

# Fitness Pain Free Training Program

## Pre-Season Open Training: November - December

**11/23/15 - 1/2/16**

- 1) [Important Notes + Mobility Assessments](#) (How to read and go through the programming)
  - These are the guidelines for the programming with some common important points and explanations. If you haven't read this before then please do before proceeding forward.
  - Here you'll also find our mobility assessments. After you've assessed yourself for mobility restrictions I recommend spending 5-10 minutes every day working your specific mobility limitations.
  
- 2) Pre-season Open [Training Guide Video](#) - [Pre-season Open Training Written Guide](#)
  - We're currently transitioning from off-season training into pre-season training. I created a lengthy video with written guide to give you all of my explanations as to why the programming looks as it does and how it will progress over the course of the year moving into the open.
  - If you're curious, [HERE](#)'s the video explaining the transitional pre-season programming we just finished up as well as the [written guide](#).
  - [HERE](#)'s the video explaining the off-season programming as well as the [written guide](#).
  
- 3) New This Month - See Pre-season Training Guide Above

# Warm-ups, Weightlifting, Gymnastics and Accessory Work

## Day 1: Squat

Warm-up - 10-15 minutes

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hip Mobility Drills](#) 3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Lateral squat + Prayer twist](#) + [Single Leg Deadlift](#)
- 45 seconds single Unders / Light Jog / [Pogo Jump Variation](#)
- [Forward, Lateral, Diagonal lunge](#) x 5 each/side

1) [Single Leg Jump Variation](#) (Comp Track - if practiced with single leg jumping utilize [a more advanced single leg jump variation](#))

- 6 x 3-5 reps per leg
- Sets start at minute 0, 1, 2, 3, 4, 5

2) [5-3-1](#) High Bar Back Squat - Work up to a max set within 15 minutes - Start using a belt for the last sets if not already

- Cycle 1 (Work up to 85% of 1 rep max squat for 5+ reps) Last set: \_\_\_\_\_
- Cycle 2 (Work up to 90% of 1 rep max squat for 3+ reps) Last set: \_\_\_\_\_
- Cycle 3 (Work up to 95% of 1 rep max squat for 1+ reps) Last set: \_\_\_\_\_
- Cycle 4 DELOAD (Work up to 60% of 1 rep max squat for 5 reps only) Last set: \_\_\_\_\_
- \*\*\*The last set should be the most difficult set ([Click the link for an explanation of how the 5-3-1 system works](#)). Do NOT sacrifice technique for additional reps.
- \*\*\*On weeks where you feel good perform max reps (with perfect form) at the prescribed weight, if you don't feel good that day then just perform the recommended reps and move on

3a) [Unilateral Dumbbell Reverse Lunge](#) (Video depicts forward lunge) - 20X0 Tempo: Start Sets @ the start of every 4:00 (If performing 3 total sets then you'll start the 1st set on 0:00, second set on 4:00, third on 8:00 etc.) 12 minute

- Cycle 1 - 3 x 10/side Last set: \_\_\_\_\_
- Cycle 2 - 3 x 8/side Last set: \_\_\_\_\_
- Cycle 3 - 3 x 12/side Last set: \_\_\_\_\_
- Cycle 4 - 3 x 6/side Last set: \_\_\_\_\_

3b) Single Leg Calf Raise off step (32X0 Tempo) x 5-10 / side

4) Met-con: See Met-con section

5a) *Comp Track: Alternating Leg Pistol Practice - 10 minutes (We're treating the pistol as a skill the next few months - We're already taking a lot of stress from a lot of squatting and don't want to add too much extra volume on the knees) Elevate the heels as needed*

- [Deep Squat Sitting](#) x 30 seconds (pull knee forward)
- [Weight Shifting](#) x 5 / side
- [Leg to Leg Shifting](#) x 3-5/side

