

JULY SESSION PLANS

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Monday 4 th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 200m Run 30 Second wall sit 10 Wall balls Mobility: Front rack, hips, shoulders 3 Sets: 1. 12 Paused mountain climbers 2. 10 BB kang squats 3. 10 Dead bugs	Paused Front Squat 6x3 70% of 1rm 000,230,500,730,1000,1230 *Pause for 2 seconds	15 Min AMRAP 1.4K Run In Remaining AMRAP 10 Power Cleans 10 Front Squats 10 Bar Muscle Ups/ Burpee Pull Ups @70/47.5 (155/105)	15 Min AMRAP 1.4K Run In Remaining AMRAP 10 Power Cleans 10 Front Squats 10 Burpee Pull Ups @52.5/35 (115/75)	Quad + lat stretch

Strength Brief:

This month's lower body strength focus will be on the front squat. We will be using our old methodology of 2 squat sessions a week. One session will be a simple strength building front squat and the other will be an accessory front squat session. This month our accessory squat sessions will be paused front squats. This will be to build strength out the bottom of our hold position.

Coaching Points

- Bracing the torso tight
- Sending the hips back and down
- Leading with the elbows out the bottom of the squat
- Complete one rep on one breath

WOD Brief:

Our workout today is 15 min AMRAP. All athletes will run 1.4k's. on return in the remainder of our 15 min time cap. Athletes will work through 10 reps of power cleans, front squats and bar muscle ups. Athletes should look to steady themselves and gain some composure through the power cleans, completing these as single reps. Our heart rate is going to rise as we work through the front squats. Half a second pause at the top of the squat will be beneficial. As we work through the bar muscle ups or burpee pull ups, we should work through these in manageable sets, taking rest between each set. For those who have bar muscle ups but our prescribed volume is too high for some athletes, they should scale the volume, not to allow them to go unbroken, but enough so they can get some bar MU work in a metcon. We would expect athletes to get through around 2 sets of this workout.

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Tuesday 5th					
Warm Up	Strength	Workout	Scaled Version	Accessories	Post Workout
3 Sets: 10 DB snatch 10 Jumping squats Mobility: Shoulders, hips, hamstrings BB warm up: 1. 3 Hang muscle snatch 2. 3 Snatch balance 3. 3 Overhead squats *Building in weight	Hang Snatch Complex 6 Sets Building in weight 1 Hang power snatch 1 Overhead squat 1 Hang squat snatch 1 Overhead squat 000,200,400,600,800,1000	For Time (7-9 min cap) Squat Snatch Isabel 30 Squat Snatches @60/42.5 (135/95)	For Time (7-9 min cap) Squat Snatch Isabel 30 Squat Snatches @47.5/32.5 (105/70)	Accessories 3 Sets Weighted Y-W-T's 7 reps of each *Use fraction plates	Quad + shoulder stretch

Strength Brief:

Building in weight today, our athletes over 6 sets will be looking to build to their heaviest weight possible for our complex. Our complex will start from the hang position. Athletes will need to pause at the high hang position once the bar has come down from the overhead squat. This is so we can regain some composure and focus on the movement before working through our hang squat snatch plus overhead squat.

Coaching Points:

- Deadlifting the bar to the hip, progressing down to the hang position
- Driving up meeting the bar at the hip
- Moving the feet is key to a successful lift for our athletes as our barbell gets heavier
- Press up through the bar as we move through the overhead squats

WOD Brief:

Today's workout is a squat snatch version of Isabel. Athletes have 30 reps at the regularly prescribed weight of Isabel. There are multiple ways of attacking this workout. Most will be most efficient working through singles. More experienced athletes could look to work through doubles or multiple touch and go reps to complete this workout. One thing we should be advising our athletes is that we should not be concerned about the weight in which we choose to work.

Accessories

Today's session we are going to finish with an accessory movement of weighted Y-W-T's. Athletes should be face down, ideally on a bench or raised surface and use fraction plates to perform this movement. This is all about working on the finer muscles in the thoracic area.

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Wednesday 6th				
Warm Up	Workout	Scaled Version	Midline	Post Workout
3 Sets: 50 Single unders 20 Jumping lunges 20 Second HS hold Mobility: Triceps, glutes, quads 3 Rounds: 1. 10/8 Cal row 2. 10 DBL DB push press 3. 30 Second squat hold	For Time (21 min cap) 3 Rounds 100 Double Unders 20 DBL DB Lunges 30/24 Cal Row 20 DBL DB STOH @22.5/15 (50/35) Rest 2 mins between sets	For Time (21 min cap) 3 Rounds 100 Single Unders 20 DBL DB Lunges 24/18 Cal Row 20 DBL DB STOH @20/12.5 (45/30) Rest 2 mins between sets	Midline 5 Sets 15 GHD sit ups Rest 2 mins between sets	Glute + tricep stretch

WOD Brief:

Today's workout is a series of intervals. There are no time capped intervals however there will be a 2 min rest between rounds. Athletes will score this workout by total time, including the rest periods. Each working interval is not a sprint. Athletes should look to work smooth and consistently throughout. If they feel the need to break up their DB work they should, due to the duration of each interval, a short little rest is not going to impact our time too much. This is going to allow us to row at a steady pace throughout. We should be aware going into the STOH the legs hips will be fatigued so will lack hip drive.

