

FALL 2023 SAMPLE

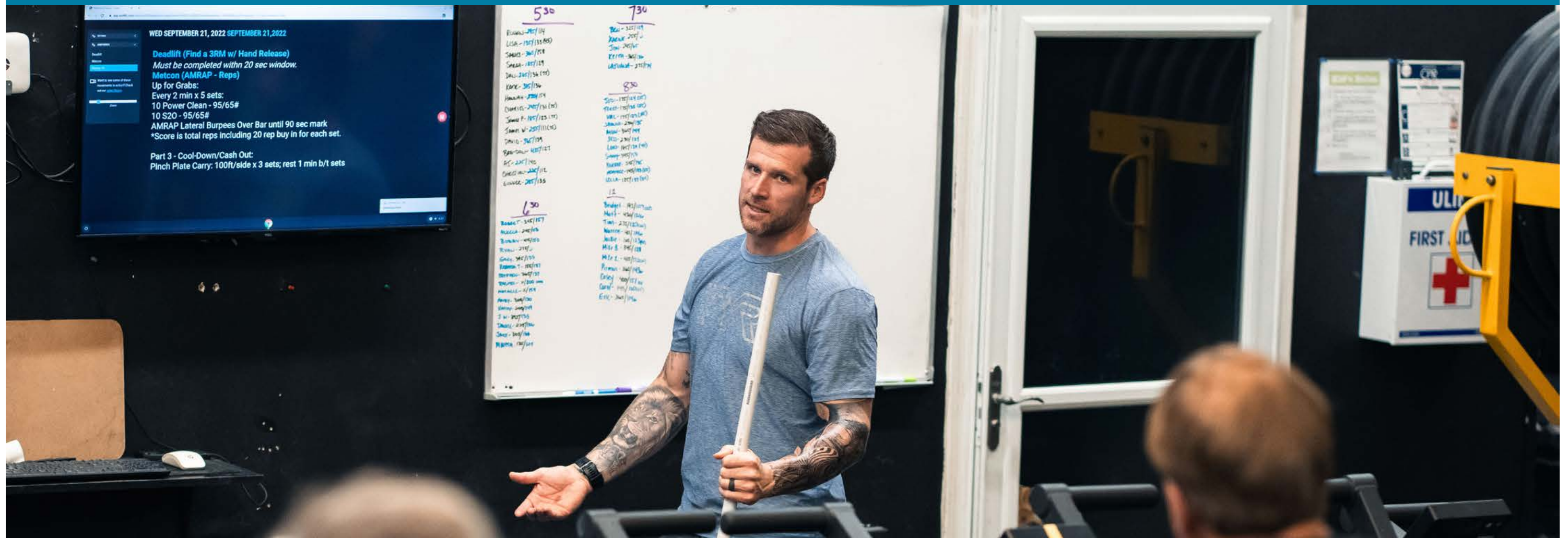
EFFORT IS A CHOICE

#TTTATHLETE

TT AFFILIATE

FULL WEEK SAMPLES

TRAINING THINK TANK



COMPETITION PATH

Warm-up & Strength/Skill

TT AFFILIATE

MON	TUE	WED	THU	FRI	SAT
<p>WARMUP 3 Sets 5 Inchworms 5/side groiner twists 10 PVC Passthrough 5 Banded RNT OHS + 1 Set x 6 reps each of the following movements: -Snatch Grip RDL's -Snatch Grip Deadlifts -Hang Snatch Shrugs -Hang Muscle Snatch -Squatting Quad Ankle Rocks -Heaving Snatch Balance -Overhead Squats -Hang Snatch -Snatch</p>	<p>WARMUP Line Drill - 25' Each Drill Knee Hug March Lunge to Lizard Inchworms Lateral Duck Unders 200m Run + 2 Sets 5/side Box Step ups 10 Medball Kang Squats 5 Box jumps (step down)</p>	<p>WARMUP 3 Sets 10 Wrist Rocks side to side 10 Scap Push-ups 10 Empty barbell Good mornings 5 x 1 Hang Muscle clean + 1 strict press (empty bar) + Optional metcon prep 2 rounds 2 Power Cleans 2 HSPU</p>	<p>WARMUP Row :20 on / :10 off x 8 sets (4 min) *pick up pace each interval to be near sprint by the end + 2 rounds: 20 seconds pogo jumps 10 seconds rest 20 seconds speed steps 10 seconds rest 20 seconds Penguin hops Rest 1-2 min</p>	<p>WARMUP 3 Sets :30/side PVC Front rack stretch 10 Scap Pull ups 5 PVC Front Squats @ 2121 tempo 10 No push up burpees</p>	<p>WARMUP With a partner Partner 1: 1 round 5/side DB Suitcase DL 5/side Box Step ups 5/side SA DB Strict Press Partner 2: 1 Round 1 Wall Walk + :05 HS Hold 10 Kip Swings 10 Hollow Body Rocks *Once both partners are done switch until everyone does both station twice</p>
<p>STRENGTH A. Snatch Pull + Squat Snatch: 3.3; 3.3; 2.2; 2.2, 2.2; Each set on the 2 minutes - 63,67,73,75, 77% 1RM SN *Format is 3 snatch pull + 3 snatch; 2 snatch pull + 2 snatch; etc. Rest 10 seconds b/t snatch pulls & snatches. *Focus on strong vertical leg drive during pulls so that it carries over into full snatch. *Complete warm up and strength by 40 min</p>	<p>None</p>	<p>STRENGTH A. Deadlift: 5,5,5; Each set on the A. Strict Press: In 5 Working sets: build to a heavy 5 reps, not exceeding a 9/10 RPE. *Should be 1 rep left in the tank on the final set. Rest 90 sec b/t attempts *Complete warm up and strength by 30 min</p>	<p>STRENGTH *Met-Con First: 