

~ CFGB November 2014 ~

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
<p align="center">STRENGTH 4x5 Bench Press@70% 1xMax Reps@50%</p> <p align="center">WOD 3 RFT 30 Burpees 20 Pistols (Alternating) 10 HSPU</p>	<p align="center">STRENGTH EMOM 10 1 Pwr Snatch+3 OHS@50% of 1RM OHS</p> <p align="center">WOD 3 Rounds on a 2 minute clock: Row 150m Clean and Jerk BW/.75BW* Score is total reps. *Only count reps if they are in triplets or better. Singles or doubles do not count.</p>	<p align="center">WOD “White” 5 RFT 3 Rope Climbs 10 T2B 21 Overhead Walking Lunge Steps 45/25 Run 400m</p>	<p align="center">SKILL 5 sets of 3-5 reps of DEEP* ring dips *Shoulders should be below the top of the ring, or as far as flexibility will allow. Tabata active lat hang</p> <p align="center">WOD 5 RFT Row 250 10 Ring Dips</p>	<p align="center">SKILL EMOM 10 Strict C2B Pullups – Strive to pull to sternum. Use bands to assist with range of motion if needed. Kipping dip practice 5-10 minutes</p> <p align="center">WOD Row 1k Rest 5 minutes Run 1 mile Rest 5 minutes Row 1k</p>
10	11	12	13	.14
<p align="center">SKILL EMOM 20 Strict Dips Rep count should be consistent throughout, so start conservative.</p> <p align="center">WOD Tabata: Double Unders Row for Cals Double Unders Row for Cals</p>	<p align="center">STRENGTH EMOM 12 Pwr Clean+Hang Pwr Clean+Hang Squat Clean+Squat Clean@50% 1RM Clean</p> <p align="center">WOD “Blake” 4 RFT 100ft Overhead Walking Lunge 45/25 30 Box Jump 24/20 20 Wall Ball 20/14 10 HSPU</p>	<p align="center">WOD “Tequila Montoya” 3 RFT 400m Run 21 Pullups 12 Hang Squat Snatch 95/65</p>	<p align="center">SKILL EMOM 20 Strict Pullups Rep count should be consistent throughout, so start conservative.</p> <p align="center">WOD 3 Rounds on a 4 minute clock: Run 400m Handstand Shoulder Taps Rest two minutes between rounds. Your score is total shoulder taps.</p>	<p align="center">STRENGTH 3x Max Reps HSPU</p> <p align="center">WOD CF Open 12.2 AMRAP 10 30 Snatch 75/45 30 Snatch 135/75 30 Snatch 165/100 AMAP Snatch 210/120</p>

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<p align="center">17</p> <p align="center">SKILL AMRAP 5 Strict C2B Pullup Transition Drills, floor to ring. Instruction and 10 minute practice</p> <p align="center">WOD For Time 50 Wall Ball 25 Single Arm DB Snatch 40 Wall Ball 20 Single Arm DB Snatch 30 Wall Ball 15 Single Arm DB Snatch 20 Wall Ball 10 Single Arm DB Snatch 10 Wall Ball 5 Single Arm DB Snatch</p> <p align="center">Wall Ball 20/14 Dumbbell Snatch 45/25</p>	<p align="center">18</p> <p align="center">STRENGTH EMOM 14 Odd: 2 Hang Squat Snatch @ 75% Even: 2 Hang Squat Clean @ 75%</p> <p align="center">WOD "RJ" 5 RFT Run 800m 5 Rope Climbs 50 Pushups</p>	<p align="center">19</p> <p align="center">WOD CF Open 14.1 AMRAP 10 30 Double Unders 15 Power Snatch 75/55</p> <p align="center">—Rest 15 minutes—</p> <p align="center">"Helen" 3 RFT Run 400m 21 KB Swing 1.5/1 12 Pullups</p>	<p align="center">20</p> <p align="center">STRENGTH Bench Press 5-3-2-1-1-1 (PR)</p> <p align="center">WOD CF Open 14.3 AMRAP 8 10 DL 135/95 15 Box Jump 24/20 15 DL 185/135 15 Box Jump 24/20 20 DL 225/155 15 Box Jump 24/20 25 DL 275/185 15 Box Jump 24/20 30 DL 315/205 15 Box Jump 24/20 35 DL365/225 15 Box Jump 24/20</p>	<p align="center">21</p> <p align="center">SKILL AMRAP 5 Strict Ring Dips Muscle Up Transition Drills, floor to ring. Instruction and 10 minute practice</p> <p align="center">WOD EMOM 10 Sprint 50m Sprint 25m Backwards (turn) Sprint 25m</p> <p align="center">(Set cones at the 25m and 50m mark. Have athletes sprint to the 50m, backpedal to the 25m, turn, and sprint back to the start.)</p>
<p align="center">24</p> <p align="center">STRENGTH 5x3 Front Squat@70% - Pause 2 seconds in the bottom, then power up as quickly as possible.</p> <p align="center">WOD 5 Rounds on a 2 minute clock 15 GHD situps Max Effort Handstand Walk</p> <p align="center">Score is your total number of STEPS in the handstand walk.</p>	<p align="center">25</p> <p align="center">SKILL Max Effort Strict Pullup Max Effort Kipping Pullup (rest as needed between) Muscle Up Jumping Transition instruction and 10 minutes practice</p> <p align="center">WOD 3 RFT 100 Double Unders 30 Single Arm Kettlebell Thruster 1.5/1 (Alternating)</p>	<p align="center">26</p> <p align="center">WOD "Jag 28" For Time: Run 800m 28 KB Swing 2/1.5 28 Strict Pullups 28 KB C&J 2/1.5 PER HAND 28 Strict Pullups Run 800m</p>	<p align="center">27</p> <p align="center">SKILL Max Effort Strict Ring Dips Max Effort Kipping Ring Dips (rest as needed between) Box Muscle Up Progression 10 minutes practice</p> <p align="center">WOD CF Open 11.4 AMRAP 10 60 Bar Facing Burpees 30 Overhead Squat 120/90 10 Muscle Ups</p>	<p align="center">28</p> <p align="center">STRENGTH AMRAP 6 Split Jerk @ 50% (you may use a rack)</p> <p align="center">WOD Run 5 miles</p>