

MONDAY SESSION PLAN EXAMPLE

WARM UP

400m Run

Mobility: Shoulders, hips, front rack

Thruster:

1. Front squat
2. Push press
3. Thruster

STRENGTH

BACK SQUAT

4x10 @60% of 1rm

000,300,600,900

ENGINE

FOR TIME (11-13 MIN CAP)

2 Rounds

10 Thrusters
400m run
10 Thrusters
400/300m Row

@42.5/30 (95/65)

COOL DOWN

Quad stretch

SCALING

Thruster: Weight
Run: Row, bike, ski
Row: Bike, row ski

COACHES INTENT AND KEY CUES

Strength Brief:

Today sees the introduction of our new look strength programming. We are kicking off our “whole body” strength training with a back squat. We will be gradually increasing the weight and decreasing the reps as we work through our back squat sessions.

Coaching Points

- Hands thumb distance from the shoulders, pulling elbows tight toward the body
- Bracing the torso tight
- Sitting hips back and down to the bottom of the squat
- Completing one rep on one breath
- Control tempo when volume is so high

WOD Stimulus:

Today's workout is of a moderate duration with high intensity. We have light thrusters that we should look to complete unbroken throughout. This will elevate the heart rate, in which case we will look to use the beginning of our cardio movements as recovery.

CLASS NOTES

TUESDAY SESSION PLAN EXAMPLE

WARM UP

4 Mins double under drills

Mobility: Calves, front rack, chest

TTB:

1. Tension swings
2. Knees to chest (focus kicking feet away from the body to create long lever)
3. TTB

STRENGTH

EMOM 10 MINS

2 Power Cleans

Heavy

ENGINE

12 MIN AMRAP

12 TTB
8 Push Ups
12 KB Swings
32 Double Unders

@24/16 (53/35)

COOL DOWN

Midline and chest stretch

SCALING

TTB: Volume, knees to chest
Push ups: Reduced ROM, knee push ups
KB Swings: Russian swings (if shoulder injuries), weight
DU: Volume, double rep single unders

COACHES INTENT AND KEY CUES

Strength Brief:

We are focusing today on a lift. With an EMOM format, athletes will perform 2 heavy power cleans each minute. Resting the remainder of the working minute. Athletes should look to work with a heavy barbell, whilst maintaining good technique throughout. This will repeat for 10 mins.

Coaching Points:

- Hands about a thumb distance from the shins
- Deadlifting the bar up by pushing the ground away
- Finding contact on the quads, we will continue to drive up pulling shoulders to the ears
- Allowing us time to rotate and catch in our squat stance with a high front rack

WOD Stimulus:

We have a 12 min AMRAP that we should look to be able to complete multiple rounds. Our volume of work is low, however with the number of movements we have this will slow things down. It is not unthinkable for athletes to complete all this work unbroken.

CLASS NOTES

WEDNESDAY SESSION PLAN EXAMPLE

WARM UP

1 min on 30 seconds off x4
rounds: 25m shuttle run in 5m blocks

Mobility: Lats, forearms

Dynamic Mobility:

1. Leg swings (forward + back, across the body)
2. Quad snaps
3. Glute pull ins
4. Toy soldiers
5. Butt kicks
6. High knees

STRENGTH

WEIGHTED PULL UPS

5x3 Heavy
+
12 Ring Rows

000,200,400,600,800

ENGINE

FOR TIME (25-28 MIN CAP)

800m Run
40 Burpee to Target

800m Run
30 Burpee Box Jumps

800m Run
20 Burpee Box Jump Overs

@60/50cm (24/20)

COOL DOWN

Chest and lat stretch

SCALING

Run: Row, bike ski
Burpee: To target each round

COACHES INTENT AND KEY CUES

Strength Brief:

Today we have an upper body pulling session. Athletes will work with weighted pull ups, followed by bodyweight ring rows. Our pull ups should be heavy, working at the same weight throughout. Moving into our high volume ring rows, this is to blow the arms up. We want to avoid moving too fast through these we want to create tension each rep.