Midline Brief:

This month, we have put a focus on working on our GHD sit ups. We will look to build on our volume throughout the month, so we can begin to include these at high volume next month. Athletes will work through 5 sets of 15 reps with 2 mins rest between sets.

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Thursday 7th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 10/6 Cal bike 30 Second dead hang hold 10 Scap push ups Mobility: Lats, hamstrings, hips 3 Sets: 1. 10 Scap pull ups 2. 5 HR push ups 3. 20 Mountain climbers	Push Pull Couplet 6 Sets 5 Paused strict pull ups 10 Barbell bench press @65% of 1rm 000,230,500,730,1000,1230	For Time (18-20min cap) 2 Sets 25/18 Calorie Bike 25 Burpee Box Jump Overs 25/18 Calorie Bike Rest 4 mins between sets @60/50cm (24/20)	For Time (18-20min cap) 2 Sets 20/14 Calorie Bike 20 Burpee Box Jump Overs 20/4 Calorie Bike Rest 4 mins between sets @60/50cm (24/20)	Chest + quad stretch

Strength Brief:

Athletes today will be working through a push + pull couplet as part of our strength session. We are working the opposite to normal how we would prescribe our reps today. Athletes will begin with their strict gymnastics and then move into their barbell bench strength work. Athletes will be pausing with their chin above the bar for a 2 second hold.

Coaching Points

- Moving through full extension of the arms at the bottom of the rep
- Elbows break forward and then pull back at the top to complete the rep
- Focus on a straight bar path whilst working through the bench
- Keep the back and feet flat on the ground

WOD Brief:

We have another interval workout today, however today's is going to be way more intense. Athletes will work through calories on the bike, followed by burpee box jump overs and then finish with the same number of calories on the bike as the first set. We have 2 full sets of this workout, athletes will rest 4 minutes between sets. We must be smart in scaling this workout, if we know athletes are not strong on the bike, we may need to decrease our calories even more so than our scaled version. Similarly with the BBJO. This figure is not set, athletes can decrease the volume, to keep the intensity high.

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Friday 8th					
Warm Up	Strength	Workout	Scaled Version	Accessories	Post Workout
3 Sets: 150m Row 10 BB good mornings 20 Second HS hold Mobility: Lower back, hamstrings HSPU: 1. HS hold 2. Negatives 3. Kicking out toward the ceiling	Front Squat 6x2 @85% of 1rm 000,200,400,600,800,1000	9 Min AMRAP 7 Deadlifts 15 Handstand Push Ups @120/80 (265/175)	9 Min AMRAP 5 Deadlifts 15 Handstand Push Ups @120/80 (265/175)	Accessories 3 Sets 40 Seconds on 1:20 off GHD Sorenson Hold	Lower back + hamstring stretch

Strength Brief:

Today's strength focus will be our second front squat session of the week. As mentioned at the beginning of the week, our second session will be a strength building session with nothing fancy about it. Athletes will be working a number of sets all at the same weight. Athletes should use this session to dial in on their tempo and speed out of the hold of the squat.

Coaching Points

- Bracing the torso tight
- Sending the hips back and down
- Leading with the elbows out the bottom of the squat
- Complete one rep on one breath

WOD Brief:

Today's workout is a short AMRAP. Athletes will be working low volume, heavy deadlifts coupled with high volume HSPU. Immediately from the outset, athletes should look at breaking both movements up. Take time on the HSPU, this is a common couplet, we know the effects the heavy barbell has on the heart rate, then moving into the HSPU. The dynamicity of the HSPU is going to spike the heart rate and make our deadlifts that bit harder. We would expect athletes to work through around 5 sets of this workout.

Accessories:

Today we are finishing the session with some accessories. Focussing on the glutes and hamstrings athletes will be working through 3 sets of a 40 second Sorenson hold on a GHD machine. There will be plenty of rest between our sets today.