10 min AMRAP For quality: 3 Dragon Flags 200ft SA DB Farmer Carry/side (or stationary hold for 30-40 sec/ side 6 DB Goblet Cossack Squats/side - Not Alternating, loading based on feel, cap of 70# *loading based on feel, cap of 70lbs for the day (32kg)</p>	<p>STRENGTH A. Pick one of the 4 tests based on strength level: Options: - AMSAP Hang from Pull-Up Bar - Pronated grip (if unable to hold chin over bar) - AMSAP Chin Over Bar - Pronated grip (if unable to perform strict pull-up) - AMRAP Strict Pull-Up (if unable to do strict CTB) - AMRAP Strict CTB Pull-Up</p>	<p>STRENGTH A. Pick one of the 3 tests based on strength level: Options: - AMSAP Back to Wall or Wall Facing HS Hold - AMRAP Strict Unbroken HSPU - If less than 3, perform to elevated mat/surface - AMRAP Strict Unbroken Wall Facing HSPU</p>
<p>STRENGTH NOTES - We are starting today with some technical work on the snatch. - The weights should start off light-moderate and build slightly over the sets. - The format is to perform all reps on the snatch pull then all reps on the snatch (ie. 3 snatch pull then 3 snatch). - Focus on a strong vertical drive with the legs during the pulls to have it carry over into the snatch.</p>		<p>STRENGTH NOTES - Today's strict press is a baseline test before we build up across the cycle to a 5RM in week 10. - There should be 1 rep left in the tank today. - Only 5 working sets are allowed. Working sets start after warm up sets are complete.</p>	<p>STRENGTH NOTES - Today is a skill based day for the strength will be performed after the metcon today. - The goal today is a quality effort with a high focus on technique. - Each movement will challenge some level of core stability with some additional leg work in the cossack squats.</p>	<p>STRENGTH NOTES - This is our pulling strength test for the cycle. - Members can choose which test they perform based on their current strength level. - The goal is to find a max duration or rep set in 1 attempt.</p>	<p>STRENGTH NOTES - This is our gymnastics pressing test for this cycle. - Members can choose which option to perform based on strength level. - We want to keep members on strict variations this cycle to help build strength rather than moving toward kipping today.</p>