- [Pistol + leg transitions](#) x 2-4/side
- [33X3 Tempo Pistols](#) x 2-4/side

5b) [Knee Fall-in](#) x 3/side

5c) [Tibial IR](#) x 3-5 breaths

\*\*\*Sandwich mobility between sets of pistol practice. Only perform 1-2 sets of the pistol practice. Don't go to failure

6) Optional: Foam roll quads, glutes, calves - 5 min

## Day 2: Met-Con (85-90% Intensity Anaerobic Lactic Endurance)

- [Thoracic Spine Mobility/Scapular Stability](#) 1-2 exercises x 5-10 reps
- [Hamstring](#) and [Neural Tension Drills](#) 1 exercise
- [Wrist Mobility](#) 1 exercises x 5-10 reps
- [Snatch Barbell / PVC Warm-up](#) - 2 exercises (work on bar path and power variations - squat variations if thrusters are on the menu for the day)
- [Clean Barbell / PVC Warm-up](#) - 2 exercises (work on bar path and power variations - squat variations if thrusters are on the menu for the day)
- Warm-ups must be fast and efficient to complete the workout in 1 hour time frame. You may have to shorten your warm-up for these workouts. Check the workload in the met-con section below and modify the warm-up and workout based on your population

1) Met-con - See Below (Met-con Section)

## Day 3: Bench Press

Warm-up - 5 minutes general warm-up - 5 minutes warm-up to workout weights (:10 total)

- [Thoracic Spine Mobility and Scapular Stability](#) 1-2 exercises x 5-10
- [Kettlebell \(Bottoms Up\) Arm Bar, Turkish Sit-up, Floor Press, Scaption Press, Propped Press](#) x 5-10 each
- [Pull-up Prep](#) 2 exercises x 5-10 reps
- 5 minutes to set-up and work up to starting weights

1a) [5-3-1](#) Close-Grip Bench Press (From fingertips to elbow width)

- Cycle 1 (Work up to 85% of 1 rep max CG Bench Press for 5+ reps) Last set: \_\_\_\_\_
- Cycle 2 (Work up to 90% of 1 rep max CG Bench Press for 3+ reps) Last set: \_\_\_\_\_
- Cycle 3 (Work up to 95% of 1 rep max CG Bench Press for 1+ reps) Last set: \_\_\_\_\_
- Cycle 4 DELOAD (Work up to 60% of 1 rep max CG Bench Press for 5 reps only) Last set: \_\_\_\_\_
- \*\*\*The last set should be the most difficult set ([Click the link for an explanation of how the 5-3-1 system works](#)). Do NOT sacrifice technique for additional reps.
- \*\*\*On weeks where you feel good perform max reps (with perfect form) at the prescribed weight, if you don't feel good that day then just perform the recommended reps and move on

1b) [5-3-1](#) Chest to Ring Pull-up (Hold Hollow During Lift)

- Cycle 1 (Work up to 85% of 1 rep max C2Ring Pull-up for 5+ reps) Last set: \_\_\_\_\_
- Cycle 2 (Work up to 90% of 1 rep max C2Ring Pull-up for 3+ reps) Last set: \_\_\_\_\_
- Cycle 3 (Work up to 95% of 1 rep max C2Ring Pull-up for 1+ reps) Last set: \_\_\_\_\_

- Cycle 4 DELOAD (Work up to 60% of 1 rep max C2Ring Pull-up for 5 reps only) Last set: \_\_\_\_\_
- \*\*\*The last set should be the most difficult set ([Click the link for an explanation of how the 5-3-1 system works](#)). Do NOT sacrifice technique for additional reps.
- \*\*\*On weeks where you feel good perform max reps (with perfect form) at the prescribed weight, if you don't feel good that day then just perform the recommended reps and move on
- Sets start at minute 2, 6, 10 (Should be somewhere between 2 and 3 heavy sets)
- Should be finished all sets and cleaned up by minute 25 into workout

