

~ CFGB October 2014 ~

Mon	Tue	Wed	Thu	Fri
<p align="center">29 SKILL</p> <p>EMOM 12 Strict Pullups for consistency 6x10sec Ring Support Hold</p> <p align="center">WOD Partner WOD</p> <p>One person working at a time, accumulate 5k Run and 5k Row. Break it up however you like. <b>ONE PERSON WORKS AT A TIME.</b></p>	<p align="center">30 STRENGTH</p> <p>Front Squat 3,3,3,3,3 (increasing in weight) Accumulate 3 minute L-sit</p> <p align="center">WOD "Diane" 21-15-9 Deadlift 225/155 HSPU</p>	<p align="center">1 WOD</p> <p>Half Murph 800m Run 150 Squats 100 Pushups 50 Pullups 800m Run</p> <p>Break Calisthenics as desired. Wear 20lb vest if you have it.</p>	<p align="center">2 STRENGTH</p> <p>Pwr Snatch 3x3@70% Hang Snatch5x2@60%</p> <p align="center">WOD</p> <p>5 Squat Clean Thrusters 95/65 10 Bar Facing Burpees 5 Squat Clean Thrusters 115/75 10 Bar Facing Burpees 5 Squat Clean Thrusters 135/85 10 Bar Facing Burpees 5 Squat Clean Thrusters 155/95</p>	<p align="center">3 SKILL</p> <p>EMOM 12 Strict Dips for consistency Tabata Active Hang Hold (Lat activation)</p> <p align="center">WOD 7 RFT 7 OHS 95/65 20 Wall Ball 20/14</p>
<p align="center">6 STRENGTH</p> <p>Pause Back Squat 5x3, with 2 second pause in bottom</p> <p>10 minute lever practice, with partner</p> <p align="center">WOD: 30-20-10 Pistol, alternating T2B</p>	<p align="center">7 SKILL</p> <p>EMOM 15 Dips for consistency 5 minutes kipping practice (no actual pullups – just kipping)</p> <p align="center">WOD "Nancy" 5 RFT 400m Run 15 OHS 95/65</p>	<p align="center">8 WOD</p> <p>5 Rounds Each For Time: 3 HSPU 6 Pwr Clean 135/95 Row 100m Rest 1 Minute Between Rounds</p>	<p align="center">9 SKILL</p> <p>EMOM 15 Pullups for consistency 6x12sec dip holds, in the deepest bottom position possible</p> <p align="center">WOD 5 Rounds:</p> <p>On a 4 minute clock, complete a 400m run, then use the remaining time to complete as many double-unders as possible. Rest 2 minutes between rounds. Score is total double unders.</p>	<p align="center">10 STRENGTH</p> <p>Bulgarian Split Squat 5,5,5,5,5 (increasing, each leg) 3x3 Skin the Cat w/German Hang</p> <p align="center">WOD 6 RFT</p> <p>20 Single Arm Russian Kettlebell Swings 1.5/1pood 20m Kettlebell Walking Lung* *Single Kettlebell in "front rack"</p>

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<p align="center">13 STRENGTH</p> <p>Pwr Clean 2x2@70% Hang Pwr Clean 2x2@65% Hang Clean 2x2@60%</p> <p align="center">WOD</p> <p>“Deployment Drag” Teams of 3, move the following items 800m, as a team: 1x Kettlebell 2 pood 1x Barbell 45 lb 1x Sled @ 75% of median bodyweight</p> <p>If your team is all female, you may switch for 1.5pood and 35lb bar. If there are any men on the team, use all the heavier weights. Rotate the implements as needed. You may not use the sled to transport the barbell or kettlebell.</p> <p>Example: Athletes weight 140, 170, and 280 lbs. The median, or middle number, would be 170lbs, and you'd load to 75% of that.</p>	<p align="center">14 SKILL</p> <p>EMOM 12 Negative Pullups (a single, very slow negative rep) 6x15sec penguin waddle</p> <p align="center">WOD</p> <p>5 rounds on a 4 minute clock: Row 250m Hand Release Pushups, single set to failure Rest until the round is up Score is total pushups.</p>	<p align="center">15 WOD:</p> <p>10 Minute Capacity Test: 4 Minutes Row (for cal) Rest 1 Minute 3 Minutes Pullups Rest 1 Minute 2 Minute Back Squat @ BW/.75BW Rest 1 Minute 1 Minute Shoulder to Overhead 135/95</p> <p align="center">Score is total reps/cals</p>	<p align="center">16 STRENGTH</p> <p>Pause Front Squat 5x2@75% w/2 second pause in bottom</p> <p align="center">WOD</p> <p>21-15-9 Deadlift 315/165 Box Jump 30/24</p>	<p align="center">17 SKILL</p> <p>EMOM 12 Dip Negatives (a single, very slow negative rep) Tabata Active Hang Hold</p> <p align="center">WOD</p> <p>In Pairs: 3x Sprint Ladder.</p> <p>Each athlete will complete three ladders. Each ladder consists of out and backs to 10, 25, and 50 meters. Once the first athlete completes their ladder, the next will complete a ladder, alternating as you go. Rest as needed, but sprint hard every time.</p>