<h2>MON</h2> <p>E.T. 3 rounds for time: 12 deadlift 115/80lb (52/36kg) 9 hang power snatch 115/80lb (52/36kg) 6 OHS 115/80lb (52/36kg)</p> <p>Advanced: 135/95lb (61/43kg) Masters RX: 105/75lb (48/34kg) *6 min cap</p> <p>SCALED 3 rounds for time: 12 deadlift - 95/65lb (43/30kg) 9 hang power snatch - 95/65lb (43/30kg) 6 OHS - 95/65lb (43/30kg) *6 min cap</p> <p>BEGINNER 3 rounds for time: 12 Deadlift - 95/65lb (43/30kg) 9 Hang Power clean - 95/65lb (43/30kg) 6 Front Squat - 95/65lb (43/30kg) *6 min cap</p>	<h2>TUE</h2> <p>Boiling Point 5 sets, increasing pace per set On a 5 min clock: 400m run 24 wall balls 20/14lb to 10/9 feet 12 V-up max BJO with remaining time (24/20) - step down 2 min rest b/w sets</p> <p>SCALED 5 sets, increasing pace per set On a 5 min clock: 400m run 24 wall balls 14/10lb to 10/9 feet 12 Tuck-up max Box Step overs with remaining time (24/20) 2 min rest b/w sets</p> <p>BEGINNER 5 sets, increasing pace per set On a 5 min clock: 300m run 20 wall balls 14/10lb to 10/9 feet 10 Tuck-up max Box Step overs with remaining time (20/16) 2 min rest b/w sets</p>	<h2>WED</h2> <p>What goes up must come down 7 min ascending amrap 2-4-6-8-10 etc. Power clean 135/95lb (61/43kg) Hspu</p> <p>*Advanced athletes: Strict hspu + 155/105lb Masters RX: 115/80lb (52/36kg)</p> <p>SCALED 7 min ascending amrap 2-4-6-8-10 etc. Power clean 95/65lb (61/43kg) Hand Release Push ups</p> <p>BEGINNER 7 min ascending amrap 2-4-6-8-10 etc. Power clean 75/55lb (35/25kg) On knee Push ups</p>	<h2>THU</h2> <p>Hip-Hop Anonymous For time: 2k/1600m row 200 double unders 1k/800m row 100 double unders</p> <p>*20 min cap</p> <p>SCALED For time: 2k/1600m row 250 Single unders 1k/800m row 150 Single unders</p> <p>*20 min cap</p> <p>BEGINNER For time: 1600/1400m row 250 Side to side line hops 800/600m row 150 Front to back line hops</p> <p>*Each hop counts as 1 rep</p> <p>*20 min cap</p>	<h2>FRI</h2> <p>**CYCLE TEST** Wrath 12 min amrap: 12 Lateral burpees over bar 12 thruster 95/65lb (43/30kg) 12 CTB</p> <p>SCALED 12 min amrap: 12 Lateral burpees over bar (step allowed) 12 thruster 75/55lb (35/25kg) 12 Pull ups</p> <p>BEGINNER 12 min amrap: 12 Burpees 12 DB thruster 35/25lb (15/10kg) 12 Ring Rows</p>	<h2>SAT</h2> <p>Seeing Double Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 BMU 4 Double DB CJ 50/35# (22.5/15kg) (from floor) 5 TTB 6 Double DB box step overs 50/35# 24/20"</p> <p>*pick up where you left off in previous set</p> <p>SCALED Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 Burpee Pull ups or Burpee Jumping Pull ups 4 Double DB CJ 35/25# (15/12.5kg) (from floor) 5 Kipping Knee raises 6 Double DB box step overs 35/25# to 20/16"</p> <p>*pick up where you left off in previous set</p>
<p>METCON NOTES: Intent - Intense barbell cycling metcon.</p> <p>Target - The weight on the bar should be moderate today. The deadlifts will feel relatively light whereas the hang snatch and OHS will start to get challenging. Plan to take smart breaks between movements. The weight should allow for 1 break on the deadlift and the hang snatch. Once the bar is overhead try to hold on to stay unbroken in the OHS.</p> <p>Feel - Short high intensity.</p> <p>Flow - N/A</p>	<p>METCON NOTES Intent - Increasing pace intervals.