2) Met-con - See Met-con Section Below

3) *Optional Shoulder Health*

1. [Resisted Retro Crawling](#) 2 x 15-25 steps/side
  2. [Waiter's Walk KB](#) (alternating) 2 x 3-5/arm
  3. [Dumbbell Cuban Press](#) (Slow eccentric) 2 x 10
  4. [Foam Roll Pecs, Triceps, Lats and Biceps](#)
- 30 seconds rest between sets

#### Day 4: Snatch

Warm-up - 10 minutes General + 5 minutes to work up to workout weights

- Grab Barbells and or PVC pipes prior to starting
- [Thoracic Spine Mobility/Scapular Stability](#) 1 exercises x 5-10 reps
- [Hip Mobility Drills](#) 1-2 exercises x 5-10 reps
- [Hamstring](#) and [Neural Tension Drills](#) 1 exercise
- [Ankle Mobility](#) x 15-25 reps per side
- [Wrist Mobility](#) 1 exercises x 5-10 reps
- Sott's Press 1 x 5 with PVC or unloaded barbell
- [Snatch Barbell / PVC Warm-up](#) - Review Exercises to be used today
- 5 minutes to work up to workout weights

1) [Drop Snatch x 2](#), [Snatch Balance x 2](#), [Overhead Squat x 2](#) (Pause @ the bottom of the Squat - my squat depth stinks in the video, get deep and get comfortable) - Don't drop the bar for the entire set. Our goal is building strength in different positions of the lift as well as getting the bar into your hip adequately from each position, not necessarily weights used.

- 4 sets - start sets every 3:00
- [Ankle Mobility](#) between sets

2) Touch and Go Snatch Work (Feel free to make the snatch variation easier based on your population / proficiency with the snatch)

- Cycle 1 - 4 x Power Snatch + Touch and Go Squat Snatch + Overhead Squat - Last set: \_\_\_\_\_
- Cycle 2 - 4 x [3 Position Squat Snatch](#) - Last set: \_\_\_\_\_
- Cycle 3 - 4 x Power Snatch x 2 + Touch and Go Squat Snatch x 2 + 2 Overhead Squats - Last set: \_\_\_\_\_
- Cycle 4 - 4 x Power Snatch + Overhead Squat - Last set: \_\_\_\_\_
- 4 sets - start sets every 3:00 @ >70-75% of 1 rep max

### 3) Overhead Squat (Large emphasis on position here)

- Cycle 1 - 4 x 2 (2 second pause @ bottom of squat) Last set: \_\_\_\_\_
- Cycle 2 - 4 x 1 (55X0) Last set: \_\_\_\_\_
- Cycle 3 - 4 x 3 Last set: \_\_\_\_\_
- Cycle 4 - 4 x 1 (33X0 Tempo) Last set: \_\_\_\_\_
- [Peanut Overhead Mobility](#) x 5/side between sets

\*\*\*No Additional Met-con Today

### Day 5: Met-con (Aerobic Power Day)

Warm-up (Not much time for a warm-up to fit into a 1 hour session)

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hamstring](#) and [Neural Tension Drills](#) 2-3 exercises
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hip Mobility Drills](#) 1-2 exercises x 5-10 reps
- Warm-up with exercise demos and a few reps of each exercise that will appear in the workout. Eliminate above exercises as needed to fit training session into 1 hour block

1) Met-con: See met-con section below

**Day 6:** Skill \*\*\*As these skills get more challenging over the next several months you'll need to be extra diligent about modifying exercises for your population as needed.

