

~ November 2013 ~

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Strength Workout:</p> <p>Halloween Partner Workout:</p> <p>Teams of 4 will complete:</p> <ul style="list-style-type: none">• 5K Row/200 Wall-ball (each team gets 1 rower, 1 wall ball; partition as needed)• 200 Kettlebell Swings/100 G.I. Jane (each team gets 1 KB, 2 members may do G.I. Janes simultaneously DEMO)• 1-mile run• 400M atlas stone carry* <p>*10 muscle-up penalty for everytime the atlas ball touches the ground</p> <p>**at the start of the clock, each team will complete a cumulative 80 burpee penalty for each member not in costume</p> <p>***teams may not progress to next even until prior event is comple</p>

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<p>4</p> <p>Strength Workout:</p> <p>Back Squat - 3X4 @ 65, 75, 85% of 1RM Bench Press - 2X12 @ 65, 70% of 1RM</p> <p>Mobility WOD: T-Spine Mobility variants: (one of)</p> <ul style="list-style-type: none"> Better upper back extension (DEMO) T-Spine – OVH Smash (DEMO) Best Overhead T-Spine Prep (DEMO) <p>T-Spine Mobility extras: (optional):</p> <ul style="list-style-type: none"> Mobility – Thoracic Spine (DEMOS) <p>3 ROUNDS FOR TIME OF:</p> <p>400m RUN 5 OH SQUATS (135/95#) 1 MUSCLE UP 5 LUNGES L LEG (135/95#) 1 MUSCLE UP 5 LUNGES R LEG (135/95#) 1 MUSCLE UP</p>	<p>5</p> <p>Strength Workout:</p> <p>Clean Pull - 3X4 @ 85, 90, 105% of 1RM (of Clean) Power Clean - 2X8 @ 70% of 1RM</p> <p>CORE TABATA</p> <p>L SITS BALL SLAMS (20#) ABMAT SITUPS RUSSIAN TWISTS (35/20#)</p> <p>NOTES: Full 4 MIN Tabata for each excersice, 1 MIN rest in between stations. Use the rings or parallets for L SITS. Use kettlebells or the slam balls for the Russian twists.</p> <p>CASHOUT:</p> <p>3 attempts – max hold for time, hang with chin above bar, controlled decent to bottom</p>	<p>6</p> <p>Strength Workout:</p> <p>Rest</p> <p>TEAM WOD</p> <p>WITH A PARTNER COMPLETE THE FOLLOWING:</p> <p>100 WALL BALLS (20/14#) 100 C2B PULLUPS 100 PISTOLS (ALTERNATING) 100 ONE ARM SNATCH (54/35#)</p> <p>NOTES: For the 1-arm snatches either use the few dumbbells we have or kettlebells. For kettlebells make sure people aren't breaking their wrists. Only one person can be working at a time. Must be completed in order (no jumping to different exercises randomly). For those flying solo perform fifty reps of each –or– teams of three performs 133 Reps of each exercise.</p>	<p>7</p> <p>Strength Workout:</p> <p>Tall Snatch – 5X1 @ 40% of 1RM (of snatch) Snatch Balance – 3X3 @ 60, 70, 75% of 1RM Mid-Hang Snatch - 4X2 @ 85% of 1RM</p> <p>FOR TIME COMPLETE THE FOLLOWING:</p> <p>800m RUN</p> <p>THEN</p> <p>3 ROUNDS OF: 50m FARMERS CARRY (2/1.5/1pd) 10 BURPEES 10 HOLLOW ROCKS</p> <p>THEN</p> <p>800m RUN</p> <p>NOTE: For farmers carry also use the new bars. Weight is per arm.</p>	<p>8</p> <p>Strength Workout:</p> <p>Stone over Bar – 10x (partner-up: on opposite sides of bar, take turns cleaning the stone over bar)</p> <p>Stone Walk over boxes – 2 or 3 times through course (create course of eight to twelve boxes; athletes form a line and take turns carrying a stone on shoulder through course – alternate shoulders each pass through course).</p> <p>JACK</p> <p>20 MIN AMRAP</p> <p>10 PUSH PRESS (115/85#) 10 KETTLEBELL SWINGS (1.5/1pd) 10 BOX JUMPS (24/20")</p> <p>CASHOUT:</p> <p>Agility Drill – using the agility ladder, athletes form a line. On his/her turn, the athlete performs footwork drill. Trainer passes ball to athlete mid-course. Athlete passes ball back to trainer once he/she exits the ladder.</p>