</p> <p>Target - This will be a longer duration interval that should be started very steady in order to speed up. The run should be done in roughly 2 minutes to start, the wallballs and V-ups should be close to unbroken with potentially 1 planned break. This buy in portion should be complete by the 4 minute mark to ensure a minute of box jump overs. Advanced athletes may have more time to accumulate reps. Find a steady pace on the box jump overs that will remain consistent each round. Try to speed up the buy in portion in each set to have more time to accumulate box jump overs.</p> <p>Feel - Increasingly more difficult with each set.</p> <p>Flow - Work for the entire 5 minute window. Once finished with the V-ups, the remainder of the time is spent on box jump overs. Rest 2:00 before starting the run again. 35 minutes total.</p> <p>Scaling: - If you cannot run substitute: - 15 Shuttle runs - 1000m Bike - 500m Row</p>	<p>METCON NOTES Intent - Barbell and gymnastics couplet.</p> <p>Target - The weight on the bar should allow for steady singles across the workout. The HSPU reps should start unbroken, with planned breaks as the reps increase. Most will become bottlenecked by HSPU as density grows, so plan breaks accordingly to avoid shoulder burnout early.</p> <p>Feel - High density in a short time period.</p> <p>Flow - Reps increase by 2 until the 7 minute mark. Advanced athletes can perform Strict HSPU and Power Cleans at 155/105lbs.</p>	<p>METCON NOTES Intent - Longer aerobic conditioning.</p> <p>Target - The rows should be at a pace that you can maintain for a long period of time. Most people should shoot for their 3K-5K pace to stay steady. The double unders are in a high density so some may require breaks. But members should be able to complete the set of 200 in 6-8 sets at most before scaling.</p> <p>Feel - Long breathing focused conditioning.</p> <p>Flow - N/A</p> <p>Machine modifications: - If you do not have enough rowers substitute any of the following: - 4K/3.5K Bike + 2k/1.5k Bike - 2K/1600m Ski + 1k/800m Ski - 1 mile run + 800m Run - Or any combination of 2 machines to share equipment.</p>	<p>METCON NOTES Intent - Cycle metcon test.</p> <p>Target - This will be a high intensity AMRAP for those proficient in CTB. Try to hold a steady pace that allows you to push the finish. Most will need to break up the CTB into multiple sets in order to keep moving. Try to continue a steady pace on the burpees and keep thrusters unbroken or with only one break to save time on those movements.</p> <p>Feel - High intensity with upper body fatigue.</p> <p>Flow - N/A</p>	<p>BEGINNER Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 Burpee Jumping Pull ups 4 Double DB CJ 25/15# (10/7.5kg) (from floor) 5 Abmat Sit ups 6 Double DB box step overs 25/15# (10/7.5kg) to 20/16"</p> <p>*pick up where you left off in previous set</p> <p>METCON NOTES Intent - Partner variation of our weekly throwdown.</p> <p>Target - This is a broken AMRAP format with a partner allowing for a higher intensity push since there is rest built in. Most of these movements should be possible to hold unbroken at the start with some breaks later on in the workout. Switch with partners often to avoid resting while the other could complete the work.</p> <p>Feel - Grip fatigue and gymnastics bottlenecks.</p> <p>Flow - Switch partners at any time to split work as desired.</p>

