

~ CFGB June 2013 Programming~

Mon	Tue	Wed	Thu	Fri
<p>3 SWOD Cycle 1 wk 1: Back squat – 5x3 @ 83% Snatch deadlift – 3x3 @120% (of snatch) Weighted GHD sit-ups – 6x3</p> <p>WOD: 3 rounds for total reps of: 2 minute AMRAP Up-switch-down towel pull-ups Rest 1 minute 2 minute AMRAP ½ BW Push press Rest 1 minutes</p>	<p>4 SWOD: Mid-hang muscle snatch – 3x3 @60% 2-position clean (floor, mid-thigh) + 2 jerk – 4 sets @60%</p> <p>WOD: “Thief in the night” Max rounds in 3 minutes of: 3 Snatch (M=135/F=75#) 6 Uchi Mata push-ups (DEMO) (3 right then 3 left). 9 Jump squats - Rest 1 minute.</p> <p>Repeat for a total of 4 cycles.</p>	<p>5 WOD: “Deuces” For time: 2k row 200 Double unders 2 mile run</p>	<p>6 SWOD: Front squat – 3 sets of (3 @70%, 2 @75%, 1 @80%) Snatch pull – 3x3 @100% (of snatch) Rack jerk - start with 1 push jerk + 1 split jerk until you can't push jerk anymore; then drop to split jerk only to a heavy single</p> <p>WOD: 12 Minute AMRAP of: 10 Handstand Push-Ups 20 Double-Unders</p>	<p>7 SWOD: Power snatch – 3x2 @75% Snatch balance - heavy single; 2x2 @80% Snatch - heavy single</p> <p>WOD: 15 Minute AMRAP of: 3 Deadlift (M=225/F=135) 6 Burpee pull-ups Run 200 meters</p>
<p>10 SWOD Cycle 1 wk 2: Back squat – 5x3 @85% Clean deadlift – 3x3 @115% (DEMO VID) not the same as a DL (READ), Brian is on page 2 demonstrating a lift!</p> <p>HERO WOD: “DANIEL” For time: (20 minute cap) 50 Pull-ups 400 meter run 21 Thruster (M=95/F=65) 800 meter run 21 Thruster (M=95/F=65) 400 meter run 50 Pull-ups</p>	<p>11 SWOD: Mid-hang muscle snatch – 3x3 @62% 2-position snatch (floor, mid-thigh) – 4 sets @60%</p> <p>WOD: 20, 15, 10, 5 reps of: Romanian Deadlifts (M=95/F=65#) Wall-ball (M=20/F=14#) 10 ft. target GHD Sit-ups</p>	<p>12 WOD: “Work for rest” 4 rounds for time: Against an 8:30 clock complete a 1 mile run.</p> <p>The faster you run the more rest you've earned.</p> <p>Log total working time for the WOD.</p>	<p>13 SWOD: Front squat – 3 @75%, 1 @80%, 3 @77%, 1 @80%, 3 @79% Snatch pull – 3x3 @103% (of snatch) Rack jerk - heavy single; 1 @90%, 2x1 @85%</p> <p>WOD: 4 sets for reps: Against a 2 minute running clock perform the following: 200m Run Double-Unders x Max Reps</p> <p>Rest 2 minutes between sets</p>	<p>14 SWOD: Power clean – 3x2 @75% Overhead squat - heavy single, then 2x2 @80% Snatch - heavy single</p> <p>WOD: EMOM for 10 minutes 1 Clean & jerk + 1 FS (80% of 1RM C&J) 10 Abmat sit-ups</p>

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<p>17 SWOD Cycle 1 wk 3: Back squat – 4x2 @87% Snatch deadlift – 3x2 @118% (of snatch) BB Bent row – 3x6 @80%</p> <p>WOD: 3 minute AMRAP of: KTE Rest 1:30 3 minute AMRAP of: straight body ring rows (DEMO VID) Rest 1:30 3 minute AMRAP of: Push press (M=95/F=65#) Score is reps of completed KTE + ring rows +push press combined.</p>	<p>18 SWOD: Muscle snatch – 3x3 @65% Power clean + clean + jerk – 4 Sets @65% (of clean & jerk) Snatch pull – 3x2 @105% (of snatch)</p> <p>WOD: 15 minute AMRAP of: 75 Burpees 150 Double Unders with the time remaining – Row for calories *score is total number of reps/calories completed.</p>	<p>19 WOD: For time: Run 1mile 15 Ring Straight arm press outs (DEMO VID) Run 800m 30 Ring dips Run 400m 60 Ring push-ups * Scaled version of ring straight arm press out (DEMO VID)</p>	<p>20 SWOD: Front squat – 5x3 @80% Rack jerk - heavy single Tall snatch – 3x3 @30%</p> <p>WOD: 12 minute AMRAP of: 300m Shuttle run *see notes* Muscle-ups (M=3/F=1 reps) 10 Pistols (5 each leg) **Pistol Progression (DEMO VID) and (DEMO VID)</p>	<p>21 SWOD: Power snatch + snatch – 4 sets @65% Snatch balance - heavy single Snatch - heavy single</p> <p>WOD: 4 Rounds for time of: 25 Double Unders 1 Clean & jerk @ 90% of 1RM 25 ABMAT sit-ups 1 Back squat @ 90% of 1RM</p>
<p>24 SWOD Cycle 1 wk 4: Back squat – 2x2 @90% Snatch pull – 2x1 @107% (of snatch) Press – 4x4 @80%</p> <p>HERO WOD: LAREDO 6 rounds for time of: 24 Squats 24 Push-ups 24 Walking lunge steps Run 400 meters **25 minute time cap**</p>	<p>25 SWOD: Clean + push jerk + hang clean + jerk – 3 sets @60% Front squat - heavy single (~90-95%)</p> <p>WOD: 20 minute AMRAP of: 3 skin the cat (DEMO VID) 6 Deadlift (M=225/F=135#) 25 Double-unders</p>	<p>26 WOD: For time: Run 800m then - 3 Rounds for time of: 2 Tall Snatch + 2 OHS + Snatch balance – 2 sec bottom hold (Use 45% of 1RM snatch) 5 Strict Pull-ups 10 Hanging straight leg raises (DEMO VID) then – Run 800m</p>	<p>27 SWOD/WOD: Snatch - max attempt Clean & jerk - max attempt Front squat - max attempt *Limit the number of 1RM max attempts to 3 per lift.</p>	<p>28 SWOD: REST</p> <p>CFGB HERO WOD: OPERATION RED WINGS (Read about it!) 2005m Run (1.25 miles) Then - 19 Rounds for time of: 6 wall climbs 28 Sit-ups / Squats * * On odd numbered rounds perform sit-ups/even number perform Squats. Then - 19 Muscle-ups – (sub Muscle-up on rings with a band) DEMO VID</p>

Notes: * Cones and lines are placed 25 yards apart to indicate the sprint distance. Start with a foot on one line. When instructed by the timer, the player runs to the opposite 25-yard line touches it with their hand, turns and sprints back to the start. This is repeated six times without stopping (covering 300 yards total)