

~ CFGB July 2015 ~

	Mon	Tue	Wed	Thu	Fri
<p>Endurance Workouts for the Week of 6 July 2015:</p> <p>A. 500m Row Intervals. Rest 1 minute between rows. Keep time to within 20 seconds of your PR 500m. Continue for as many intervals as you are able to maintain that pace.</p> <p>B. 2 mile run time trial.</p>	<p>Monday, 6 July 2015</p> <p>Strength Workout:</p> <p>Press 7x5@82.5%</p> <p>Workout of the Day:</p> <p>Tabata: Air Squats Plank Walking Lunge Pushup</p>	<p>Tuesday, 7 July 2015</p> <p>Strength Workout:</p> <p>Squat Snatch 5x2@87.5%</p> <p>Workout of the Day:</p> <p>5 RFT 3x 1 P. Clean + 2 F. Squat* 30 Double Unders</p> <p>*P. Clean, F. Squat, F. Squat. Repeat 3 times.</p>	<p>Wednesday, 8 July 2015</p> <p>Workout of the Day:</p> <p>“Lumberjack 20” For Time: 20 Deadlift 275/185 400m Run 20 KBS 2/1.5 400m Run 20 OHS 115/85 400m Run 20 Burpees 400m Run 20 C2B Pullups 400m Run 20 Box Jumps 24/20 400m Run 20 DB Squat Clean 45/30* 400m Run</p> <p>*each hand</p>	<p>Thursday, 9 July 2015</p> <p>Strength Workout:</p> <p>Squat Clean 3x5@77.5%</p> <p>Workout of the Day:</p> <p>10-9-8-7-6-5-4-3-2-1 HSPU 1-2-3-4-5-6-7-8-9-10 OHS 75/55</p>	<p>Friday, 10 July 2015</p> <p>Strength Workout:</p> <p>Push Press 7x2@87.5%</p> <p>Workout of the Day:</p> <p>400m Run Time Trial</p>
<p>Endurance Workouts for the Week of 13 July 2015:</p> <p>A. 3x2k Row. 1:1 Work:Rest</p> <p>B. 5x100m Sled Pull@BW Rest as needed.</p>	<p>Monday, 13 July 2015</p> <p>Strength Workout:</p> <p>Overhead Squat 5x3@85%</p> <p>Workout of the Day:</p> <p>“DT” 5 RFT 12 Deadlift 155/105 9 Hang P. Clean 155/105 6 Push Jerk 155/105</p>	<p>Tuesday, 14 July 2015</p> <p>Strength Workout:</p> <p>Push Press 5x3@90%</p> <p>Workout of the Day:</p> <p>AMRAP 8 50m Run* 2 Muscle Ups</p> <p>*25m out and back</p>	<p>Wednesday, 15 July 2015</p> <p>Workout of the Day:</p> <p>“Open Test” AMRAP 20 50 Wall Ball 20/14 to 10/9 50 Double Unders 40 Box Jumps 24/20 40 Toes to Bar 30 C2B Pullup 30 Burpees 20 P. Cleans 145/100 20 Jerks 145/100 10 Snatch 145/100 10 Muscle Ups</p>	<p>Thursday, 16 July 2015</p> <p>Strength Workout:</p> <p>Squat Snatch 5x2@90%</p> <p>Workout of the Day:</p> <p>5 Rounds, each for time: 300m Row 3 Squat Clean @ 50% Rest 2 minutes</p>	<p>Friday, 17 July 2015</p> <p>Strength Workout:</p> <p>Press 7x3@90%</p> <p>Workout of the Day:</p> <p>3 rounds for time, go every 10 minutes: 10m Handstand Walk 30m Burpee Broad Jump 60m Walking Lunge</p>

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<p>Endurance Workouts for the Week of 20 July 2015:</p> <p>A. 6x200m, go every 90 seconds.</p> <p>B. Accumulate 90 minutes row/bike/run/swim, not including EWorkout of the Day: A or any of the Workout of the Day:s.</p>	<p>Monday, 20 July 2015</p> <p>Workout of the Day:</p> <p>5k Run Time Trial</p>	<p>Tuesday, 21 July 2015</p> <p>Workout of the Day:</p> <p>“Fran” 21-15-9 Thruster 95/65 Pullup</p>	<p>Wednesday, 22 July 2015</p> <p>Workout of the Day:</p> <p>“Filthy 50” 50 Box Jumps, 24/20 in 50 Jumping Pull-ups 50 Kettlebell Swings, 35/26 lbs 50 Walking Lunges 50 Knees To Elbows 50 Push Press, 45/35 lbs 50 Back Extensions 50 Wall Balls, 20/14 lbs 50 Burpees 50 Double Unders</p>	<p>Thursday, 23 July 2015</p> <p>Workout of the Day:</p> <p>3x1k Row Rest 1:1</p>	<p>Friday, 24 July 2015</p> <p>Workout of the Day:</p> <p>“Burgener Total”</p> <p>1RM Snatch 1RM C&amp;J 1RM Front Squat</p> <p>After warm-up, make no more than 3 attempts at each lift.</p>
<p>Endurance Workouts for the Week of 27 July 2015:</p> <p>A. With a partner, 12x400m Run. Each runner will complete 6 intervals. You will rest while your partner runs, and vice versa.</p> <p>B. 5 mile run time trial.</p>	<p>Monday, 27 July 2015</p> <p>Workout of the Day:</p> <p>“JT” 21-15-9 Handstand Pushup Ring Dip Pushup</p>	<p>Tuesday, 28 July 2015</p> <p>Workout of the Day:</p> <p>7 rounds each for time: 5 Deadlift 185/135 200m Run Rest 2 mins</p>	<p>Wednesday, 29 July 2015</p> <p>Workout of the Day:</p> <p>“10 Min Capacity Test” 4 Min Row (cals) 3 Min Pullups 2 Min B. Squat BW/.75BW 1 Min Push Press 135/95</p>	<p>Thursday, 30 July 2015</p> <p>Workout of the Day:</p> <p>2015 Regionals Event 7 15 Muscle Ups* 1 Squat Clean 165/95 1 Squat Clean 185/105 1 Squat Clean 205/115 1 Squat Clean 215/125 1 Squat Clean 225/135</p> <p>*If the athlete cannot do strict ring dips and pullups, modify to a strength-focused scale such as dips and pullups. If the athlete can do strict dips and pullups, scale to a transition/progression-focused scale such as box/jumping muscle ups, etc.</p>	<p>Friday, 31 July 2015</p> <p>Workout of the Day:</p> <p>EMOM 10 100m Row</p>