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Saturday 9th			
Warm Up	Workout	Scaled Version	Post Workout
3 Rounds: 10 Cal row 5 Inch worms 5 Down ups Mobility: Shoulders, hips, glutes	For Time (25-30 min cap) In Pairs 4 Rounds 50/40 Calorie Row 30 Sync Hang DB Snatches 10 Sync Burpee Box Jump Overs @22.5/15 (50/35) @60/50cm (24/20)	For Time (25-30 min cap) In Pairs 4 Rounds 50/40 Calorie Row 30 Sync Hang DB Snatches 10 Sync Burpee Box Jump Overs @20/12.5 (45/30) @50/40cm (20/16)	Quad + lower back stretch

WOD Brief:

Today's partner workout is a long one which will be for time. Athletes in their pair will begin their workout with a long row, they can share this row however they please. We would recommend the partner who needs a bit more rest, rows first. As finishing the row, the second partner will need to go immediately into sync hang DB snatches with their partner and then immediately into sync BBJO. Their only rest will be as their partner rows. They should look to actively slow down the BBJO so they can remain in sync and hold a consistent pace throughout.

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Monday 11 th				
Warm Up	Gymnastics	Workout	Scaled Version	Post Workout
3 Sets: 10/6 Cal row 10 Hang DB snatches 20 Shoulder taps Mobility: Shoulders, lats, triceps Pull Up: 1. Tension swings 2. Tension swing + pull to 90 3. Pull up	Gymnastics 10 Min EMOM 10 C2B/ pull ups Rest remainder of working minute	15 Min AMRAP 3 Wall Walks 12 KB Snatches 15/12 Cal Row @24/16 (53/35)	15 Min AMRAP 3 Wall Walks 12 DB Snatches 15/12 Cal Row @20/12 (45/30)	Lower back + hamstring stretch

Gymnastics Brief:

As this months gymnastics sessions are all about accumulating volume over a period of time. We are going to back to a regular EMOM we most commonly perform with TTb. Athletes today will work for 10 mins, looking to complete a volume of reps, then rest the remainder of the allotted time. The idea here, is that whatever volume of reps we hit in the first minute, we should be completing the same number in the last minute.

Coaching Points

- Tension swings
- Tension swing + pull to 90 degrees at the elbows, chin stays below the bar
- Pull up

WOD Brief:

Our workout today is a 15 min AMRAP. Our athletes will work through a high number of rounds, due to the low skilled, low volume movements our athletes have today. The longest time in which our athletes will work on one movement will be the row. They should look to hold a steady pace throughout. Rowing hard as we come toward the end of our workout. Manage the wall walks as best we can, taking short breaths at the bottom of each rep. We would expect athletes to get through a least 6+ rounds today.

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Tuesday 12th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 10/6 Cal row 5 Down ups 20 Plate hops Mobility: Lower back, hamstrings, triceps 3 Sets: 1. 20m Banded monster walk 2. 10 BB good mornings 3. 10 Banded glute bridges	Deadlift 10 Min EMOM Min 1+2- 10 Reps @100/70 (225/155) Min 3+4- 8 Reps Min 5+6- 6 Reps Min 7+8- 4 Reps Min 9+10- 2 Reps Increase weight each change of reps	For Reps (18 min total cap) 5 sets 2 Mins on 2 mins off Minute 1: ME Double Unders Minute 2: ME Burpee Box Jump Overs @60/50cm (24/20)	For Reps (18 min total cap) 5 sets 2 Mins on 2 mins off Minute 1: ME Single Unders Minute 2: ME Burpee Box Jump Overs @50/40cm (20/16)	Lower back + hamstring stretch

Strength Brief:

Our deadlift session today reads a little difficult however it is a lot more simple than that. Athletes will work for 10 mins. Our reps will decrease every 2 minutes. With this rep decrease, we have a weight increase that goes with it. The weight increase is entirely up to our athletes. We have prescribed a starting weight. The rest is up to them. So in short. We have 2 sets at the same rep range and at the same weight before any changing happens.

Coaching Points

- Setting up with shoulders above the hips and hips above the knees
- The barbell should be close to the shins and drawing the shoulder blades down toward the glutes
- Driving the ground away, as the bar passes the knee, we look to drive through with the hips.

WOD Brief:

As we had an EMOM in our strength component, we have an EMOM in our workout. Our EMOM's will last for 2 minutes and they are for accumulatrd reps. In the first minute, our athletes will look to complete as many double unders as possible. Immediately at the minute mark, we will look to complete as many BBJO as we can within the second minute. We have 2 minutes rest between sets. There are 5 of these sets. We will score this by total number of reps completed from both DU and BBJO each set.

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Wednesday 13th					
Warm Up	Strength	Workout	Scaled Version	Accessories	Post Workout
3 Sets: 15 Standing med ball throws 5 Offset push ups R+L 10 prone snow angels Mobility: Triceps, shoulders, lower back 3 Sets: 1. 5 Pike push ups 2. 10 Banded tricep pull downs 3. 5 BB strict press	Push Push Couplet 6 Sets 5-8 Strict HSPU 10 Barbell push press @60/42.5 (135/95) 000,230,500,730,1000,1230	For Time (12 min cap) 10-8-6-4-2 Clean and Jerk Power Snatch @60/42.5 (135/95)	For Time (12 min cap) 10-8-6-4-2 Clean and Jerk Power Snatch @47.5/30 (105/70)	Accessories 3 Sets 15 Banded Tricep Pull Downs 10 Standing Overhead Tricep Extensions Rest 90 seconds between sets	Tricep + lower back stretch

Strength Brief:

We have a pressing complex for our strength work today. Athletes will work through a set of strict HSPU or pike push ups for those who don't have strict HSPU, immediately into a set of barbell push press. The idea here is that we pre fatigue our shoulders and triceps, then work through reps where the focus will be on our upper body endurance to complete the set.

