

~ CFGB May 2015 ~

	Mon	Tue	Wed	Thu	Fri
EWODs	4	5	6	7	8
A. 500m Row Time Trial	SWOD	SWOD	WOD	SWOD	SWOD
B. EMOM 10 100m Run + Death by Burpee*	7x3 Back Squat @ 85%	4x9 Push Press @ 70% 5x15 Back Extensions*	A. 3x ME Handstand Hold B. Bring Sally Up Back Squat 95/65 C. Row 15 minutes easy	4x7 Front Squat @ 80%	Snatch 5x3@80% EMOM 10 C2B Pullup
	WOD	WOD		WOD	WOD
	7 Rounds	"Satan's Whiskers"		5 RFT	15-12-9
	15 Cal Ro	3 RFT		400m Run	Burpee Box Jump 30/24
	30 Double Unders	10 C2B Pullups		5 Cleans 135/95	Toes to Bar
	Rest 1 Minute	10 Front Squat 165/115		5 Split Jerks 135/95	HSPU
		10 Burpee		3 burpee penalty every time you drop the bar, to be completed immediately.	
* First minute, run 100m and complete 1 burpee. Second minute, 100m and 2 burpees. Third minute, 100m and 3 burpees. Etc.		*We'll be going thru a cycle of back extensions. Rep scheme will stay the same. As the cycle progresses, slowly add weight. For example, today do back extensions. Next time add a 5lb plate, held across your chest. The following time, try 10lbs. Gradually increase the weight. This should be scaled according to the abilities of each individual athlete.			

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	Mon	Tue	Wed	Thu	Fri
<p>EWODs</p> <p>A. 2x300m Shuttles.* Rest as needed between.</p> <p>B. 2k Row Time Trial</p> <p>* Set cones 25m apart. Run a total of 6 out-and-backs, for a total of 300m.</p>	<p>11 SWOD 10x2 Deadlift @ 90%</p> <p>WOD AMRAP 8 2 Power Snatch + 3 OHS 115/75</p> <p>Reps do not count unless they're touch-n-go and unbroken. You may drop your bar after the OHS before going into your next Power Snatches.</p>	<p>12 SWOD 5x3 Clean @ 80% 5x15 Back Extensions</p> <p>WOD AMRAP 20 In Pairs Rope Climbs (15ft) and 400m Run Athlete A accumulates rope climbs while Athlete B runs 400m. They switch when the athlete comes in from the run. Scores is total rope climbs.</p>	<p>13 WOD 3RFT 300m Row 10 DL 155/95 10 K2E</p> <p>Teaching time: Callus Maintenance. Since we don't have SWOD today, we should have some free time, I suggest we teach our athletes about callus maintenance. This topic is always important, and even more so with next Monday's WOD. Perhaps this: http://www.tabatatimes.com/prehab-hand-maintenance/</p>	<p>14 WOD A. ME Box Jump B. 3x Big Clean Complex*</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>15 SWOD 5x3 Overhead Squat @ 85% EMOM 10 C2B Pullup</p> <p>WOD EMOM 10 25m Prowler Push Start with 90/50 on the prowler. Add 10/5 every minute.</p>
<p>EWODs</p> <p>A. 5k Run B. 500m Row Intervals. Add 20 seconds to your PR 500m time. That's your target. Row 500m intervals, with 1 minute rest between. Continue as long as you're able to meet that target.</p>	<p>18 SWOD 5x15 Back Extensions 5x3 Deadlift @ 90%</p> <p>WOD For Time 100 Pullups Every time you drop off the bar, 10 air squats.</p>	<p>19 SWOD 5x3 Push Press @ 85%</p> <p>WOD 10 Rounds Each For Time 100m Run 10 Wall Ball 20/14 10/9 Rest 1 minute between rounds</p>	<p>20 WOD For Time 100 Double Unders 9 Pullups 9 Squat Snatch 95/65 7 C2B Pullups 7 Squat Snatch 135/75 5 Muscle Up 5 Squat Snatch 155/85 100 Double Unders</p>	<p>21 SWOD 5x5 Front Squat @ 85%</p> <p>WOD 5 RFT 3 Wall Climbs 300m Row</p>	<p>22 SWOD 5x15 Back Extensions 5x2 Snatch @ 85%</p> <p>WOD For Time 100 Thrusters 75/45</p>

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	Mon	Tue	Wed	Thu	Fri
EWODs	25	26	27	28	29
None. Do the Murph, Row intervals, and CF total this week.	WOD "Murph" 1 Mile Run 100 Pullups 200 Pushups 300 Squats 1 Mile run	WOD In Pairs 4x500m Row Each athlete will row 4x 500m, alternating on the same rower. Your rest is your partners row, and vice versa. Log total time.	WOD For Time 30 Cal Row 20 Clean (any) 135/95 10 HSPU 20 Clean (any) 135/95 30 Cal Row	WOD 15-12-9 Deadlift 205/135 Burpee Box Over 24/20 Sprint 50m (25 out and back) at the beginning, end, and in between sets.	WOD CF Total