EXTRA CREDIT
& Cool Downs



<p>MON</p> <p>COOLDOWN 2-3 sets: Horse Stance Squat @5151 x 3-4 reps Table Top Hold x 30 sec (ensure as much hip extension as possible) LAX Ball Psoas and Diaphragm Release x 1min/side Rest as needed b/t each for quality</p>	<p>TUE</p> <p>COOLDOWN 5 minute walk forward 5 minute walk backwards</p>	<p>WED</p> <p>COOLDOWN A. Band Assisted Straddle Pancake Stretch - Accumulate 3 minutes, break as needed</p>	<p>THU</p> <p>COOLDOWN *No specific cooldown - strength will act as blended cooldown/finisher as a group</p>	<p>FRI</p> <p>COOLDOWN CD - Core 2 sets for quality :30/side forearm side plank 20/side Russian Twist (no or light weight) 10 Strict Knees to elbows</p>	<p>SAT</p> <p>COOLDOWN 3 sets: Prone GHD Y-T-W's: 8 reps each, not alternating Rest 30 sec Seated Straddle Wall Slides: 8 reps - slow & controlled Rest 1-2 min</p>
<p>SNATCH SUPPORT A. Drop Snatches: 3 reps every 2 min x 5 sets - 4/10 RPE - working speed/tech in positions + B. Back Squat: Build to 83% 1RM + C. Back Squat: 3 reps x 4-5 sets @ 70-75% 1RM</p> <p>EXTRA CREDIT NOTES - This will be some additional work to compliment the snatches from the strength. - The drop snatches are focused on speed and technique to build comfort in positions. - The back squats will serve to build strength and will complement the back squat progression we are doing in the "B-week" strength.</p>	<p>STRENGTH A. Bench Press: 5,5,X x 3 sets; rest as needed - 70%, final set AMRAP (-1) + B. BB Skull Crushers 21's: 21 reps x 3 sets; rest 60-90 sec - 7 top range, 7 bottom range, 7 full range</p>	<p>HANDSTAND A. 1.1.1.1 Tuck to handstand on wall x 3, rest 90-120 sec btw sets *elbows stay locked out throughout. Before kicking up, press hard into the ground. As you kick, continue to press and push your hips over your shoulders. Ideally, you pass through a controlled tuck position before extending your legs B. Accumulate 5 reps of: Kick up on cross + 1 step into turn C. Accumulate 5 reps of: Kick up on cross + 2 step into turn (90 degrees) D. Accumulate 5 reps of: 5ft HSW to cross + 2 step 90 degree turn E. Accumulate 5 reps of: 5ft HSW to cross + 2 step 90 degree turn + 5ft HSW away</p> <p>EXTRA CREDIT NOTES - Today's extra credit is focused on some advanced handstand skills including pirouettes. - These drills will be the start of learning some control while upside down.</p>	<p>PISTOL SUPPORT A. Pole Assisted Single Leg Isometric Hold 2 x 45 Seconds. https://youtu.be/fzXLFxzsvaU B1. Deck Squat 2 x 10-20. https://youtu.be/MUREzSd-HPY B2. Bench Pistol Squat 2 x 6-12. https://youtu.be/JZjWvAKIdZY + 2 Sets per leg; rest as needed b/t sets (one leg at a time) 10sec Single Leg Wall-sit @ 90deg 8 KB Goblet, Dead-stop Pistol to 12" box 12 Band Assist Pistols (SPEED out of hole, controlled negative)</p> <p>EXTRA CREDIT NOTES - Today will help build strength and positions for pistol squats. - Approach each set with intent on building ROM and comfort in single leg positions.</p>	<p>STRENGTH A. Front Squat: Work to a heavy 5 reps for the day, leave 5-10# in the tank.</p> <p>EXTRA CREDIT NOTES - Extra strength work on our squatting patterns to complement some of the lifting throughout the week. - Build up on feel but leave 5-10lbs in the tank at the end.</p>	<p>AEROBIC 10min C2 Bike - start @ damper-0, increase damper every set, maintain a constant 1000m pace *nose-breathing only + Maximal Recovery Pace Test 5x Sets; 1k C2 bike @ 5k pace 2min AAR @ recovery pace *NOTE: for the active-recovery portion, try to increase your recovery-pace each round to find what your "maximum recovery pace" is + D. Active Recovery 10min C2 bike @ damper-0 / highest RPM you can maintain while subjectively recovering *nose-breathing only "</p> <p>EXTRA CREDIT NOTES - The goal of this session is to build aerobic endurance and to find a "maximal recovery" pace on the run portion. - Try to start very easy on the run and build each set to find what pace you can hold and still recover for the next interval. - If you do not have access to an AAR run outdoors.</p>