Coaching Points

- Power clean the bar
- Focus on a vertical dip and drive
- Maintain a straight bar path to the overhead position

WOD Brief:

We have such a simple workout today. Essentially we have Grace and Isabel. However our reps are broken down into 10-8-6-4-2 of each movement. Athletes will obviously complete 10 clean and jerks before our 10 snatches. Singles from the outset will be the most efficient strategy for all athletes. We should be looking to change this as our volume decreases, we can look to be more aggressive to finish. The barbell weight should not be intimidating. By that I mean, if you have never completed Grace at the prescribed weight, then today we need to be scaling the weight also.

Accessories:

To finish, and really polish off the triceps, athletes will work through 3 sets of 15 tricep pull downs immediately into 10 standing single DB overhead tricep extensions. This is some accessory work on the triceps after all the pressing work we have done today.

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Thursday 14th				
Warm Up	Gymnastics	Workout	Scaled Version	Post Workout
3 Sets: 100m Run 10 Tension swings 10 Hollow rocks Mobility: Hamstrings, shoulders, lats 1. Banded partner sprint aways 2. Hamstring sweep floors 3. Quad snaps	Gymnastics 6 Sets E90s 5 Ring/ Bar muscle ups	For Total Time (28 Min cap) 2 Rounds 800m Run Rest 2 mins 400m Run Rest 2 Mins 200m Run Rest 2 mins	For Total Time (28 Min cap) 2 Rounds 800m Run Rest 2 mins 400m Run Rest 2 Mins 200m Run Rest 2 mins	Hamstring + quad stretch

Gymnastics Brief:

Accumulating volume today, we will be performing ring or bar muscle ups. Rather than working EMOM, we are going to work every 90s for 6 sets. Performing a set of muscle ups. If we were to work EMOM, the power output required to complete our reps will be high, EMOM will not be enough time for our athletes to recover their heart rate before the next set, and our form and volume will decrease.

Coaching Points:

- Focus on long levers in both hollow and arch
- Get the gips up high whilst maintaining hollow
- Focus on fast turnover (think a fast sit up)

WOD Brief:

Today's workout is a simple running workout. We will work through 2 rounds of 800, 400m + 200m runs. Each should be as fast as possible, within reason and knowing what will be following. There will be a 2 min rest between each run. This workout will be scored by total time it takes to complete our distances, including the rest intervals.

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Friday 15th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 50 Single unders 10 Jumping lunges 10 Jumping squats Mobility: Shoulders, glutes + hips 3 Rounds: 1. 10 Dead bugs 2. 10 BW kang squats 3. 20 Second OH BB hold	Paused Front Squat 6x3 @75% of 1rm 000,230,500,730,1000,1230 *Pause for 2 seconds	10 Min AMRAP 50 Double Unders 10 Thrusters 10 OH Lunges @42.5/30 (95/65)	10 Min AMRAP 50 Single Unders 10 Thrusters 10 Front Rack Lunges @35/25 (75/55)	Quad + glute stretch

Strength Brief:

Similarly to our first front squat session of the month, our athletes today will be working through 3 sets of paused front squats, again we are targeting strength at the bottom of the rep and our ability to stand the barbell up with no momentum from the bottom of the rep.

Coaching Points

- Bracing the torso tight
- Sending the hips back and down
- Leading with the elbows out the bottom of the squat
- Complete one rep on one breath

WOD Brief:

We have a short AMRAP today, working for only 10 minutes. However the intensity and fatigue throughout this workout is going to be high, Athletes will work through low volume double unders, regardless, each round here we should be looking to complete these unbroken. Our barbell is light, however the time under tension on the legs, shoulders and triceps. Each set of movements we would recommend unbroken. However a rest between thrusters and lunges will be a relieving break for our athletes. We would expect athletes to get through around 4+ sets of this workout.

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Saturday 16th			
Warm Up	Workout	Scaled Version	Post Workout
3 Sets: 200m Run 10 DB snatches 10 Knees to chest Mobility: Shoulders, hamstrings, midline	For Time (21-24 min cap) In Pairs 40-30-20-10 Sync TTB Power Snatches Burpee Box Jump Overs 400m Run Together @60/42.5 (135/95) @60/50cm (24/20)	For Time (21-24 min cap) In Pairs 40-30-20-10 Sync TTB Power Snatches Burpee Box Jump Overs 400m Run Together @47.5/32.5 (105/70)	Lower back + midline stretch

WOD Brief:

Today's partner workout is a descending rep chipper for time. Athletes in their pairs will sync every set of TTB. They will then begin to share the workload as needed for the remaining movements and rep range. After each set of movements in the gym, both athletes will head out on a 400m run together. Athletes should slow the pace of their run, knowing on return they both have to go straight to work on their TTB together. Our barbell is moderately heavy, we would suggest athletes go rep for rep singles, especially as the volume is high.