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<p>11</p> <p>Strength Workout:</p> <p>Front Squat - 3X10 @ 65, 70, 75% of 1RM Press - 3X2 @ 80, 85, 90% of 1RM Push-Press - 2X10 @ 70% of 1RM</p> <p>DEATH BY:</p> <p>CLEAN (135/75#) BAR FACING BURPEE</p> <p>EMOM COMPLETE A CLEAN AND THEN A BAR FACING BURPEE. FOR EVERY MINUTE ADD A REP. SO AT 1 MIN DO 2 SQUAT CLEANS + 2 BURPEES, 2 MINS DO 3, etc...etc.... UNTIL YOU CANNOT COMPLETE THE REQUIRED REPS WITHIN THE MINUTE.</p> <p>CASHOUT:</p> <p>4-minute TABATA BAR HANG</p> <ul style="list-style-type: none"> For each 20-second Tabata interval, hang from the bar with active shoulders 	<p>12</p> <p>Strength Workout:</p> <p>Barbell Club Medly:</p> <p>12 Rounds not for time of:</p> <p>Barbell roll out To Clean Deadlift To Hang Power Clean To Front Squat To Push Press To Back Squat To Rack Jerk To Ground</p> <p>3 ROUNDS FOR TIME OF:</p> <p>800m RUN 5 MIN REST</p> <p>CASHOUT:</p> <p>Max Hold L-Sit</p>	<p>13</p> <p>Strength Workout:</p> <p>Rest</p> <p>50-40-30-20-10 REPS FOR TIME OF:</p> <p>WALL BALL (20/14#) BALL SLAMS (20#) REST 30-seconds</p> <p>CASHOUT:</p> <p>5,4,3,2,1 Reps of</p> <ul style="list-style-type: none"> Wall Climb Med Ball Mountain Climber 	<p>14</p> <p>Strength Workout:</p> <p>Back Squat - 5X10 @ 60, 65, 70, 75% of 1RM Bench Press – 5, 3, 2, 2, 2+ @ 70, 80, 85, 90, 90% of 1RM</p> <p>ATLAS STONE MEDLY</p> <p>1 ROPE CLIMB (15ft)</p> <p>PICK UP - SHOULDER CARRY 20m – PUT DOWN. 500m ROW</p> <p>PICK UP - SHOULDER CARRY 20m – PUT DOWN. 400m RUN</p> <p>PICK UP - SHOULDER CARRY 20m – PUT DOWN. 1 ROPE CLIMB (15ft)</p> <p>NOTE: Scale atlas stone to athlete. Go over pick “up/put down” technique beforehand. The idea is NOT to drop them.</p> <p>CASHOUT:</p> <p>Shoulder Mobility Free up your sticky scap (VIDEO)</p>	<p>15</p> <p>Strength Workout:</p> <p>Deadlift - 5X10 @ 75% of 1RM Clean - 2X2 @ 90% of 1RM</p> <p>21-15-9 REPS FOR TIME OF:</p> <p>RING DIPS FLOOR WIPERS W/ BB (135/75#) ROW FOR CALORIES</p> <p>CASHOUT:</p> <p>15 Bent over rows with a light barbell – start at top of row (bar to sternum). Perform reps down and up, pause at the top (bar at sternum) for three seconds between reps. Pinch shoulder blades together, throughout exercise.</p>

