

Mon	Tue	Wed	Thu	Fri
				<p><b>1</b> <b>SWOD: Rest</b></p> <p><b>WOD:</b> <b>5 rounds for time of:</b> 10 Kettlebell swings (M=2/F=1.5) 10 Box jump (M=24"/F=20") 10 Burpees 10 Wall ball shots (M=20/F=14) 10ft. target 200 meter Run</p>
<p><b>4</b> <b>SWOD:</b> Snatch – 1x3 @60%, 1x3 @65%, 1x2 @70%, 1x2@75%, 3x2 @80% Snatch Pull – 2x3 @ 100% (of snatch), 2x3 @105% Back Squat – 1x3 @70%, 1x3 @75%, 3x3 @80%</p> <p>Take up the weight in the last sets if you're feeling good. Don't push to max</p> <p><b>WOD:</b> <b>15 Minute AMRAP of:</b> 2 Muscle-ups 4 Wall Climbs 8 Handstand Push-ups</p>	<p><b>5</b> <b>SWOD:</b> Power Snatch – 1x3 @70%, 1x3 @75%, 2x2 @80%, 2x2 @85% Overhead Squat – 2x2 @80%, 3x2 @85%</p> <p><b>WOD:</b> <b>10-8-6-4-2</b> Power clean + jerk (M=155/F=95#) Burpee jumping pull-ups – 8' bar</p>	<p><b>6</b> <b>SWOD:</b> Clean &amp; Jerk – 1x3+1 @60%, 1x3+1 @65%, 1x2+1 @70%, 1x2+1 @75%, 3x2+1 @80% Clean Pull – 2x3 @100% (of clean), 2x2 @105% Front Squat – 1x2 @70%, 1x2 @75%, 1x2 @80%, 3x2 @85%</p> <p><b>WOD:</b> <b>8 Rounds for time and distance of:</b> 3 Romanian deadlift (M=135/F=95) Row 30 sec (all out effort) Row 150m</p>	<p><b>7</b> <b>SWOD: Rest</b></p> <p><b>WOD:</b> 100m Bear crawl. 100m Farmers walk - AHAP then - 21-15-9-3 reps of: Double-under Deadlift (M=185/F=115#) Box jump (M=24"/F=20") then – 100m Farmers walk - AHAP 100m Bear crawl</p>	<p><b>8</b> <b>SWOD:</b> Power Snatch – 1x2 @70%, 1x2 @75%, 2x1 @80%, 2x1 @85% Power Clean + Power Jerk – 2x2 (1+1) @75%, 2x2 (1+1) @80% Snatch Push Press + Overhead Squat – 1x 3+1 @70%, 1x3+1 @75%, 1x3+1@80%, 2x3+1 @85%</p> <p><b>WOD:</b> <b>5 rounds for time of:</b> 1 Suicide Run* 5 Muscle-Ups 10 Pistols (alternating)</p> <p><b>* To perform the Suicide Run:</b> Sprint out to the 10 yard line, touch the 10 yard line and sprint back to the starting line. Turn and sprint to the 20 yard line, touch the 20 yard line and sprint back to the starting line. Turn and sprint to the 30 yard line, touch the 30 yard line and sprint back to the starting line. Turn and sprint to the 40 yard line, touch the 40 yard line and sprint through the starting line</p>
<p><b>11</b> <b>SWOD:</b> Snatch – 1x2 @60%, 1x2 @70%, 1x2 @75%, 1x1 @80%, 1x1 @85%, 1x1 @90%, then a heavy single Clean &amp; Jerk – 1x2+1@60%, 1x2+1 @70%, 1x1+1 @80%, 1x1+1 @ 85%, 1x1+1 @ 90%, then a heavy single Back Squat – 1x3 @75%, 2x3 @80%, 2x3 @85%</p> <p><b>WOD:</b> <b>For time:</b> 75 Double-Unders 25 Ball Slams (M=20/F=14#) 50 Double-Unders 25 Ball Slams (M=20/F=14#) 25 Double-Unders 25 Ball Slams (M=20/F=14#)</p>	<p><b>12</b> <b>SWOD: Rest</b></p> <p><b>HERO WOD: SMALL</b> <b>3 rounds for time of:</b> Row 1000 meters 50 Burpees 50 Box jumps, 24" box Run 800 meters</p>	<p><b>13</b> <b>SWOD:</b> Snatch – 1x3 @60%, 1x3 @65%, 1x2 @70%, 1x2 @75%, 1x2 @80%, then a 2RM (1 set only!!!) Snatch Pull – 1x3 @100% (of snatch), 1x3 @105%, 2x3 @110% Back Squat – 1x3 @70%, 1x3 @75%, 1x3 @80%, then 3RM (1 set only!!!)</p> <p><b>WOD:</b> <b>Every minute on the minute -</b> Run: 10x 200m – active rest the remainder of each minute.</p>	<p><b>14</b> <b>SWOD:</b> Power Snatch – 1x3 @70%, 1x2 @75%, 1x1 @80%, 1x1 @85%, then 1RM (1-2 set only!!!) Power Clean + Power Jerk – 2x1+1 @75%, 3x1+1 @80% Overhead Squat – 1x2 @70%, 1x2 @75%, 1x1 @80%, 1x1 @85%, then 1RM (1-2 sets only!!!)</p> <p><b>WOD:</b> <b>For time:</b> 21 Thruster (M=115/F=75) 1 Rope Climb ascent (15ft) 15 Thruster (M=115/F=75) 2 Rope Climb ascents (15ft) 9 Thruster (M=115/F=75) 4 Rope Climb ascents (15ft)</p>	<p><b>15</b> <b>SWOD:</b> Clean &amp; Jerk – 1x2+1 @60%, 1x2+1 @65%, 1x2+1 @70%, 1x2+1 @75%, 1x2+1 @80%, then a 2+1RM (1 set only!!!) Clean Pull – 1x3 @100% (of clean), 1x3 @105%, 2x3 @110% Front Squat – 1x2 @70%, 1x2 @75%, 1x2 @80%, 1x2 @85%, then 2RM (1 set only!!!)</p> <p><b>WOD:</b> <b>8 minute AMRAP of:</b> Sprint 100m 10 lateral burpees over the bar 10 Stiff leg deadlifts (M=135/F=95)</p>