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Monday 18th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 30 Single unders 10 Drop squats 5 Inch worms Mobility: Front rack, lats, hips BB warm. Up: 1. 3 Hang muscle cleans 2. 3 Front squats 3. 3 Push press	Hang Clean Complex 6 Sets Building in weight 1 Hang power clean 1 Jerk 1 Hang squat clean 1 Jerk 000,230,500,730,1000,1230	For Time (15-17 min cap) 5 Rounds 50 Double Unders 20 Pull Ups 5 Squat Cleans @80/52.5 (175/115)	For Time (15-17 min cap) 5 Rounds 50 Single Unders 15 Pull Ups 5 Squat Cleans @52.5/35 (115/75)	Quad + lat stretch

Strength Brief:

Today's lifting component will be a hang clean barbell complex. As all our lifting session this month are from the hang position. Our complex today, athletes will need to be careful, going from the jerk back down to the hang position to then complete our second hang clean, especially as the barbell weight gets heavy. We will look to build over 6 sets.

Coaching Points

- Athletes will need to drive up through the bar and pull themselves under the bar
- Move the feet fast to the squat stance to receive the bar in the quarter squat or full squat
- Maintain a vertical dip and drive again moving the feet fast to catch with locked out arms

WOD Brief:

Today's workout is a long one. Athletes have 5 sets of their workload to get through. All rounds of double unders athletes should be aiming to go unbroken. We have scaled the volume of pull ups for our scaled version of the workout, however we may need to scale this further. The idea is that our pull ups are completed in absolutely no more than 3 sets. We need to be patient and controlled as we step to the bar for our squat cleans. These should be completed as singles throughout. The weight of our barbell should not be intimidating for those who choose to work at our prescribed weight.

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Tuesday 19th				
Warm Up	Workout	Scaled Version	Midline	Post Workout
3 Sets: 200m Row 10 BW box step ups 5 Down ups Mobility: Glutes, hips, adductors 3 Sets: 1. 20 Second hollow hold 2. 10 Dead bugs 3. 10 Single DB lunges	For Total Working Time (21-24 min cap) 3 Sets 15-10-5 DBL DB Box Step Overs Burpee Box Jump Overs 3 Mins rest between sets @22.5/15 (50/35) @60/50cm (24/20)	For Total Working Time (21-24 min cap) 3 Sets 12-9-6 DBL DB Box Step Overs Burpee Box Jump Overs 3 Mins rest between sets @20/12.5 (45/30) @50/40cm (20/16)	Midline 4 Sets 10 Hip extensions 15 GHD sit ups Rest 2 mins between sets	Glute + quad stretch

WOD Brief:

Today's workout will be in the form of 3 intervals. Athletes will have a significant amount rest after each set. This means they should be pushing the pace every time their new round starts. We have descending reps per round, consisting of the same movements throughout. This month was all about burpees. This is why the volume of burpees when we have had them lately has been so high. This will be a tough workout, there shouldn't be any need to push the pace on the step overs, this will only make the workout significantly harder.

Midline Brief:

To finish off our session today, our athletes will work through 4 sets of GHD work. They will begin in a prone position and perform 10 hip extensions, really focussing on utilising the glutes and hamstrings to complete these reps. Immediately after finishing. Athletes will then work through 15 GHD sit ups. Athletes will rest 2 minutes between sets.

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Wednesday 20th					
Warm Up	Strength	Workout	Scaled Version	Accessories	Post Workout
3 Sets: 20 Second ring support hold 5 Inch worms 20m Banded monster walk Mobility: Chest, triceps, lower back 3 Sets: 1. 5 HR push ups 2. 10 BB kang squats 3. 20 Second HS hold	Ring Dip Couplet 6 Sets 5 Paused strict ring dips 10 Kipping dips 000,200,400,600,800,1000	11 Min AMRAP 20 Pistol Squats 10 Deadlifts 5 Strict HSPU @100/70 (225/155)	11 Min AMRAP 20 Goblet Squats 10 Deadlifts 5 Pike HSPU @80/52.5 (175/115)	Accessories 3 Sets 15 Banded Face Pulls 30 Second DBL KB OH Hold Rest 90 seconds between sets	Lower back + chest stretch

Strength Brief:

Today's upper body couplet will again be a push into a push. This weeks session is a little more gymnastics orientated. Athletes will work from strict dips, immediately into kipping dips. This couplet is going to be pretty intense through our narrow pressing. Athletes if they wish should take a short break between their strict and kipping reps.