FITNESS PATH

Warm-up & Strength/Skill

TT AFFILIATE

<h2>MON</h2> <p>WARMUP 3 Sets 5 Inchworms 5/side groiner twists 10 PVC Passthrough 5 Banded RNT OHS + 1 Set x 6 reps each of the following movements: -Snatch Grip RDL's -Snatch Grip Deadlifts -Hang Snatch Shrugs -Hang Muscle Snatch -Squatting Quad Ankle Rocks -Heaving Snatch Balance -Overhead Squats -Hang Snatch -Snatch</p>	<h2>TUE</h2> <p>WARMUP Line Drill - 25' Each Drill Knee Hug March Lunge to Lizard Inchworms Lateral Duck Unders 200m Run + 2 Sets 5/side Box Step ups 10 Medball Kang Squats 10 Hollow Body Rocks</p>	<h2>WED</h2> <p>WARMUP 3 Sets 10 Wrist Rocks side to side 10 Scap Push-ups 10 Empty barbell Good mornings 5 x 1 Hang Muscle clean + 1 strict press (empty bar) + Optional metcon prep 2 rounds 2 Power Cleans 2 Hand release push ups</p>	<h2>THU</h2> <p>WARMUP Row :20 on / :10 off x 8 sets (4 min) *pick up pace each interval to be near sprint by the end + 2 rounds: 20 seconds pogo jumps 10 seconds rest 20 seconds speed steps 10 seconds rest 20 seconds Penguin hops Rest 1-2 min</p>	<h2>FRI</h2> <p>WARMUP 3 Sets :30/side PVC Front rack stretch 10 Scap Pull ups 5 PVC Front Squats @ 2121 tempo 10 No push up burpees</p>	<h2>SAT</h2> <p>WARMUP With a partner Partner 1: 1 round 5/side DB Suitcase DL 5/side Box Step ups 5 Strict Burpees Partner 2: 1 Round 10 Kip Swings 5 Kipping knee raises 10 Hollow Body Rocks *Once both partners are done switch until everyone does both station twice</p>
<p>STRENGTH A. Snatch Pull + Hang Power Snatch: (1+2) Each set on the 2 minutes - Build on feel as technique allows *Focus on strong vertical leg drive during the pull so that it carries over into the power snatch. *Complete warm up and strength by 40 min</p>	<p>None</p>	<p>STRENGTH A. Strict Press: In 5 Working sets: build to a heavy 5 reps, not exceeding a 9/10 RPE. *Should be 1 rep left in the tank on the final set. Rest 90 sec b/t attempts *Complete warm up and strength by 30 min</p>	<p>STRENGTH *Met-Con First: 10 min AMRAP For quality: 3 Dragon Flags 200ft SA DB Farmer Carry/side (or stationary hold for 30-40 sec/ side 6 DB Goblet Cossack Squats/side - Not Alternating, loading based on feel, cap of 70# *loading based on feel, cap of 70lbs for the day (32kg)</p>	<p>STRENGTH A. Pick one of the 4 tests based on strength level: Options: - AMSAP Hang from Pull-Up Bar - Pronated grip (if unable to hold chin over bar) - AMSAP Chin Over Bar - Pronated grip (if unable to perform strict pull-up) - AMRAP Strict Pull-Up (if unable to do strict CTB) - AMRAP Strict CTB Pull-Up</p>	<p>STRENGTH A. Back Rack reverse lunges - 4 sets x 8/side Alternating Rest 2:00 between sets Goal of RPE8/10 *Complete warm up and strength by 30 min Strength Notes: - We are focusing on unilateral leg strength this week with alternating reverse lunges. - The bar should be taken from the rack and the load should be RPE 8/10 by the last set.</p>
<p>STRENGTH NOTES - We are starting today with some technical work on the snatch. - The weights should start off light-moderate and build slightly over the sets. - Perform 1 snatch pull followed by 2 hang power snatches. - Focus on a strong vertical drive with the legs during the pulls to have it carry over into the snatch.</p>		<p>STRENGTH NOTES - Today's strict press is a baseline test before we build up across the cycle to a 5RM in week 10. - There should be 1 rep left in the tank today. - Only 5 working sets are allowed. Working sets start after warm up sets are complete.</p>	<p>STRENGTH NOTES - Today is a skill based day fo- The strength will be performed after the metcon today. - The goal today is a quality effort with a high focus on technique. - Each movement will challenge some level of core stability with some additional leg work in the cossack squats.</p>	<p>STRENGTH NOTES - This is our pulling strength test for the cycle. - Members can choose which test they perform based on their current strength level. - The goal is to find a max duration or rep set in 1 attempt.</p>	<p>STRENGTH NOTES - This is our gymnastics pressing test for this cycle. - Members can choose which option to perform based on strength level. - We want to keep members on strict variations this cycle to help build strength rather than moving toward kipping today.</p>

