25m Prowler Push 135/75 50m Sprint 50m Farmers Carry 45/25* 50m Prowler Push 225/125</p> <p>* per hand</p>	<p>24</p> <p>SWOD 5x5 Clean @ 75% 70 GHD Situps</p> <p>WOD AMRAP 10 10 Hand Release Pushups 10 Walking Lunges 10 Toes Thru Rings</p>
<p>EWODs</p> <p>A. 4x1000m Row 1:1 Work:Rest</p> <p>B. 5x800m Run, go every 10 minutes</p>	<p>27</p> <p>WOD AMRAP 3 G2OH 135/75 -Rest 1 Min- AMRAP 2 G2OH 155/95 -Rest 1 Min- AMRAP 1 G2OH 185/115</p> <p>All movements ground to overhead, any way.</p>	<p>28</p> <p>WOD 3 RFT 800m Run 20 Box Jump 24/20</p>	<p>29</p> <p>WOD "10 Minute Capacity Test" 4 Mins Row(cals) 3 Mins Pullups 2 Mins BW/.75 Back Squat 1 Min Shoulder-to-OH 135/95</p> <p>Rest 1 minute between stations. Score is total reps.</p>	<p>30</p> <p>WOD For Time: 20 Power Snatch 135/85 20 C2B Pullups 20 Clean & Jerk 135/85 20 Pullups 20 Deadlift 135/85</p>	<p>1</p> <p>WOD 8x150m Row Rest 1 minute between.</p>