Coaching Points:

- Hands overhead on the bar slightly wider than the shoulders
- Maintaining a hollow body
- Pulling down on the bar, pulling chin above the bar
- Moving through full extension of the arms

WOD Stimulus:

Our workout today is for time with a high time cap. Athletes have a moderate distance run, with progressive burpees. The volume of burpees will decrease as the difficulty of the movement increases. Starting with burpees to a target, moving to a burpee box jump and finishing with burpee box jump overs. We should use the first 200m of each run to regulate the heart rate, looking to be as consistent as possible whilst moving through our burpees. Long rest will get the better of us.

CLASS NOTES

THURSDAY SESSION PLAN EXAMPLE

WARM UP

400m Row

Mobility: Front rack, hips lumbar spine

3 Rounds:

1. DBL KB hang clean
2. DBL KB front squat
3. DBL KB STOCH

STRENGTH

PAUSED FRONT SQUAT

3 Building Sets @50-60-70%
+
3 Working Sets @75% of 1rm

000,200,400,600,800,1000

*Pause for 3 seconds

ENGINE

6 MIN AMRAP

10 Barbell Deadlifts
5 DBL KB STOCH

6 Min AMRAP

10 DBL KB Clean and Jerk
5 Barbell Front Squats

@20/12 (44/26)

@60/42.5 (135/95)

*Score each AMRAP separately

COOL DOWN

Quad and forearm stretch

SCALING

KB: Weight
Barbell: Weight

COACHES INTENT AND KEY CUES

Strength Brief:

Today's lower body session will consist of front squats. We will be working with 6 sets. 3 Building sets plus 3 working sets. We have prescribed, gradual weight increases to build toward our working sets. Athletes will pause during these front squats, for 3 seconds at the bottom position. We must avoid bottoming out at the lowest part of the rep.

Coaching Points:

- Maintain a high front rack
- Send hips back and down
- Lead with elbows out the bottom of the squat

WOD Stimulus:

Our workout today is 2 separate AMRAP's. Each will be for 6 mins, with a short rest between. Our weights will stay the same, we will just change the movements throughout. Our KB Movement will begin as the lower volume movement and transition to being the higher volume movement in AMRAP 2. This will be the opposite for our barbell.

CLASS NOTES

FRIDAY SESSION PLAN EXAMPLE

WARM UP

Tabata: Burpees to target + calories on bike

Mobility: Shoulders, hamstrings
lumbar region

Snatch:

1. Snatch deadlift
2. Hang power snatch
3. Power snatch

STRENGTH

DBL DB BENCH PRESS

4x8 (Moderate weight)

000,230,500,730

DBL DB Flys

4x8 (Light Weight)

1000,1200,1400,1600

ENGINE

FOR TIME (9-11 MIN CAP)

4 Rounds

20/16 Cal Bike
12 Power Snatch
6 Bar Facing Burpees

@42.5/30 (95/65)

COOL DOWN

Hamstring and shoulder stretch

SCALING

Bike: Row, ski
Snatch: Weight

COACHES INTENT AND KEY CUES

Upper Body Brief:

Working the chest region today athletes will perform 2 different exercises. We will work strictly with the DB bench press for a number of sets. Once completed we will change weight, and perform DB chest flys for a number of sets. We should continue with the same running clock throughout.

Coaching Points:

- Maintain a straight path from lockout down to the chest
- Keep elbows at 45 degrees to the chest at our flexed position
- Bring DB's together at lockout

WOD Stimulus:

Today's workout could be seen as a bit of a sprint. Athletes should look to pace their bike. This will allow them to go close to unbroken on all sets of snatches. This is definitely an option, at the most we should be breaking once. Athletes should push their burpees, slowing down once on the bike. This is likely to work best for the athletes.

