

~ January 2013 Programming ~

Mon	Tue	Wed	Thu	Fri
	<b>1</b>  <b>Rest</b>	<b>2</b> <b>WOD: 121227 Main Site</b> <b>2 rounds for time of:</b> Run 800 meters 30 Pull-ups 30 Front squat (M=115/F=75#) 30 Toes-to-bar 30 Power clean (M=115/F=75#)	<b>3</b> <b>SWOD:</b> Rest  <b>HERO WOD: BRADLEY</b> <b>10 rounds for time of:</b> Sprint 100 meters 10 Pull-ups Sprint 100 meters 10 Burpees Rest 30 seconds	<b>4</b> <b>SWOD:</b> Rest  <b>WOD: 121224 Main Site</b> 3 rounds for time of: 50 Squats 7 Bar muscle-ups 10 Hang power snatch (M=135/F=95#)
<b>7</b> <b>SWOD:</b> 3-Position Snatch (floor, below knee, above knee) – 1x1 @ 60%, 1x1 @ 65%, 4x1 @ 70% Snatch Pull – 2x3 @ 90% (of snatch), 2x3 @ 95% Back Squat – 5x5 @ 70% Push Press – 5x5 @ 70%  <b>WOD:</b> <b>12 minute AMRAP of:</b> 8 Burpees 8 Ring Dips 8 Push Press (M=105/F=85#)	<b>8</b> <b>WOD:</b> <b>“R&amp;R”</b> <b>For time:</b> Row 1000m Run 300m Row 750m Run 400m Row 500m Run 700m Row 250m Run 800m	<b>9</b> <b>SWOD:</b> Power Clean – 5x3 @ 70% Power Jerk – 5x3 @ 60% (of split jerk) Overhead Squat – 5x3 @ 70%  <b>WOD: 121215 Main Site</b> <b>Complete as many rounds and reps as possible in 12 minutes of:</b> 15 Deadlift, (M=155/F=125#) 15 Deficit push-ups, hands on 25 pound plates 15 Box jumps (M=24"/F=20")	<b>10</b> <b>SWOD:</b> 3-Position Clean (floor, below knee, above knee) + Jerk - 1x1 @ 60%, 1x1 @ 65%, 4x1 @ 70% Clean Pull – 2x3 @ 90% (of clean), 2x3 @ 95% Front Squat – 5x3 @ 70% Good Morning – 5x3  <b>WOD:</b> <b>3 Rounds for time of:</b> 50 Squats 25 floor wipers (M=185/F=85) Row 250m	<b>11</b> <b>SWOD:</b> Power Snatch – 5x3 @ 70% Snatch High-Pull – 5x3 @ 70% (of snatch) Snatch Push Press + OHS – 5x 5+1 @ 70% (of snatch or OHS)  <b>WOD:</b> <b>4 rounds for total reps of:</b> 1 min Burpee Over-the-Box Jumps 24" (touch on top required) 1 min C2B Pull-ups 1 min Ground to Overhead (M=135/F=95#)  *Rest 1 minute between rounds.
<b>14</b> <b>SWOD:</b> Snatch – 1x2 @ 60%, 1x2 @ 70%, 1x2 @ 80%, Then a heavy single Clean & Jerk – 1x 2+1 @ 60%, 1x 2+1 @ 70%, 1x 2+1 @ 80%, then a heavy single Back Squat – 5x3 @ 75% Straight leg DL (SLDL) – 5x3  <b>WOD:</b> Row 5K	<b>15</b> <b>WOD: 121220 Main Site</b> <b>Complete as many rounds as possible in 20 minutes of:</b> 5 Chest to bar Pull-ups 10 Wall ball shots (M=20/F=14 pound ball) 15 Kettlebell swings (M=1.5/F=1 pood)	<b>16</b> <b>SWOD:</b> 3-Position Snatch (floor, below knee, above knee) – 1x @ 60%, 1 @ 65%, 1 @ 70%, 3sets @ 75% Snatch Pull – 2x3 @ 95% (of sn), 2x3 @ 100% Back Squat – 5x5 @ 75% Push Press – 5x5 @ 75%  <b>WOD:</b> <b>2 Rounds for time of:</b> 30 Overhead Squats (M=95/F=75#) 7 Muscle-ups 7 Burpees	<b>17</b> <b>SWOD:</b> Power Jerk – 5x3 @ 65% (of split jerk) Overhead Squat – 5x3 @ 75%  <b>WOD:</b> <b>3 sets for times of:</b> 300 Meter Row 9 Power Clean (M=185/F=105). * Rest 3 minutes between sets.  (Post times for all three sets – e.g., 1:36/1:44/1:57)	<b>18</b> <b>SWOD:</b> 3-Position Clean (floor, below knee, above knee) + Jerk – 1 @ 60%, 1 @ 65%, 1 @ 70%, 3sets @ 75% Clean Pull – 2x3 @ 95% (of clean), 2x3 @ 100% Front Squat – 5x3 @ 75% Good Morning – 5x3  <b>WOD:</b> 3 Rounds each for time of: 30 Wall Ball to 10ft. target (M=20/F=14#) 20 KB Snatches – 10 ea arm (M=1.5/F=1 pood) 50 Double unders  Rest 1 minute between rounds
<b>21</b> <b>SWOD:</b> Power Snatch – 5x3 @ 75% Snatch High-Pull – 5x3 @ 75% (of snatch) Snatch Push Press + Overhead Squat – 5 x 5+1 @ 75% (of snatch)  <b>WOD:</b> <b>3 rounds for time of:</b> 7 Muscle-Ups 14 KB Thrusters (M=1.5/F=1pood) 21 GHD Sit-ups	<b>22</b> <b>WOD:</b> <b>For total time:</b> Run: 4 x 800m – rest 1:1 - then Row: 2 x 1000m – rest 1:1	<b>23</b> <b>SWOD:</b> Snatch – 1x2 @ 60%, 1x2 @ 70%, 1x2 @ 80%, then a heavy single Clean & Jerk – 1 x 2+1 @ 60%, 1 x 2+1 @ 70%, 1 x 2+1 @ 80%, then a heavy single Back Squat – 5x3 @ 80% SLDL – 5x3  <b>WOD:</b> <b>3 rounds for time of:</b> 40 Double-Unders 20 Pullups 30 seconds one arm handstand hold.	<b>24</b> <b>SWOD: REST</b>  <b>HERO WOD: MOORE</b> <b>20 minute AMRAP of:</b> 15 ft Rope Climb, 1 ascent Run 400 meters Max rep HSPU	<b>25</b> <b>SWOD:</b> 3-Position Snatch (floor, below knee, above knee) - 60%, 65%, 70%, 75%, 80%, max Snatch Pull – 4x3 @ 100% (of snatch) Back Squat – 1x5 @ 70%, 1x5 @ 75%, 1x5 @ 80%, then 5RM Push Press – 1x5 @ 70%, 1x5 @ 75%, then 5RM  <b>WOD:</b> <b>3 Rounds for time of:</b> 12 Thrusters (M=115/F=85#) 12 Butterfly pull-ups *  *Yes, you have to butterfly them