MON	TUE	WED	THU	FRI	SAT
<p>E.T. 3 Rounds for time 12 alt. DB Hang Power Snatch - 50/35 (22.5/15kg) 6 DB Goblet Squat 12 Alt. DB Hang Clean and jerk 6 DB Goblet Squat</p> <p>**6 min cap</p> <p>SCALED/BEGINNER: 3 Rounds for time 12 alt. DB Hang Power Snatch - 35/25 (15/10kg) 6 DB Goblet Squat 12 Alt. DB Hang Clean and jerk 6 DB Goblet Squat</p> <p>**6 min cap</p> <p>METCON NOTES: Intent - Intense DB cycling metcon.</p> <p>Target - We are looking for unbroken sets on the DB to start. It will get tough to hold on for all 3 rounds so plan a break between movements as needed to keep the arms fresh. This will mostly be limited by upper body fatigue from holding the DB throughout.</p> <p>Feel - Short high intensity with upper body muscle endurance.</p> <p>Flow - N/A</p>	<p>BOILING POINT Every 3:00 x 10 sets (alt. 5 each) Odd sets: 400m Run</p> <p>Even Sets: 20 Meball Push press - 20/14lbs to 10/9ft 15 Medball Box Step overs, 24/20 10 V-ups</p> <p>SCALED: Every 3:00 x 10 sets (alt. 5 each) Odd sets: 400m Run</p> <p>Even Sets: 20 Meball Push press - 14/10lbs to 10/9ft 15 Medball Box Step overs (24/20 - hold any way) 10 Tuck-ups</p> <p>BEGINNER: Every 3:00 x 10 sets (alt. 5 each) Odd sets: 300m Run</p> <p>Even Sets: 20 Meball Push press - 14/10lbs to 9/8ft 15 Box Step overs (24/20 - no weight) 10 Tuck-ups</p> <p>METCON NOTES Intent - Steady pace intervals.</p> <p>Target - This will be a longer duration interval that should be held at a steady pace. The run should be done in roughly 2 minutes in each interval to give about a minute of recovery. The medicine ball interval should be at a weight that can be held unbroken or with only 1-2 breaks in the workout. There should be enough time to reset and prepare for the run with each interval</p> <p>Feel - Steady effort.</p> <p>Flow - Alternate sets back and forth between the run and the triplet</p> <p>Scaling: - If you cannot run substitute: - 15 Shuttle runs - 1000m Bike - 500m Row</p>	<p>What goes up must come down 7 min ascending AMRAP 2-4-6-8-10...etc Power clean 135/95lb (61/43kg) Hand release push ups</p> <p>*Masters RX: 115/80lb (52/36kg)</p> <p>SCALED: 7 min ascending AMRAP 2-4-6-8-10...etc Power clean 95/65lb (43/30kg) Hand release push ups</p> <p>BEGINNER: 7 min ascending AMRAP 2-4-6-8-10...etc Power clean 75/55lb (35/25kg) On-knee push ups</p> <p>METCON NOTES Intent - Barbell and Pressing couplet.</p> <p>Target - The weight on the bar should allow for steady singles across the workout. The Push up reps should start unbroken, with planned breaks as the reps increase. Most will become bottlenecked by Push ups as density grows, so plan breaks accordingly to avoid shoulder burnout early.</p> <p>Feel - High density in a short time period.</p> <p>Flow - Reps increase by 2 until the 7 minute mark.</p>	<p>Hip-Hop Anonymous For time: 2k/1600m row 200 double unders 1k/800m row 100 double unders</p> <p>*20 min cap</p> <p>SCALED: For time: 2k/1600m row 250 Single unders 1k/800m row 150 Single unders</p> <p>*20 min cap</p> <p>BEGINNER: For time: 1600/1400m row 250 Side to side line hops 800/600m row 150 Front to back line hops</p> <p>*Each hop counts as 1 rep</p> <p>*20 min cap</p> <p>METCON NOTES Intent - Longer aerobic conditioning.</p> <p>Target - The rows should be at a pace that you can maintain for a long period of time. Most people should shoot for their 3K-5K pace to stay steady. The double unders are in a high density so some may require breaks. But members should be able to complete the set of 200 in 6-8 sets at most before scaling.</p> <p>Feel - Long breathing focused conditioning.</p> <p>Flow - N/A</p> <p>Machine modifications: - If you do not have enough rowers substitute any of the following: - 4K/3.5K Bike + 2k/1.5k Bike - 2K/1600m Ski + 1k/800m Ski - 1 mile run + 800m Run - Or any combination of 2 machines to share equipment.</p>	<p>**CYCLE TEST** Wrath 12 min amrap: 12 Lateral burpees over bar 12 thruster 95/65lb (43/30kg) 12 CTB</p> <p>SCALED: 12 min amrap: 12 Lateral burpees over bar (step allowed) 12 thruster 75/55lb (35/25kg) 12 Pull ups</p> <p>BEGINNER: 12 min amrap: 12 Burpees 12 DB thruster 35/25lb (15/10kg) 12 Ring Rows</p> <p>METCON NOTES Intent - Cycle metcon test.</p> <p>Target - This will be a high intensity AMRAP for those proficient in CTB. Try to hold a steady pace that allows you to push the finish. Most will need to break up the CTB into multiple sets in order to keep moving. Try to continue a steady pace on the burpees and keep thrusters unbroken or with only one break to save time on those movements.</p> <p>Feel - High intensity with upper body fatigue.</p> <p>Flow - N/A</p>	<p>Seeing Double Partner Throwdown Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 Burpee Box Jump overs - 24/20" 4 Double DB Power Cleans - 50/35# (22.5/15kg) (from floor) 5 TTB 6 Double DB box step overs - 50/35# 24/20"</p> <p>SCALED: Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 Burpee Box Step overs - 24/20" 4 Double DB Power Cleans - 35/25# (15/10kg) (from floor) 5 Kipping Knee raise 6 Double DB box step overs - 35/25# (15/10kg) - 24/20"</p> <p>BEGINNER: Partner Throwdown *Split work as desired* 3 min on / 1 min off x 4 AMRAP: 3 Burpee Box Step overs - 20/16" 4 Double DB Power Cleans - 25/15# (10/7.5kg) (from floor) 5 Abmat sit ups 6 Double DB box step overs - 25/15# (10/7.5kg) - 24/20"</p> <p>METCON NOTES Intent - Partner variation of our weekly throwdown.</p> <p>Target - This is a broken AMRAP format with a partner allowing for a higher intensity push since there is rest built in. Most of these movements should be possible to hold unbroken at the start with some breaks later on in the workout. Switch with partners often to avoid resting while the other could complete the work.</p> <p>Feel - Grip fatigue and gymnastics bottlenecks.</p> <p>Flow - Switch partners at any time to split work as desired.</p>