Warm-up - 10 minutes

- [Thoracic Spine Mobility/Scapular Stability](#) 1-2 exercises x 5-10 reps
- [Muscle-up Mobility](#) 1-2 exercises x 5-10 reps
- Wrist mobility x 10
- Hollow Body Rock x 10
- Superman x 10
- [Phase 2: Scap Stability](#) 2 exercises x 5-10 reps
- [Hollow Rest + Active Shoulder](#) x 5
- [Kipping x 5 + Kip + Knee up x 5](#)
- Any additional kipping pull-up progression you'd like to add (Must be efficient - you may need to shorten the rest of the warm-up or cut some sets during the workout to accomplish this)

1) Every Minute on the Minute - 8 minutes ([Very highly recommend watching Colin Geraghty's muscle-up tips HERE](#))

- [Full Muscle-up](#) (Dynamic with a kipped dip) x 1-6 or [Ring Kip as needed](#)
- Reps will vary widely depending on athlete competency/strength. Start with learning how to [swing / kip](#) and then add the pull as able. Sub kipping on a bar for those that need it. The idea is to try to progress your athletes toward more challenging swinging motion (Swing → Swing pull → Swing to catch → Full Muscle-up). Utilize the toughest variation your athlete can handle with good form for the EMOM (For affiliate owners - My

warm-up for the class generally includes all of the modifications and athletes can use the modification best suited for their skill level)

- Sets start every 60 seconds

2a) Parallette Deficit Handstand Push Up (Facing wall) Utilize no deficits or piked position HSPU as needed. Emphasize position and don't perform to failure

- Cycle 1: 4 x 3 @ 33X0 Tempo
- Cycle 2: 4 x 2 @ 55X0 Tempo
- Cycle 3: 4 x 3-5 reps No Tempo
- Cycle 4: 4 x 1 @80X0 Tempo

2b) Chest to Bar Pull-up

- 4 x 3-5 reps
- Utilize bands to help as needed

2c) P-bar Dips

- 4 x 3-5 reps (1 second pause @ top and bottom of lift)
- Utilize bands to help as needed

2d) Ring Row (false grip - 31X1 Tempo) Emphasize pulling as high as possible, hands towards armpits. We want solid control at the top part of the lift.

- 4 x 4-6
- \*\*Decrease difficulty of exercise by walking backwards from the rings (Elevate feet to make movement more difficulty)

\*\*\*2a - 2d are performed every minute on the minute (Entire circuit takes 16 minutes to perform)

3a) [Seal Drags](#)

- 3 x 5-10 meters

3b) [Crab Drags](#)

- 3 x 5-10 meters
- Perform crab walks if unable to perform

\*\*\*3a and 3b are performed every minute on the minute (Entire circuit takes 6 minutes to perform)

\*\*\*Choose rep ranges that can be maintained throughout the 4 sets. If your first set is 6 reps and the next 3 are 5 then you're on the right track. If you do 8 reps on the first and then 3-4 on the rest then you started with too many reps.

\*\*\*Feel free to eliminate 3a and 3b if unable to fit all of the training into a 1 hour session

\*\*\*No Additional Met-con Today

## Day 7: Deadlift

Warm-up: 15 minutes total with jumping

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hamstring](#) and [Neural Tension Drills](#) 2-3 exercises
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- Bodyweight Good Morning x 10
- Single Leg Deadlift (No weight) x 10

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)

1) [Double Leg Jump variation](#) - Feel free to change the jump variation weekly (*Comp Track feel free to perform [more challenging double leg jump variations](#)*)

- 6 x 4-6 reps
- Sets start at minute 0, 1, 2, 3, 4, 5

2) [5-3-1](#) Barbell Deadlift

- Cycle 1 (Work up to 85% of 1 rep max Deadlift for 5+ reps) Last set: \_\_\_\_\_
- Cycle 2 (Work up to 90% of 1 rep max Deadlift for 3+ reps) Last set: \_\_\_\_\_
- Cycle 3 (Work up to 95% of 1 rep max Deadlift for 1+ reps) Last set: \_\_\_\_\_
- Cycle 4 DELOAD (Work up to 60% of 1 rep max Deadlift for 5 reps only) Last set: \_\_\_\_\_