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<p><b>28</b>  <b>SWOD:</b>                      Power Clean – 1x3 @70%, 1x3 @75%, 1x3 @80%, then 3RM                      Power Jerk – 1x3 @60% (of split jerk), 1x3 @65%, 1x3 @70%, then 3RM                      Overhead Squat – 1x3 @70%, 1x3 @75%, 1x3 @80%, then 3RM</p> <p><b>WOD:</b>                      2 minutes Box Jumps 24"                      *Rest 2 minutes.  <b>4 minutes AMRAP of:</b>                      20 BB Overhead Walking Lunges (M=95/F=65#)                      10 Ring dips                      *Rest 2 minutes.                      4 minutes of Wall Climb to burpee *</p> <p>*To perform this exercise you start in the wall climb position and walk up and down the wall, once you return to the bottom plank position jump your feet in and jump up for the burpee come back down into the bottom squat position kick your feet back towards the wall and start the second wall climb.</p>	<p><b>29</b>  <b>HERO WOD: THOMPSON</b>  <b>10 Rounds for time of:</b>                      15ft. Rope Climb, 1 ascent*                      29 Back Squat (M=95/F=65)                      10m Barbells Farmer carry (M=135/F=95)</p> <p>*Begin the rope climbs seated on the floor</p> <p><b><u>WOD DEMO</u></b></p>	<p><b>30</b>  <b>SWOD:</b>                      Clean &amp; Jerk – 1x 2+1 @60%, 2x 2+1 65%, 3x 2+1 @70%                      Clean Pull – 2x2 @90% (of clean), 2x2 @95%                      Front Squat – 5x2 @ 70%</p> <p><b>WOD:</b>  <b>7 Rounds for time of:</b>                      7 Back squat to thruster (M=135/F=95)                      7 clapping push-ups                      7 broad jumps – 6ft minimum</p>	<p><b>31</b>  <b>SWOD:</b>                      Power Snatch – 5x2 @70%                      Snatch Push Press + Overhead Squat – 4 x 3+1 @70%                      Press – 5x3</p> <p><b>WOD:</b>  <b>5 rounds for time of:</b>                      20 Squats                      7 Deadlift (M=275/F=185#)                      7 Handstand push-ups                      7 Ice Cream Makers <a href="#">DEMO VIDEO</a></p>	<p><b>Notes:</b></p>