

~ CFGB Oct 2015 ~

	Mon	Tue	Wed	Thu	Fri
<p>Endurance WODs Week of 5 October 2015</p> <p>Short: 8x250m Row, go every 1:30</p> <p>Long: 3x1mi Run. Rest as needed.</p> <p>Stamina: Griff, w/ a weight vest.</p>	<p>Monday 5 October 2015</p> <p>Workout of the Day:</p> <p>125-100-75-50-25 5-10-15-20-25 Double Unders Burpees</p>	<p>Tuesday 6 October 2015</p> <p>Workout of the Day:</p> <p>“Fran” 21-15-9 Thrusters 95/65 Pullups</p>	<p>Wednesday 7 October 2015</p> <p>Workout of the Day:</p> <p>3 RFT 500m Row 15 Goblet Squat 2/1.5 30 Abmat Situps</p>	<p>Thursday 8 October 2015</p> <p>Workout of the Day:</p> <p>A. ME Handstand Pushups B. 5k Run Time Trial</p>	<p>Friday 9 October 2015</p> <p>Workout of the Day:</p> <p>“Burgener Total” Find 1RM Snatch, Clean & Jerk, and Front Squat, in that order. No more than 3 working attempts per lift.</p>
<p>Endurance WODs Week of 12 October 2015</p> <p>Short: 4x300m Run. Walk 100m as active rest between.</p> <p>Long: 4x1k Row. Go every 10 minutes.</p> <p>Stamina: 2k Row TT</p>	<p>Monday 12 October 2015</p> <p>Strength Workout:</p> <p>A. Work up to a 5RM back squat. B. Back squat 2x15@70% of that 5RM.</p> <p>Workout of the Day:</p> <p>30-20-10 GHD Situp Pushup Pistol (alt)</p>	<p>Tuesday 13 October 2015</p> <p>Strength Workout:</p> <p>EMOM 12: 3 High Hang Squat Snatch. Do not put the bar down. Start around 40% 1RM.</p> <p>Workout of the Day:</p> <p>In teams of 3: AMRAP 10 Double Unders Front Rack Walking Lunges 155/95</p> <p>One person each will be performing Double Unders and Lunges. The third team mate will be resting. Rotate as needed. If the barbell is down, NO DOUBLE UNDERS WILL BE COUNTED. Score according to the formula: DU + 10(Lunges)=Score</p>	<p>Wednesday 14 October 2015</p> <p>Strength Workout:</p> <p>Back Squat 2x15 (add weight from last time)</p> <p>Workout of the Day:</p> <p>“Filthy 50” 50 Box Jumps, 24/20 50 Jumping Pull-ups 50 Kettlebell Swings 35/26 50 Walking Lunges 50 Knees To Elbows 50 Push Press 45/35 50 Back Extensions 50 Wall Ball 20/14 to 10/9 50 Burpees 50 Double Unders</p>	<p>Thursday 15 October 2015</p> <p>Workout of the Day:</p> <p>AMRAP 15 5 Power Snatch 115/75 10 Toes to Bar 15 Box Overs 24/20</p>	<p>Friday 16 October 2015</p> <p>Strength Workout:</p> <p>8x2 High Hang Squat Clean @ 50%, 55%, 60%, 65%, 55%, 60%, 65%, 70%.</p> <p>Workout of the Day:</p> <p>For Time: 1 Mile Sandbag Carry 40/30</p>

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	Mon	Tue	Wed	Thu	Fri
Endurance WODs Week of 19 October 2015	Monday 19 October 2015	Tuesday 20 October 2015	Wednesday 21 October 2015	Thursday 22 October 2015	Friday 23 October 2015
Short: 3x1 Minute Row for Cals. All out effort. Rest as needed.	Strength Workout: Back Squat 2x15 (add weight from last time)	Strength Workout: A. Work up to a heavy double Hang Squat Clean. B. EMOM 10: 2 Hang Squat Clean @ 70% of established heavy double.	Workout of the Day: "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	Strength Workout: Back Squat 2x15 (add weight from last time)	Strength Workout: 3x Max Rep Bench Press @ BW/ 3/4 BW.
Long: 3x800m Run. Rest 1:1.	Workout of the Day: For time: 10-8-6-4-2 DL 315/205 Bench Press 185/75 MU	Workout of the Day: 12 mins, for total reps: 200m Run Bar MU*	50 P. Cleans 145/100 20 Jerks 145/100 10 Snatch 145/100 10 Muscle Ups	Workout of the Day: In teams of 3: 3 RFT 30 Thrusters 115/75 300m Prowler Push*	Workout of the Day: 21-15-9 C2B Pullup Ring Dip
Stamina: 3mi Run TT		*Do Bar MU until you drop from the bar, then go back out for a run. Score is total reps.		*Men: 4x45s, 2x25s Women: 2x45s, 2x25s Each 300m will be 25m out and back, six times.	

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	Mon	Tue	Wed	Thu	Fri
<p>Endurance WODs Week of 26 October 2015</p> <p>Short: 6x200m Run. Go every 3 minutes.</p> <p>Long: 4x750m Row. Rest 1:1.</p> <p>Stamina: 5k Row TT</p>	<p>Monday 26 October 2015</p> <p>Strength Workout:</p> <p>Back Squat 2x15 (add weight from last time)</p> <p>Workout of the Day:</p> <p>“Triple 3” 3k Row 300 Double Unders 3 Mile Run (Games 2014)</p>	<p>Tuesday 27 October 2015</p> <p>Strength Workout:</p> <p>3x8 Split Jerk @ 60% of IRM C&J.</p> <p>Workout of the Day:</p> <p>“Nasty Girls” 3 RFT 50 Air Squats 7 Muscle Ups 15 Hang Power Cleans 135/95</p>	<p>Wednesday 28 October 2015</p> <p>Strength Workout:</p> <p>A. Work up to heavy 2-rep Snatch and 2-rep Clean. B. EMOM 8: First 4: High-hang snatch + snatch Last 4: High Hang Clean + Clean + Jerk + Split Jerk. For the EMOM, load at 70% of established 2-reps.</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 29 October 2015</p> <p>Workout of the Day:</p> <p>2 RFT 1k Row 20 Box Jump 30/24 10 Deficit HSPU*</p> <p>*Men: 45s, 25s, abmat Women: 45s, abmat</p>	<p>Friday 30 October 2015</p> <p>Strength Workout:</p> <p>A. Work to a heavy set of 5 front squat. B. 3x5 Front Pause Squat (32X0) C. 1x15 Front Squat @ 70% of the established 5RM.</p> <p>Workout of the Day:</p> <p>AMRAP 6 1 High Hang Power Snatch 1 Hang Power Snatch 1 Power Snatch 1 Overhead Squat All Loads 95/65</p> <p>Don't drop the bar in the middle of a round. If you drop the bar mid-round, you will incur an immediate 5 burpee penalty. Score is total reps.</p>