

~ CFGB Nov 2015 ~

	Mon	Tue	Wed	Thu	Fri
<p>Week of 2 November 2015</p> <p>Endurance Workouts:</p> <p>Short: 5x400m Run, go every 4 minutes</p> <p>Long: 2x2k Row, Rest 1:1</p> <p>Stamina: 2mi Run TT</p>	<p>Monday, 2 November 2015</p> <p>Workout of the Day:</p> <p>EMOM 10 25m Prowler Push Start with 90/50 on the prowler. Add 10/5 every minute.</p>	<p>Tuesday, 3 November 2015</p> <p>Skill Workout of the Day:</p> <p>10 Minutes HSPU/Handstand Walk/Freestanding HSPU practice. Challenge yourself.</p> <p>Workout of the Day:</p> <p>A. ME Pullups B. 500m Row TT</p>	<p>Wednesday, 4 November 2015</p> <p>Workout of the Day:</p> <p>“Adam Brown”</p> <p>2 RFT 24 Deadlift 295/200 24 Box Jumps 24/20 24 Wall Ball 20/14 to 10/9 24 Bench Press 195/125 24 Box Jumps 24/20 24 Wall Ball 20/14 to 10/9 24 Cleans 145/100</p>	<p>Thursday, 5 November 2015</p> <p>Workout of the Day:</p> <p>For Time: 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, 6 November 2015</p> <p>Workout of the Day:</p> <p>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>Week of 9 November 2015</p> <p>Endurance Workouts:</p> <p>Short: 4 rounds: 500m Row, rest 1 minute.</p> <p>Long: 3x1mi run. Rest as needed.</p> <p>Stamina: 10k Row TT</p>	<p>Monday, 9 November 2015</p> <p>Strength Workout:</p> <p>20RM Back Squat Estimate 50% of 1RM</p> <p>Workout of the Day:</p> <p>7 RFT 2 Rope Climbs 10 KBS 2/1.5</p>	<p>Tuesday, 10 November 2015</p> <p>Strength Workout:</p> <p>8x2 Split Clean - Start at 50% 1RM C&J - Focus on footwork. Training footwork in this lift will improve footwork in the split jerk.</p> <p>Workout of the Day:</p> <p>“Nancy” 5 RFT 400m Run 15 OHS 95/65</p>	<p>Wednesday, 11 November 2015</p> <p>Strength Workout:</p> <p>5x1 Snatch + OHS Challenge yourself on the weight, but do not exceed 75% 1RM Snatch.</p> <p>Workout of the Day:</p> <p>“The Chief” 5 AMRAPs of 3 min each: 3 Power Clean 135/95 6 Pushups 9 Air Squats</p> <p>Rest 1 minute between AMRAPs.</p>	<p>Thursday, 12 November 2015</p> <p>Strength Workouts:</p> <p>3x8 Bench Press 3x8 Pendlay Row Start around 70%, and alternate sets of Bench Press and Pendlay Row.</p> <p>Workout of the Day:</p> <p>AMRAP 12 8 C2B Pullup 8 Front Rack Walking Lunge 115/75</p>	<p>Friday, 13 November 2015</p> <p>Strength Workout:</p> <p>10x2 Front Squat @ 85-90% 1RM</p> <p>Workout of the Day:</p> <p>2k Row TT</p>

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	Mon	Tue	Wed	Thu	Fri
Week of 16 November 2015	Monday, 16 November 2015	Tuesday, 17 November 2015	Wednesday, 18 November 2015	Thursday, 19 November 2015	Friday, 20 November 2015
<p>Endurance Workouts:</p> <p>Short: EMOM 16: 100m Run</p> <p>Long: 5x1k Row, go every 10 minutes.</p> <p>Stamina: 5mi run TT</p>	<p>Strength Workout:</p> <p>Back Squat 1x20, add 2.5-10lbs from last week.</p> <p>Workout of the Day:</p> <p>“Karen”</p> <p>150 Wall Ball 20/14 to 10/9</p>	<p>Strength Workout:</p> <p>8x3 Split Jerk, starting at 60% 1RM C&J</p> <p>Workout of the Day:</p> <p>4 RFT 25 Cal Row 10 Ring Dip 10 Toes to Bar</p>	<p>Strength Workout:</p> <p>8x3 Front Squat @ 80%, 3s pause in bottom.</p> <p>Workout of the Day:</p> <p>“CF Baseline” For Time 500m Row 40 Air Squats 30 Abmat Situps 20 Pushups 10 Pullups</p>	<p>Strength Workout:</p> <p>8x1 Clean, no heavier than 85% 1RM.</p> <p>Workout of the Day:</p> <p>AMRAP 12 15 Sumo DL High Pull 95/65 30 Double Under</p>	<p>Strength Workout:</p> <p>EMOM 10 5 Single Arm Dumbbell/KB step up. Left hand on the odd minutes, right hand on the evens.</p> <p>Workout of the Day:</p> <p>AMRAP 20 5 Handstand Pushups 10 Box Jumps 30/24 15 Burpees</p>
Week of 23 November 2015	Monday, 23 November 2015	Tuesday, 24 November 2015	Wednesday, 25 November 2015	Thursday, 26 November 2015	Friday, 27 November 2015
<p>Endurance Workouts:</p> <p>Short: EMOM 16: 100m Row, in as few pulls as you’re able.</p> <p>Long: 5x800m Run. Rest as needed.</p> <p>Stamina: 2k Row TT</p>	<p>Strength Workout:</p> <p>Back Squat 1x20, add 2.5-10lbs from last week.</p> <p>Workout of the Day:</p> <p>Teams of 3: Sprint 1.5 Miles.</p> <p>Position cones 100m apart. Athletes A and C at one end, athlete B at the other end. Athlete A sprints 100m, tags, athlete B, who sprints another 100m to tag athlete C, who sprints 100m, etc, etc. Repeat for a total of 2400m, or 8x100m per person.</p>	<p>Strength Workout:</p> <p>5x3 Push Press @ 90%</p> <p>Workout of the Day:</p> <p>“Josh” For Time 20 OHS 95/65 42 Pullups 15 OHS 95/65 30 Pullups 9 OHS 95/65 18 Pullups</p>	<p>Strength Workout:</p> <p>EMOM 6 1 Clean @ 90%</p> <p>Workout of the Day:</p> <p>9 RFT 8 Thrusters 95/65 8 Burpees 25 Double Unders</p>	<p>Workout of the Day:</p> <p>5k Run.</p> <p>Happy Thanksgiving.</p>	<p>Strength Workout:</p> <p>7x5 Deadlift @ 80%</p> <p>Workout of the Day:</p> <p>“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>