CLASS NOTES

5 SEPTEMBER SATURDAY WORKOUT

30min AMRAP

20 Plate Snatches

20 Plate Back Squats

20 Sit Ups

20 Burpees (Jumping onto Plate)
(400m Run)

- Partner 1 works on AMRAP, Partner 2 runs

MONDAY SESSION PLAN EXAMPLE

WARM UP

400m Run

Mobility: Shoulders, lats, chest

Rope Climb:

1. Foot bite
2. Foot bite reach high + pull knees to chest + foot bite
3. Stand up then reach high pulling knees to chest for next foot bite

STRENGTH

ROPE CLIMBS

5 Sets

1 Legless + 2 Foot Bite

000,200,400,600,800

ENGINE

FOR TIME (18-22 MIN CAP)

3 Sets

20 Wall Balls
10 Deadlifts

2 Sets

11 HSPU (Strict or Kipping)
22 TTBB

1 Set

50 Burpees to Target

@9/6 (20/14)

@80/52.5 (175/115)

COOL DOWN

Quads and shoulder stretch

SCALING

Wall Balls: Height of target, weight of ball
DL: Weight
TTB: Volume, knees to chest
HSPU: Reduced ROM, DBL DB Push press
Burpees to target: Volume

COACHES INTENT AND KEY CUES

Movement Brief:

Athletes will be working with rope climbs. We have introduced a mixture of a legless rope climb + foot bite climbs. Athletes that do not have a legless climb, should look to perform some rope pull ups into their climbs. The aim is to complete climbs under fatigue.

WOD Stimulus:

Today's workout is long and for time. We have 3 rounds of a couplet, 2 rounds of another couplet, followed by 1 round of 50 burpees to target. Athletes should look to complete big sets of each movement, potentially going unbroken on most movements. Our burpees to target to complete the workout will be a really tough mental challenge. One we should look to face head on.

CLASS NOTES

TUESDAY SESSION PLAN EXAMPLE

WARM UP

400m Row

Mobility: hips, front rack, hamstrings

Box Jumps:

1. Box step ups
2. Box jumps
3. Box jump overs (add rebound)

STRENGTH

BACK SQUAT

4x10 @65% of 1rm

000,300,400,900

ENGINE

FOR TIME

15 Hang Squat Cleans
30 Box Jump Overs
15 Hang Squat Cleans

@60/42.5 (135/95)

@70/60cm (30/24)

COOL DOWN

Quad stretch

SCALING

Hang squat cleans: Weight
Box jump overs: Height, volume

COACHES INTENT AND KEY CUES

Strength Brief:

Today's lower body session will be our second and final high volume back squat session at 10 reps. We are working the same time frames and volume, however we have increased the weight from last week's session. Our next back squat session the volume will have decreased.

Coaching Points:

- Hands thumb distance from the shoulders, pulling elbows tight toward the body
- Bracing the torso tight
- Sitting hips back and down to the bottom of the squat
- Completing one rep on one breath
- Control tempo when volume is so high

WOD Stimulus:

Our workout today is short and for time. Athletes must really get after this workout to create the right intensity and receive the correct stimulus. We must finish our hang squat cleans in nothing more than 2-3 sets. Hoping our legs allow us to jump over the high box, athletes should slow these and be meticulous when completing each rep. Finishing the workout with a big set.

CLASS NOTES

WEDNESDAY SESSION PLAN EXAMPLE

WARM UP

4 mins DU drills

Mobility: Glutes, hamstrings L+T spine

3 Rounds

1. Single unders
2. Lunges
3. Push press

STRENGTH

DEADLIFT

5x7 @70% of 1rm

000,230,500,730,1000

ENGINE

12 MIN AMRAP

12 DBL DB Lunges
12 DBL DB Push Press
48 Double Unders

@22.5/15 (50/35)

COOL DOWN

Glute + tricep stretch

SCALING

DB's: Weight

DU: Volume, single unders

COACHES INTENT AND KEY CUES

Lift Brief:

For our lifting session, we will work with a high volume deadlift. Athletes will be working at 70% of their 1rm. We must focus on pushing the ground away from each rep.