Coaching Points

- Ring support hold
- Negative dips
- Ring dips

WOD Brief:

Our workout today is a heavy, slow technical one. Athletes will work through moderate volume of pistol squats, from here we go into heavy deadlift for 10 reps and finish the round with strict HSPU. At no point should we really push the pace on any of these movements. If we can pace and go unbroken on both pistols and HSPU, this will allow us time to break the deadlifts into a number of sets. We should be confident deadlifting the weight that we choose to work with today. We would expect athletes to get through 4+ rounds today.

Accessories:

We have some upper body accessories to finish today's class. Athletes will go from banded face pulls, targeting those Rhomboids in the thoracic, into a standing DBL KB OH hold. This is really going to get those finer muscles all throughout the upper back firing.

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Thursday 21st				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 10 DBL KB Russian swings 1 Min DBL KB wall sit 10 DBL KB squats Mobility: Front rack, hips, glutes 3 Sets: 1. 10 BB kang squats 2. 20 Second hollow hold 3. 30 Second squat hold	Front Squat 6x1 @90% of 1rm 000,200,400,600,800,1000	For Reps (15 min total cap) 5 Sets 2 Mins on 1 Min off 20/15 Cal Bike ME Cal Row in Remaining Time	For Reps (15 min total cap) 5 Sets 2 Mins on 1 Min off 15/10 Cal Bike ME Cal Row in Remaining Time	Quad + hamstring stretch

Strength Brief:

Our strength component of today's session will be an out and out front squat. Working heavy, completing singles each set, athletes will be building strength through volume towards the top end of their capacity.

Coaching Points

- Bracing the torso tight
- Sending the hips back and down
- Leading with the elbows out the bottom of the squat
- Complete one rep on one breath

WOD Brief:

We have a monostructural interval workout today. Athletes will work through 5 sets total. We will be scoring today's workout by the total number of calories on the rower accumulated over our total sets. This workout will be 2 mins on 1 min off. At the top of the 2 minute mark, athletes will bike a moderately high volume of calories. In the remaining time, they will then look to row as many cals as possible. We must take into consideration when judging how hard to go that there is only 1 minute of rest between each interval. Do not blow a gasket in round one.

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Friday 22nd				
Warm Up	Gymnastics	Workout	Scaled Version	Post Workout
3 Sets: 100m Run 30 Second dead hang hold 10 B-stick OHS Mobility: Shoulders, hips, lats 3 Sets: 1. 5 Barbell OHS 2. 10 BW kang squats 3. 1 rope climb	Gymnastics 10 Min EMOM 10 TTB Rest remainder of working minute	For Time (15-18 Min cap) 4 Rounds 400m Run 18-15-12-9 Overhead Squats 3 Rope Climbs @52.5/35 (115/75)	For Time (15-18 Min cap) 4 Rounds 400m Run 18-15-12-9 Overhead Squats 5 Rope Pull Ups @42.5/30 (95/65)	Quad + shoulder stretch

Gymnastics Brief:

Today's gymnastics component will all be about accumulating volume through TTB. We have performed this EMOM multiple times before. Similarly we completed this EMOM with pull ups last week. Again, the aim is to be as consistent as possible throughout, with the number attempt in round one, should be the number we attempt in round 10

Coaching Points

- Tension swings
- Knees to chest
- TTB

WOD Brief:

Our workout today will be for time. Athletes will work through 4 rounds of running, descending rep overhead squats and rope climbs. Athletes should pace their first run, knowing we have 3 long rounds ahead of us. The barbell weight is moderate, the volume starts high. IT would be smart, knowing we have high volume rope climbs up next, that we break up our OHS from the beginning. Some may choose to go unbroken, this is likely to be those who are proficient rope climbers. Scale the weight of the barbell, and maybe the volume of the OHS and rope climbs to an appropriate volume for our athletes today.

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Saturday 23rd			
Warm Up	Workout	Scaled Version	Post Workout
3 Sets: 10/7 Cal row 10 DB snatches 30 Second wall sit Mobility: Lower back, hamstrings, shoulders	24 Min AMRAP In Pairs 12 Sync DBL DB Thrusters 24 Bar Facing Burpees 18 Sync Hang DBL DB Clean and Jerks 36 Box Jump Overs 24 Sync DBL DB Hang Snatch 48 Calorie Bike @22.5/15 (50/35) @60/50cm (24/20)	24 Min AMRAP In Pairs 12 Sync DBL DB Thrusters 24 Bar Facing Burpees 18 Sync Hang DBL DB Clean and Jerks 36 Box Jump Overs 24 Sync DBL DB Hang Snatch 48 Calorie Bike @20/12.5 (45/30) @50/40cm (20/16)	Quad + shoulder stretch

WOD Brief:

Athletes today have a long AMRAP, consisting of many movements. All our DB work today will be completed with 2 dumbbells. All our DB work will be sync with their partner. This will mean they will have to communicate and only work as fast as their slowest athlete. Our accessory movements to each DB movement will be double the volume of our DB movements. This workload can be shared however our athletes choose. We would expect athletes to get through 3 rounds of this workout today.