- \*\*\*The last set should be the most difficult set ([Click the link for an explanation of how the 5-3-1 system works](#)). Do NOT sacrifice technique for additional reps.
- \*\*\*On weeks where you feel good perform max reps (with perfect form) at the prescribed weight, if you don't feel good that day then just perform the recommended reps and move on

3) Met-con: See Met-con section below

4) *Optional: Foam roll hamstrings, glutes, calves - 5 min*

## Day 8: Clean and Jerk

1) Warm-up - 10 minutes general + 5 minutes to work up to workout weights

- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- [Hip Mobility Drills](#) 2-3 exercises x 5-10 reps
- [Ankle Mobility](#) x 15-25 reps per side
- [Wrist Mobility](#) 1-2 exercises x 5-10 reps
- [Shoulder Mobility for Front Rack](#) 1 exercises x 5-10 reps
- [Clean Barbell / PVC Warm-up](#) x 5-10 minutes (practice the movements that will be used in the workout)
- 5 minutes to warm-up to workout weights

2) Tall Clean x 2 + Split Jerk x 2 (2 second pause @ the bottom of the squat + 2 second pause at top of split jerk) - Don't drop the bar for the entire set. Our goal is building strength in different positions of the lift as well as getting the bar into your hip adequately from each position, not necessarily weights used.

- 4 sets - start sets every 3:00
- [Ankle Mobility](#) between sets

3) Touch and Go Clean and Jerk Work (Feel free to make the clean and jerk variation easier based on your population / proficiency with the snatch)

- Cycle 1 - 4 x Power Clean + Touch and Go Squat Clean + Power Jerk + Split Jerk - Last set: \_\_\_\_\_
- Cycle 2 - 4 x [3 Position Squat Clean](#) + Power Jerk after each clean - Last set: \_\_\_\_\_
- Cycle 3 - 4 x 2 Power Cleans + 2 Touch and Go Squat Cleans + 2 Power Jerks + 2 Split Jerks - Last set: \_\_\_\_\_
- Cycle 4 - 4 x Power Clean + Front Squat - Last set: \_\_\_\_\_

- 4 sets - start sets every 3:00 @>70-75% of 1 rep max

#### 4) Barbell Jerk and Push Press Work

- Cycle 1 - (2 Power Jerks + 2 Split Jerks) Last set: \_\_\_\_\_
- Cycle 2 - (2 Push Press + 2 Power Jerks) Last set: \_\_\_\_\_
- Cycle 3 - (3 Push Jerks + 3 Split Jerks) Last set: \_\_\_\_\_
- Cycle 4 - (1 Push Press + 1 Power Jerk) \_\_\_\_\_
- start sets every 3:00
- [Kettlebell Thoracic Mobilization](#) x 3-5 breaths/side between sets

\*\*\*No Additional Met-con Today

#### 5) Optional: Neck Health and Range of Motion

- 3-5 minutes worth of [neck stretching](#)
- [Kneeling Cervical rotation + Scap Stabilization](#) x 3-5 reps / side



# Week 1 Met-con - 11/23/15 - 11/28/15

## Monday: Day 1 (Cycle 1):

### Aerobic Threshold / Lactate Threshold Training (80% effort)

- 60 seconds Step-ups (24/20" box)
- 60 seconds Burpees (to 6" reach above max reach overhead)
- 60 seconds Row for Calories
- 3-4 total rounds

## Tuesday: Day 2 (Cycle 1):

### Anaerobic Training - 85-90% effort

- 1) Every Minute on the Minute (10 total minutes)
  - Even Minutes: 3 Touch and Go Power Cleans and Jerks @ >75% of 1 rep max clean and jerk
  - Odd Minutes: 5-15 Pull-ups (# will depend on skill level) *Comp Track: Chest to Bar Pull-ups*
  - \*\*Attempt to maintain the same number of pull-ups throughout entire EMOM
  - Workout should begin by 15 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 2) 25-20-15-10-5 - Descending Ladder of:
  - 10 Barbell Thrusters @40% of 1 rep max Clean and Jerk
  - Toes to Bar (Sub hanging knee raises as needed)
  - Cap workout at 10 minutes
  - \*\*Workout should begin by 30 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 3) 8 minute AMRAP (as many rounds as possible) of:
  - 50 Double Unders (Sub single unders as needed)
  - 15 Power Snatches @45% of 1 rep max power snatch
  - \*\*Workout should begin by 45 minutes into 1 hour session