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<p align="center">20</p> <p align="center"><b>SKILL</b></p> <p align="center">Max Effort Strict Pullups Max Effort Kipping Pullups</p> <p align="center"><b>WOD</b></p> <p align="center">3x1 Mile Run Recover as needed, no more than 10 minutes.</p>	<p align="center">21</p> <p align="center"><b>STRENGTH</b></p> <p align="center">Standing Broad Jump. Make 5 attempts for max distance. Rack Jerk 5x2@65% of 1RM split jerk</p> <p align="center"><b>WOD</b></p> <p align="center">30-20-10 Handstand Shoulder Taps Front Squat 115/55</p>	<p align="center">22</p> <p align="center"><b>WOD</b></p> <p align="center">Fight Gone Bad</p>	<p align="center">23</p> <p align="center"><b>SKILL</b></p> <p align="center">Max Effort Strict Dips Max Effort Kipping Dips</p> <p align="center"><b>WOD</b></p> <p align="center">Teams of 3, AMRAP 20: Single Arm Kettlebell Snatch 1.5/1 200m Kettlebell Carry 1.5/1 (carry only one kettlebell) Rest Rotate on the Carry Score is total snatch reps</p> <p align="center">Example: Athlete 1 is performing kettlebell snatch. Athlete 2 is carrying the kettlebell. Athlete 3 is resting. Once athlete 2 returns from the carry, the team may rotate. Rotate however you like, but only when an athlete completes the carry.</p>	<p align="center">24</p> <p align="center"><b>STRENGTH</b></p> <p align="center">Back Squat-Find 20RM</p> <p align="center"><b>WOD</b></p> <p align="center">5 Rounds for Time 10 C2B Pullups 20 Abmat Situps</p>

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<p align="center">27</p> <p align="center"><b>SKILL</b></p> <p>EMOM 15 Pullup + Pushup (strict) 5 minutes kipping dip practice</p> <p align="center"><b>WOD</b></p> <p align="center">Death By OHS 115/75</p>	<p align="center">28</p> <p align="center"><b>STRENGTH</b></p> <p>Snatch+OHS 5x2+1@65% of 1RM snatch Snatch Push Press 3x3@70%</p> <p align="center"><b>WOD</b></p> <p align="center">“Nicole” AMRAP 20: 400m Run Max Reps Pullups</p> <p align="center">Score is total pullups</p>	<p align="center">29</p> <p align="center"><b>WOD</b></p> <p align="center"><b>Clean/Sprint</b></p> <p align="center"><b>3 Rounds, with no timer:</b></p> <p align="center">1 Clean Sprint / Jump 1 Clean Sprint / Jump 1 Clean</p> <p align="center">Set up 3 bars with ascending weights. Each clean should be heavier than the last. Start around 50% 1RM and work towards 75%. These should be squat cleans.</p> <p align="center">For the Sprint and Jump, set up 2 boxes, on the way out to the 50m cone. Run out to the cone and back, jumping as you reach the boxes. Boxes should be no more than 24/20.</p> <p align="center">There should be rest between rounds, so work your way thru one or two athletes at a time, and just cycle through and have fun.</p>	<p align="center">30</p> <p align="center"><b>STRENGTH</b></p> <p>Single Leg RDL 5x3@40% (each leg)</p> <p align="center"><b>WOD</b></p> <p>3 Rounds on a 5 Minute clock 500m Row Max Reps in a single set-Bench Press 135/55 Rest for the remainder</p> <p align="center">Score is total reps</p>	<p align="center">31</p> <p align="center"><b>SKILL</b></p> <p>EMOM 8 <b>RING</b> Dips (smallest band possible, if banding) 10 minutes kipping pullup practice</p> <p align="center"><b>WOD</b></p> <p align="center">3 RFT 50 Air Squats 20 GHD 3 Rope Climbs</p>