JULY SESSION PLANS

Monday 25th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 200m Run 10 Russian swings 30 Second dead hang hold Mobility: Lats, shoulders, lower back BB warm up: Building weight 1. 3 Hang muscle snatch 2. 3 Snatch balances 3. 3 Overhead squats	Hang Squat Snatch 6x3 @80% of 1rm snatch 000,200,400,600,800,1000	For Time (12-15 min cap) Helen 3 Rounds 400m Run 21 KB Swings 12 Pull Ups @24/16 (53/35)	For Time (12-15 min cap) Helen 3 Rounds 400m Run 21 KB swings 12 Pull Ups @20/12 (45/30)	Lat + forearm stretch

Strength Brief:

Today's lifting session, again from the hang. Athletes will be working through 6 sets of hang squat snatches. Each set athletes will work through 3 reps. The idea here is that we work on being fast underneath the bar. This will require us to be as explosive as possible from the hip allowing us to catch at the bottom of the rep correctly.

Coaching Points

- Driving up through the bar
- Pulling ourself under the bar
- Moving the feet to the squat stance
- Catching with locked out arms

WOD Brief:

We are kicking off this weeks workouts with a test of an old classic. Helen. Athletes have 3 rounds of a 400m run, 21 KB swings and 12 pull ups. Athletes should go at this workout aggressively. Big sets of swings, and holding on to the pull ups unbroken. We have a slightly length time cap for this workout. This is to allow those, who may have never attempted this workout as prescribed before to give it a go and to finish.

JULY SESSION PLANS

Tuesday 26th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 8/5 Cal bike hard 10 Tension swings 5 Down ups Mobility: Shoulders, triceps, hamstrings TTB: 1. Tension swings 2. Knees to chest 3. TTB	Push Push Couplet 4 Sets 6 Barbell strict press 10 DBL DB Arnold presses 000,300,600,900	For Total Time (15-18 Min cap) 5 Rounds 15/10 Cal Bike 10 TTB 10 DBL DB Burpee Deadlifts Rest 60 Seconds between Rounds @22.5/15 (50/35)	For Total Time (15-18 Min cap) 5 Rounds 15/10 Cal Bike 10 Knees to Chest 10 DBL DB Burpee Deadlifts Rest 60 Seconds between Rounds @20/12.5 (45/30)	Tricep + midline stretch

Strength Brief:

Today's upper body couplet will again be a press into a press. This will be a couplet that we have completed before, it is anything but pleasant when completed correctly. Athletes when choosing their strict press weight, should be selecting a weight that is heavy but definitely achievable. To get the correct stimulus out of this workout, there should be no rest between strict press and Arnold presses.

Coaching Points

- Elbows should be slightly forward of the bar
- Pulling the head back and out the way, maintaining a straight bar path from shoulder to overhead
- Head returns through the arms to complete rep, this will ensure we have active shoulders at the top end of the movement

WOD Brief:

Today's workout is another interval workout. Today we will be working for total time. There will be a 60 second rest between each round. Athletes have a relatively low volume of work to get through each round, however this is a progressively gassy workout. We should be looking to hold a solid pace on the bike, looking to potentially go unbroken on the remaining movements of the workout throughout. The 60 seconds should allow for this.

JULY SESSION PLANS

Wednesday 27th				
Warm Up	Workout	Scaled Version	Midline	Post Workout
3 Sets: 150m Row 20 HS shoulder taps 10 Jumping lunges Mobility: Hips, glutes, triceps 3 Rounds: 1. 10 Single arm PP 2. 10 Walking lunges 3. 3 Broad jumps	15 Min AMRAP 200m Row 10 DBL DB Push Press 14m DBL DB Farmers Lunges 10 Box Jump Overs @22.5/15 (50/35) @60/50cm (24/20)	15 Min AMRAP 200m Row 10 DBL DB Push Press 14m DBL DB Farmers Lunges 10 Box Jump Overs @20/12.5 (45/30) @60/50cm (24/20)	Midline 4 Sets 10 GHD sit ups 20 Second face up GHD hold 10 GHD sit ups Rest 2 mins between sets	Tricep + glute stretch

WOD Brief:

Today's workout is a 15 min AMRAP. Our volume for each movement today is low. Athletes should be able to hit this workout at a good intensity for the duration. The rower should be used to steady ourselves, this will allow us to move immediately into unbroken push presses and then immediately into our farmers lunges. These are something we haven't done before. We do need to be aware that the farmers lunges into the BJO may light up the posterior of some of our athletes. We would expect athletes to get through 4+ rounds of today's workout.