Coaching Points:

- Bracing torso before going down to pull first rep
- Push the ground away
- Drive through with the glutes as the bar passes the knee to lockout

WOD stimulus:

We have a nice simple triplet today of double DB work and double unders. Our DB movement reps will be consistent throughout, 12 of each. We have a moderately low volume of double unders. It wouldn't be a great idea to go unbroken through this workout. We would maybe want to put the DB's down between movements. The time under tension will become a problem later on in this workout.

CLASS NOTES

THURSDAY SESSION PLAN EXAMPLE

WARM UP

4 minutes of playing games

Mobility: Shoulders, chest, hips

TTB:

1. Tension swings
2. Knees to chest
3. TTB

STRENGTH

RING DIP

5x5 Weighted Dips

000,230,500,730,1000

ENGINE

20 MIN AMRAP

10 TTB
10 Bar Facing Burpees
10 Power Snatch
10 Overhead Squats

@42.5/30 (95/65)

COOL DOWN

Midline and shoulder stretch

SCALING

TTB: Volume, knees to chest
Power snatch: Hang power snatch, weight
OHS: Weight, front squat

COACHES INTENT AND KEY CUES

Upper Body Brief:

Our upper body session today is focussing on our chest pressing again. However this will be done through a gymnastics movement. We are looking here to build strength through the ring dip and chest. We will perform a 5x5 weighted dip.

Coaching Points:

- Maintain a hollow body throughout
- Chest and shoulders move forward until the biceps touch the rings
- Pressing out keeping rings tight to the pockets

WOD Stimulus:

Our workout today is a 20 min AMRAP that has consistent reps throughout. 10 reps of each moevent. Our burpees are our rest movement, slowing the pace of these will allow us to 'recover' and set us up for big sets of power snatches. We should look to maybe 2 sets of power snatches. Breaking toward the tail end of our rep range is important as it will allow us to maintain consistently unbroken overhead squats throughout.

CLASS NOTES

FRIDAY SESSION PLAN EXAMPLE

WARM UP

Tabata: Bike + Broad Jumps

Mobility: Front rack, hips

Pull Ups:

1. Tension swings
2. Tension swing pull to 90
3. Pull Up

STRENGTH

TEMPO FRONT SQUATS

5x3 @70% fo 1rm

Tempo= 3 down 1 pause 0 up

+

3 High Box Jumps (Not rebound-
ed)

000,300,600,900,1200

ENGINE

FOR TIME

3 Rounds

30/20 Calorie Bike
20 Pull Ups
20 KB Swings

@24/16 (53/35)

COOL DOWN

Lats, forearm + shoulder stretch

SCALING

Bike: Row, ski

Pull Ups: Volume, banded, jumping

KB Swings: Volume, weight

COACHES INTENT AND KEY CUES

Lower Body Brief:

We are again working with a front squat. Our reps today will be with a tempo. Working at 70% of our 1rm. Athletes will take 3 seconds to their lowest position, pausing for 1 second before standing the bar up. Vitally throughout these reps we must maintain tension throughout the squat. After completing our squats, we will move into 3 high box jumps. There will be no rebound with these box jumps.

Coaching Points:

- Maintain a high front rack
- Send hips back and down
- Lead with elbows out the bottom of the squat

WOD Stimulus:

Today's workout is tricky. We are working on our ability to perform high volume gymnastics with a high heart rate. We want athletes to be able to complete their set of pull ups in around 2 sets. Scale volume accordingly. Our grip will become a factor as we come from holding on for 2 sets of pull ups into our swings.

CLASS NOTES

12 SEPTEMBER SATURDAY WORKOUT

Teams of 3

30 rounds for time

10 Dumbbell Snatches

5 Burpees

1 Rope Climb

- 1 Athlete on each exercise to start then rotate once your finished with your reps. . Cant move to the next station until partner finishes the exercise.