## Wednesday: Day 3 (Cycle 1):

### Maximal Aerobic Power 5 - 85% effort during work

- 3 minutes of:
  - 60 seconds max pushups (*Comp Track Sub Handstand Pushups*)
  - 60 seconds max Kettlebell Swings
  - 60 seconds max calories on airdyne
- 2 minutes fast walk @aerobic threshold (Get your heart rate down)
- 4 total rounds

## Thursday: Day 4 (Cycle 1):

- No additional Met-con today

**Friday: Day 5 (Cycle 1):**

**Maximal Aerobic Power 7 - 85% effort during work**

- 1) 10 minute AMRAP of:
  - 7 Box Jumps with step-down (24/20")
  - 7 Ring Rows
  - 7 Barbell Overhead Squats @50% Snatch Max (*Comp Track use 95/65lbs*)
- - 3 minutes rest / prep time for next part of workout
- 2) 10 minute AMRAP ascending reps 5-10-15-20-etc of:
  - Burpee
  - Alternating Arms Dumbbell Snatch
- - 3 minutes rest / prep time for next part of workout
- 3) 10 minute AMRAP of:
  - 25 Wall Balls
  - 25 Calorie Row

**Saturday: Day 6 (Cycle 1):**

- No additional Met-con today

## Week 2 Met-con - 11/30/15 - 12/5/15

### Monday: Day 7 (Cycle 1):

#### Maximal Aerobic Power 5 - 85% effort during work

- 3 minute AMRAP of:
  - 10 Dumbbell Push Press
  - 10 Deadlifts @40% of 1 rep max deadlift
  - 100 meter jog
- 2 minutes Row / Airdyne @ aerobic threshold (Get heart rate back down between sets)
- 4 total rounds

### Tuesday: Day 8 (Cycle 1):

- No additional Met-con today

### Wednesday: Day 1 (Cycle 2):

#### Aerobic Threshold / Lactate Threshold Training (80% effort)

- 10 minute AMRAP of:
  - Row 15 calories
  - Single Arm Kettlebell Farmer's Walk x 30 meters per arm
  - Row 15 calories
  - Single Arm Kettlebell Front Rack Carry x 30 meters per arm

### Thursday: Day 2 (Cycle 2):

#### Anaerobic Training - 85-90% effort

- 1) Every Minute on the Minute (8 total minutes)
  - Even Minutes: 5 Touch and Go Power Snatches >70% of 1 rep max power snatch
  - Odd Minutes: 5-15 Pushups (# will depend on skill level) *Comp Track: Handstand Pushups*
  - \*\*Attempt to maintain the same number of pushups throughout entire EMOM
  - Workout should begin by 15 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 2) 3 rounds for time of:
  - 20 Pull-ups
  - 20 Power Cleans @ 45% of 1 rep max power clean
  - Cap workout at 10 minutes
  - \*\*Workout should begin by 30 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 3) 12 minute AMRAP (as many rounds as possible) of:
  - 10 Dumbbell Thrusters
  - 10 Burpees
  - 10 Calorie Row

- **\*\*Workout should begin by 45 minutes into 1 hour session**

**Friday: Day 3 (Cycle 2):**

**Maximal Aerobic Power 6 - 85% effort during work**

- 5 minute AMRAP of:
  - 15 calories airdyne (sub rowing as needed)
  - 15 barbell shoulder to overhead @40% of 1 rep max jerk
  - 15 Box Jumps (with step-down) 24/20"
- 2 minutes light jog/row/airdyne/fast walk @aerobic threshold (Get your heart rate down)
- 3-4 total rounds