EXTRA CREDIT
& Cool downs



<p>MON</p> <p>COOLDOWN 2-3 sets: Horse Stance Squat @5151 x 3-4 reps Table Top Hold x 30 sec (ensure as much hip extension as possible) LAX Ball Psoas and Diaphragm Release x 1min/side Rest as needed b/t each for quality</p>	<p>TUE</p> <p>COOLDOWN 5 minute walk forward 5 minute walk backwards</p>	<p>WED</p> <p>COOLDOWN A. Band Assisted Straddle Pancake Stretch - Accumulate 3 minutes, break as needed</p>	<p>THU</p> <p>COOLDOWN *No specific cooldown - strength will act as blended cooldown/finisher as a group</p>	<p>FRI</p> <p>COOLDOWN CD - Core 2 sets for quality :30/side forearm side plank 20/side Russian Twist (no or light weight) 10 Strict Knees to elbows</p>	<p>SAT</p> <p>COOLDOWN 3 sets: Prone GHD Y-T-W's: 8 reps each, not alternating Rest 30 sec Seated Straddle Wall Slides: 8 reps - slow & controlled Rest 1-2 min</p>
<p>SNATCH SUPPORT A. 3 position Pause Snatch Deadlift - 4 sets x 4 reps w/ pause @ shin, knee and mid thigh Rest as needed *Goal is to keep shoulders over the bar in each position during the pause. Weight should allow keeping solid snatch positions throughout + 2 sets B1. Barbell Pronated Bicep curls x 12 reps B2. Barbell Skull Crushers x 12 reps Rest :90 between sets</p> <p>EXTRA CREDIT NOTES - This will be some additional work to compliment the snatches from the strength. - We are working on pausing in the snatch deadlift to reinforce positions on the pull. - We are finishing off with some bodybuilding work on the arms to add some fun and variety to the week..</p>	<p>NONE</p>	<p>WALL WALK A. Accumulate 15 wall walks for quality - goal is to minimize the number of steps you take. Log steps towards wall and back to ground for each set + 10 wall walks for time *must maintain same step count established in "A" for rep to count</p> <p>EXTRA CREDIT NOTES - Today's extra credit is focused on wall walks. - We are dialing in technique on wall walks by focusing on step count with the hands.</p>	<p>NONE</p>	<p>STRENGTH A1. Broad Jumps x 3 reps Rest :30 A2. Med Ball Rotational Throw x 2 reps/side Rest :60 x 3 sets</p> <p>EXTRA CREDIT NOTES - Focusing on high effort jumps with each rep to build power. - The rotational throws should also be high effort with the power coming from the core rotation and hips.</p>	<p>NONE</p>