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<p>18</p> <p>Strength Workout:</p> <p>Tall Snatch – 7X1 @ 40% of 1RM (of snatch) – hold bottom position for 3-seconds</p> <p>Mid-Hang Clean - 1X5 @ 85% of 1RM</p> <p>Clean - 1X5 @ 85% of 1RM</p> <p>15 MIN AMRAP OF:</p> <p>5 HSPU 6 PISTOLS (ALTERNATING) 7 PULLUPS</p> <p>CASHOUT:</p> <p>15 Reps, each arm of:</p> <p>(Orange) Band Shoulder Rotation – Internal (Orange) Band Shoulder Rotation – External (DESCRIPTION)</p>	<p>19</p> <p>Strength Workout:</p> <p>Rest</p> <p>WITH A PARTNER COMPLETE THE FOLLOWING:*</p> <p>PROWLER PUSH – 25m (P1) SLED BACKWARD SPRINT** – 25m (P2)</p> <p>OH CARRY (135#/75#) - 25m (P1 then 2)</p> <p>PROWLER PUSH – 25m (P2) SLED BACKWARD SPRINT – 25m (P1)</p> <p>OH CARRY (135#/75#) - 25m (P2 then 1)</p> <p>PROWLER PUSH – 25m (P1) SLED BACKWARD SPRINT – 25m (P2)</p> <p>OH CARRY (135#/75#) - 25m (P1 then 2)</p> <p>PROWLER PUSH – 25m (P2) SLED BACKWARD SPRINT – 25m (P1)</p> <p>OH CARRY (135#/75#) - 25m (P2 then 1)</p> <p>*Scale the prowler weight according to athlete ** SLED BAKWARD SPRINT (DEMO @ 0:42 seconds)</p>	<p>20</p> <p>Strength Workout:</p> <p>Rest</p> <p>4 ROUNDS FOR TIME OF:</p> <p>800m run 20 front squat (95/65#) 20 kettlebell swings (1.5/1pd) 20 push press (95/65#)</p> <p>CASHOUT:</p> <p>Ungluing the hammy (VIDEO)</p>	<p>21</p> <p>Strength Workout:</p> <p>OHS – 3X2 @ 65, 75, 80% of 1RM Mid-Hang Snatch – 5X1 @ 70, 75, 80, 85, 85% of 1RM Deadlift – 5X5 @ 70, 75, 80, 85, 90% (if you are able to complete 5 reps in the last set, add 10#'s and repeat)</p> <p>5 ROUNDS, EACH ROUND FOR TIME:</p> <p>250m ROW 3 DEADLIFT (315# / 195#?) 6 BAR FACING BURPEES 12 GHD SITUPS</p> <p>REST 1 MIN</p> <p>NOTE: Time each round.</p> <p>The deadlift should be heavy, but doable with good form the entire time (~80% 1RM – athletes should subtract 10# to 15# from the 5RM obtained in the SWOD).</p> <p>Watch for rounded backs due to tight hammy's. Place the deadlift on bocks to reduce this tendency for athletes with tight hamstrings.</p> <p>Make sure everyone scales appropriately.</p>	<p>22</p> <p>Strength Workout:</p> <p>Rest</p> <p>HALF-MURPH 45 MIN AMRAP:</p> <p>800M RUN</p> <p>10 ROUNDS:</p> <p>5 PULL 10 PUSH 15 SQUAT</p> <p>800M RUN</p> <p>*REPEAT UNTIL TIME EXPIRES.</p> <p>CASHOUT:</p> <p>5 minute row, cycle, or jog @ 50-60% effort (easy pace) – recover heart-rate to under 100 beats per minute.</p>

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<p>25</p> <p>Strength Workout:</p> <p>Back Squat – 3,3,3,3,3+ @ 70, 70, 80, 90, 90% of 1RM Narrow Grip Bench Press - 3X3 @ 70, 75, 80% of 1RM</p> <p>4 ROUNDS FOR TIME OF:</p> <p>500m ROW REST 3mins</p> <p>CASHOUT:</p> <p>Test high jump (height above max-reach)</p>	<p>26</p> <p>Strength Workout:</p> <p>Tall Clean 5X1 @40% 1RM (of Clean) – hold bottom position 3-seconds Clean Pull 5X2 @ 85, 95, 105, 115, 125% of 1RM (of Clean) Clean – 3x1 @ 90% of 1RM</p> <p>DIRTY THIRTY</p> <p>FOR TIME:</p> <p>30 BOX JUMPS (24/20’’) 30 JUMPING PULLUPS 30 KETTLEBELL SWINGS (35/26#) 30 LUNGES 30 KNEES TO ELBOWS 30 PUSH PRESS (45/33#) 30 BACK EXTENSIONS 30 WALL BALLS (20/14#) 30 BURPEES 30 DOUBLE UNDERS</p>	<p>27</p> <p>Strength Workout:</p> <p>Rest</p> <p>Workout of the Day:</p> <p>5K RUN 5K ROW</p>	<p>28</p> <p>THANKSGIVING – REST DAY</p>	<p>29</p> <p>Strength Workout:</p> <p>Zercher Squat with Fat Bar – 5X3 @ 70, 70, 80, 85, 90 Yoke Walk - 3X @ 2xBW, 10m</p> <p>FGB TYPE</p> <p>3 ROUNDS, 1 MIN PER STATION OF:</p> <p>THRUSTERS (75/45#) BOX JUMP (24/20’’) DOUBLE UNDERS PUSH UPS ROW (CALORIES) 1 MIN REST</p> <p>NOTE: Step-ups/downs allowed.</p>

Notes: