

~ CFGB Aug 2015 ~

	Mon	Tue	Wed	Thu	Fri
<p align="center">EWODs</p> <p>Short: 12x100m Run, on the minute.</p> <p>Long: 6x500m Row, go every 4 minutes.</p> <p>Stamina: 5k Run</p>	<p align="center">Monday, 3 August 2015</p> <p>Strength Workout: Press 7x5@ 82.5%</p> <p>Workout of the Day: AMRAP 5 Pistols - Rest 1 Min – AMRAP 3 Ring Dips - Rest 1 Min – AMRAP 1 Bar MU</p>	<p align="center">Tuesday, 4 August 2015</p> <p>Workout of the Day: “Hang Squat Snatch Biathlon” 400m Run 21 Hang Squat Snatch 95/65 400m Run 18 Hang Squat Snatch 95/65 400m Run 15 Hang Squat Snatch 95/65</p> <p>*200m Run Penalty if you drop the bar.</p>	<p align="center">Wednesday, 5 August 2015</p> <p>Strength Workout: Squat Clean 7x2@87.5%</p> <p>Workout of the Day: “Red Royal” (CFNE) For Time: 800m Run - Then - 15-12-9-6-3 Deadlift 245/165 Toes To Bar - Then - 800m Run</p>	<p align="center">Thursday, 6 August 2015</p> <p>Strength Workout: Front Squat 8x3@87.5%</p> <p>PARTNER Workout of the Day: 8 RFT*: 20/15 Cal Row 2 Rope Climbs</p> <p><i>*Athlete A starts on the rower, athlete B on the rope climbs. They switch when both are done on that station.</i></p>	<p align="center">Friday, 7 August 2015</p> <p>Strength Workout: Squat Snatch 5x3@82.5%</p> <p>Workout of the Day: Open 12.2 AMRAP 10 30 Snatch 75/45 30 Snatch 135/75 30 Snatch 165/100 Snatch@210/120 until time runs out.</p> <p>Score is total reps.</p>
<p align="center">EWODs</p> <p>Short: 8x300m Row, go every 3 minutes</p> <p>Long: 4x800m Run, go every 10 minutes. This is a lot of rest, so go hard every time.</p> <p>Stamina: 5k Row</p>	<p align="center">Monday, 10 August 2015</p> <p>Strength Workout: Push Press 5x7@80%</p> <p>Workout of the Day: 3x800m Run Go every 9 minutes.</p>	<p align="center">Tuesday, 11 August 2015</p> <p>Strength Workout: Overhead Squat 5x5@85%</p> <p>Workout of the Day: “Sage” 2 RFT 20 Thrusters 135/95 20 Pullups 20 Burpees</p>	<p align="center">Wednesday, 12 August 2015</p> <p>Strength Workout: Clean + 2 Split Jerk 5 (complexes) at 85%</p> <p>Workout of the Day: 10 RFT 5 HSPU 5 Deadlift 275/155 100m run</p>	<p align="center">Thursday, 13 August 2015</p> <p>Workout of the Day: “Nancy” 400m Run 15 Overhead Squats 95/65</p>	<p align="center">Friday, 14 August 2015</p> <p>Strength Workout: Press 7x5@85%</p> <p>Workout of the Day: Death By: Odd Minutes: Box Jump 24/20 Even Minutes: Knees to Elbows</p>

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<p align="center">EWODs</p> <p>Short: 6x200m Run. Go every 2 minutes.</p> <p>Long: 3x2k Row. Go every 15 minutes.</p> <p>Stamina: 2mi Run.</p>	<p>Monday, 17 August 2015</p> <p>Workout of the Day: 3x Big Clean Complex*. Choose your weight.</p> <p>*Without putting the bar down: 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. You're not working on a clock, and you choose your own weight, but the challenge is to do it as heavy as possible, but not so heavy that you have to drop the bar.</p>	<p>Tuesday, 18 August 2015</p> <p>Workout of the Day: Crossfit Baseline For time: 500m Row 40 Air Squats 30 Abmat Situps 20 Pushups 10 Pullups</p>	<p>Wednesday, 19 August 2015</p> <p>Workout of the Day: 3 RFT 500m Row 5 Split Jerk 155/105* 1 Rope Climb</p> <p>*From the floor.</p>	<p>Thursday, 20 August 2015</p> <p>Workout of the Day: 5 Rounds each for time: 10 Thrusters 105/75 10 Toes To Bar Rest 2 Minutes Between</p>	<p>Friday, 21 August 2015</p> <p>Workout of the Day: A. 500m Row Time Trial B. Max Effort Pullups</p>
<p align="center">EWODs</p> <p>Short: 12x300m Row. Go every 3 minutes.</p> <p>Long: 3x1mi Run. Rest as needed to go hard every time.</p> <p>Stamina: 10k Row</p>	<p>Monday, 24 August 2015</p> <p>Workout of the Day: "Cindy" AMRAP 20 5 Pullups 10 Pushups 15 Air Squats</p>	<p>Tuesday, 25 August 2015</p> <p>Workout of the Day: "SQT" 3 RFT 10 G2OH 95/65 200m Shuttle*</p> <p>*50m out, 50m back, twice.</p>	<p>Wednesday, 26 August 2015</p> <p>Workout of the Day: For Time: 10 Snatch 135/95 400m Run 10 C&J 135/95 400m Run 10 Muscle Ups 400m Run</p>	<p>Thursday, 27 August 2015</p> <p>Workout of the Day: "Karen" For Time: 150 Wall Ball 20/14 to 10/9</p>	<p>Friday, 28 August 2015</p> <p>Workout of the Day: For Time: 100/75 Cal Row 20 Double Unders 80/60 Cal Row 40 Double Unders 60/45 Cal Row 60 Double Unders 40/30 Cal Row 80 Double Unders 20/15 Cal Row 100 Double Unders</p>