~ February 2013 ~

Mon	Tue	Wed	Thu	Fri
<p><b>18</b>  <b>SWOD:</b>                      Power Snatch – 1x2 @70%, 1x2 @75%, 1x1 @80%, 3x1 @85%                      Power Clean + Power Jerk – 1x1+1 @75%, 1x1+1 @80%, 1x1+1 @85%, then 1+1RM (1 set only!!!)                      Snatch Balance – 2x3 @70%, 3x3 @75%</p> <p><b>WOD: For time:</b>                      Run 400m                      -then-  <b>3 rounds of:</b>                      20 Clapping push-ups                      25 Jumping Squats                      20 KBS (M=1.5/F=1pood)                      -then-                      Run 400m</p>	<p><b>19</b>  <b>HERO WOD: HIDALGO</b>  <b>For Time:</b>                      Run 2 miles                      Rest 2 minutes                      20 Cleans (M=135/F=85#)                      20 Box jump, 24" box 20                      Walking lunge steps with 45lb plate held overhead                      20 Box jump, 24" box                      20 Cleans (M=135/F=85#)                      Rest 2 minutes                      Run 2 miles</p>	<p><b>20</b>  <b>SWOD:</b>                      Snatch – 1x2 @60%, 1x2 @70%, 1x2 @75%, 1x1 @80%, 1x1 @85%, 1x1 @90%, then a heavy single                      Clean &amp; Jerk – 1x2+1 @60%, 1x2+1 @70%, 1x1+1 @80%, 1x1+1 @85%, 1x1+1 @90%, then a heavy single                      Good Morning – 3x5</p> <p><b>WOD:</b>  <b>4 Rounds for time of:</b>                      10 HSPU (head to ground/ no abmats)                      10 Back Squat (M=165/F=105)</p>	<p><b>21</b>  <b>SWOD: REST</b></p> <p><b>WOD:</b>  <b>15 minute AMRAP of:</b>                      5 Split Snatch (M=115/F=85#)                      10 Toes to bar</p>	<p><b>22</b>  <b>SWOD:</b>                      Clean &amp; Jerk – 1x1+1 @75%, 1x1+1 @80%, 1x1+1 @85%                      Clean Pull – 1x2 @90% (of clean), 2x2 @95%                      Back Squat – 1x3 @75%, 1x2 @80%, 2x2 @85%</p> <p><b>WOD:</b>  <b>3 rounds for time of:</b>                      15 Box jump over's (M=24/F=20")                      10 Ring Dips                      5 Deadlifts (M=315/F=205#)</p>
<p><b>25</b>  <b>SWOD:</b>                      Snatch – 6x1 @ 75%                      Power Clean &amp; Jerk – 1x1+1 @75%, 1x1+1 @80%, 3x1+1 @85%</p> <p><b>WOD:</b>  <b>5 rounds each for time of:</b>                      30 Double-Unders                      15 Thrusters (M=95/F=65#)                      15 Pull-ups</p> <p>*Rest precisely three minutes between each round</p> <p>* This WOD deserves a name. 3-2-1 Name this WOD!</p>	<p><b>26</b>  <b>SWOD:</b>                      Snatch – 1x2 @75%, 3x1 @80%                      Snatch Pull – 3x2 @90% (of snatch)                      Front Squat – 1x2 @75%, 1x1 @80%, 1x1 @85%</p> <p><b>WOD:</b>  <b>12 min AMRAP of:</b>                      5 Strict Chin-ups                      5 Front squat (M=205/F=135#)                      25m Bear crawl</p>	<p><b>27</b>  <b>HERO WOD: JOSH</b>  <b>For time:</b>                      21 Overhead squat (M=95/F=65)                      42 Pull-ups                      15 Overhead squat (M=95/F=65)                      30 Pull-ups                      9 Overhead squat (M=95/F=65)                      18 Pull-ups</p>	<p><b>28</b>  <b>SWOD:</b>                      Power Snatch – 1x2 @75%, 1x2 @80%, 3x2 @85%                      Clean &amp; Jerk – 1x1+1 @70%, 2x1+1 @75%</p> <p><b>WOD:</b>  <b>Each for time of:</b>                      10 x 400m runs                      1:1 work:rest</p>	<p><b>Notes:</b></p>