**Saturday: Day 4 (Cycle 2):**

- No additional Met-con today

## Week 3 Met-con - 12/7/15 - 12/12/15

### Monday: Day 5 (Cycle 2):

#### Maximal Aerobic Power 6 - 85% effort during work

- 1a) 5 minute AMRAP of:
  - 30 Double Unders (Sub 50 single unders as needed)
  - 10 Alternating Arms Dumbbell Snatch
- 1b) 2 minutes light jog/row/airdyne/fast walk @aerobic threshold (Get your heart rate down)
  - 3-4 total rounds
- 5 minutes rest / prep for next part of workout
- 2a) 5 minute Ascending Ladder 3-6-9-12-etc. of:
  - Wall Balls (20/14lb)
  - Toes 2 Bar (Sub hanging knee raises as needed)
  - Reset back to 3 reps after each round (*Comp Track continue ascending reps from round to round*)
- 2b) 2 minutes light jog/row/airdyne/fast walk @aerobic threshold (Get your heart rate down)
  - 3-4 total rounds

### Tuesday: Day 6 (Cycle 2):

- No additional Met-con today

### Wednesday: Day 7 (Cycle 2):

#### Maximal Aerobic Power 6 - 85% effort during work

- 5 minute AMRAP of:
  - 15 burpees
  - 15 kettlebell swings (*Comp Track 53/35lbs American Style*)
  - 15 overhead squats @45% of 1 rep max snatch (*Comp Track - 95/65lbs*)
- 2 minutes light jog/row/airdyne/fast walk @aerobic threshold (Get your heart rate down)
- 3-4 total rounds

### Thursday: Day 8 (Cycle 2):

- No additional Met-con today

### Friday: Day 1 (Cycle 3):

#### Aerobic Threshold / Lactate Threshold Training (80% effort)

- 60 seconds Step-ups (24/20" box)
- 60 seconds Swing to eye level
- 60 seconds Row for Calories

- 3-4 total rounds

**Saturday: Day 2 (Cycle 3):**

**Anaerobic Training - 85-90% effort**

- 1) Every Minute on the Minute (12 total minutes)
  - Even Minutes: 3 Thrusters @ >60% of 1 rep max clean and jerk
  - Odd Minutes: 5-15 Pullups (# will depend on skill level) *Comp Track: Chest to Bar Pull-ups*
  - \*\*Attempt to maintain the same number of pullups throughout entire EMOM
  - Workout should begin by 13 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 2) 21-15-9 reps of:
  - Clean and Jerk @40% of 1 rep max clean and jerk
  - Calories on Rower
  - Cap workout at 10 minutes
  - \*\*Workout should begin by 30 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 3) 8 minute AMRAP (as many rounds as possible) of:
  - 5 Barbell Snatches @60% of 1 rep max snatch
  - 15 Wall Balls (20/14lb)
  - \*\*Workout should begin by 45 minutes into 1 hour session

# Week 4 Met-con - 12/14/15 - 12/19/15

## Monday: Day 3 (Cycle 3):

### Maximal Aerobic Power 7 - 85% effort during work

- 10 minute AMRAP of:
  - Box Jumps (with Step-down) 24/20"
  - Pushups - *Comp Track perform Handstand Pushups*

## Tuesday: Day 4 (Cycle 3):

- No additional Met-con today

## Wednesday: Day 5 (Cycle 3):

### Maximal Aerobic Power - 85% effort during work

- 1) 8 minute AMRAP of:
  - 10 Dumbbell Thrusters (*Comp Track perform 25 reps*)
  - 10 Toes to Bar
- - 3 minutes rest / set-up for next part of session
- 2) 12 minute AMRAP of:
  - 10 Overhead Squats @45% of 1 rep max snatch - Sub Goblet Squats as needed (*Comp Track Perform 20 Overhead Squats @ 95/65lbs*)
  - 10 Ring Rows
- - 3 minutes rest / set-up for next part of session
- 3) 20 minute AMRAP of:
  - 10 calories on rower
  - 10 burpees
  - 10 goblet squats

## Thursday: Day 6 (Cycle 3):

- No additional Met-con today

## Friday: Day 7 (Cycle 3):

### Maximal Aerobic Power 7 - 85% effort during work

- 10 minute AMRAP of:
  - 20 calories Airdyne
  - 30 Shoulder to Overhead @40% of 1 rep max push press
  - 40 Deadlifts @ same weight as used for shoulder to overhead
  - 50 Double Unders (sub 2:1 single unders as needed)

## Saturday: Day 8 (Cycle 3):

- No additional Met-con today

## **Week 5 Met-con - 12/21/15 - 12/26/15**

### **Monday: Day 1 (Cycle 4):**

#### **Aerobic Threshold / Lactate Threshold Training (80% effort)**

- 3 rounds of:
  - 60 seconds Double Arm Kettlebell Farmer's Carry
  - 60 seconds row for calories
  - 60 seconds Double Kettlebell Front Rack Carry
  - 60 seconds row for calories

### **Tuesday: Day 2 (Cycle 4):**

#### **Anaerobic Training - 85-90% effort**

- 1) Every Minute on the Minute (8 total minutes)
  - Even Minutes: 3 Power Snatches @ >75% of 1 rep max power snatch
  - Odd Minutes: 5-15 Push-ups (# will depend on skill level) *Comp Track: Handstand Pushups*
  - \*\*Attempt to maintain the same number of pushups throughout entire EMOM
  - Workout should begin by 15 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 2) 28-21-15-9 reps of:
  - Power Clean @40% of 1 rep max clean and jerk
  - WallBalls (20/14lb)
  - Cap workout at 10 minutes
  - \*\*Workout should begin by 30 minutes into 1 hour session
- 5 minutes rest / warm-up for next part of workout
- 3) 10 minute AMRAP (as many rounds as possible) of:
  - 75 Double Unders (sub single unders as needed)
  - 10 Dumbbell Thrusters
  - 10 Burpees
  - \*\*Workout should begin by 45 minutes into 1 hour session

### **Wednesday: Day 3 (Cycle 4):**

#### **Aerobic Threshold / Lactate Threshold Training (80% effort) - Big TESTER coming up**

- 20 minute AMRAP of:
  - 20 Step-ups (24/20")
  - 20 calorie row
  - 20 Box Jumps + Step-down (24/20")
  - 20 calorie row

### **Thursday: Day 4 (Cycle 4):**

- No additional Met-con today

### **Friday: Day 5 (Cycle 4):**



**Maximal Aerobic Power TESTER - 100% effort during work (Open Workout 14.4)**

**14 minute AMRAP of:**

- 60 calorie row
- 50 toes to bar
- 40 wall ball shots (24/20lb) to 10 feet
- 30 power cleans @50% of 1 rep max clean (*Comp Track Perform 135/95lbs*)
- 20 Chest to Bar Pull-ups (*Comp Track Perform Ring Muscle-ups*)
- *\*\*\*Comp Track - If you get through a significant number of muscle-ups then proceed with caution / eliminate muscle-ups from training tomorrow as needed*

**Saturday: Day 6 (Cycle 4):**

- No additional Met-con today

## **Week 6 Met-con - 12/28/15 - 1/2/16**

**Monday: Day 7 (Cycle 4):**

**Recovery Day (It's been a long challenging training cycle - recover today)**

- 15 minutes jog/row/airdyne @aerobic threshold

**Tuesday: Day 8 (Cycle 4):**

- No additional Met-con today