Midline:

Our midline work to complete today's workout will be our most difficult of the month. Athletes will begin with 10 GHD sit ups, on the 10th rep they will hold a 20 second supine hold on the GHD machine, followed immediately again by 10 reps of GHD sit ups. This is a lot of volume. Scale back the reps and the time in which we are holding on the machine.

JULY SESSION PLANS

Thursday 28th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 5 Down ups 10 Wall balls 30 Second wall sit Mobility: Front rack, hips, hamstrings 3 Sets: 1. 10 Dead bugs 2. 10 Kang squats 3. 5 Paused front squat	Front Squat Test 20 Mins to find 3rm + 1rm	For Time (8-10 min cap) 10 Rounds 6 Bar Facing Burpees 1 Squat Clean @80/52.5 (175/115)	For Time (8-10 min cap) 10 Rounds 6 Bar Facing Burpees 1 Squat Clean @60/42.5 (135/95)	Quad stretch

Strength Brief:

Our strength focus today will be a test of our front squat. Athletes today will be looking to initially build to a 3rm front squat. Once achieved the heaviest possible, they will then continue to build towards a 1rm front squat. Athletes have 20 minutes to complete this work.

Coaching Points

- Bracing the torso tight
- Sending the hips back and down
- Leading with the elbows out the bottom of the squat
- Complete one rep on one breath

WOD Brief:

Our workout today is a short yet intense workout. There is no let up really from the outset. Athletes will work through 10 rounds of 6 bar facing burpees, followed by 1 heavy squat clean. Firstly, we want our athletes to choose a weight they know they can hit, yet will be a challenge with a high heart rate. This workout is most definitely not won in the first couple of rounds. It is however most certainly a burpee workout. The squat clean is in there to slow us down, and get us lifting with a high heart rate and fatigued legs. We do need to push today. Our time cap is short, however extremely achievable so long as we work with the correct barbell weight.

JULY SESSION PLANS

Friday 29th				
Warm Up	Strength	Workout	Scaled Version	Post Workout
3 Sets: 200m run 10 Scap pull ups 10 Scap push ups Mobility: Lower back, hamstrings lats 3 Sets: 1. 1 Rope pull up 2. 1 Rope climb 3. 20 Mountain climbers	Deadlift 10 Min EMOM Min 1+2- 12 Reps @110/75 (245/165) Min 3+4- 10 Reps Min 5+6- 8 Reps Min 7+8- 6 Reps Min 9+10- 4 Reps Increase weight each change of reps	AMRAP For Reps (15-18 min total cap) 4 Rounds 400m Run 1 Min ME Rope Climbs	AMRAP For Reps (15-18 min total cap) 4 Rounds 400m Run 1 Min ME Rope Climbs	Hamstring + lower back stretch

Strength Brief:

Our deadlift session today is similar to our first of the month. We will be working through a 10 min EMOM where our reps start higher and lighter. Our weight will increase every 2 rounds as our volume decreases. The idea is that we build our volume through heavy weight. There are no prescribed weight increases for today's workout. We have prescribed the first weight which is heavier than our previous session.

Coaching Points:

- Drawing the shoulders back and down toward the glutes
- Driving the ground away with hips and shoulders rising at the same time till the bar passes the knee
- Drive through with the glutes to complete the rep

WOD Brief:

A slightly different workout today. This will be an AMRAP for reps. Athletes will work through 4 rounds of a 400m run, followed immediately by 1 minute of ME rope climbs. Athletes will need to manage their own time on the clock. The minute work will start as soon as they are set up and ready underneath the rope. We do want athletes pushing the pace on the run also. As soon as their working minute is up, they will head back out on their next 400m run.

JULY SESSION PLANS

Saturday 30th			
Warm Up	Workout	Scaled Version	Post Workout
3 Sets: 200m Row 10 Ring tension swings 10 Russian KB swings Mobility: Lats, chest, shoulders	20 Min AMRAP Partner Nate 2 Muscle Ups 4 HSPU 8 KB Snatches @24/16 (53/35) 1 work 1 rest	20 Min AMRAP Partner Nate 2 Burpee Pull Ups 4 Hand Release Push Ups 8 KB Swings @24/16 (53/25) 1 work 1 rest	Forearm and shoulder stretch

WOD Brief:

Today's partner workout will be the hero workout Nate. Athletes will do a whole round whilst their partner rests before they then complete a full round whilst their partner rests. We will work as many rounds and reps of this as possible. Due to the rest, we will be able to keep in pace high. All work should be completed unbroken, the volume is low of all movements. We have changed the prescribed version a little and made our KB work snatches rather than swings. This is just to make it that little bit more difficult, but also that little bit faster to keep the pressure on our guys.

JULY SESSION PLANS

Strength Brief:

Coaching Points

WOD Brief: