



December 17th to 23rd

Week 6, prep phase 5

Monday	WOD	Scaling/stimulus
Warm up	3 rounds : 10 cal bike 10 push up 10 ring row 10 high box jumps	
A	Gymnastics Technique swinging on ring with snap back 3 swing + 2 muscle ups 6 sets for practice.	Athlete: If you cannot do muscle ups, do this progression on low rings: https://youtu.be/8hyFclpW8hM The goal of this progression is to help you understand how to create tension in the muscle up in order to have a quick transition. This snap back pull helps you extend your hip upwards and then quickly close to transfer into your change of direction.
B	Gymnastics Conditioning 5 rounds 30 seconds max muscle ups rest 30 seconds	Athlete: Apply the previous technical pointer into your 30 seconds. You have a 30 second window so you can straight through to 30 seconds or try to practice quick sets. Coach: Before starting this section, go over muscle up progression such as false grip ring rows and transitions with feet on the ground. For athletes who want to learn how to do muscle ups with no false grip, you can have them try this progression on low rings: https://youtu.be/8hyFclpW8hM For the athletes who do not have their muscles yet, sub this section for 30 seconds of transition practice OR ring dips and modifications (such as self assisted with feet on the ground OR banded OR bar/box ring dips)
C	Gymnastics Conditioning Ring dip EMOM 8 minutes you chose reps of ring dips, must be unbroken sets	Athlete: If you struggle with ring dips you can auto spot with your feet on the ground either under you or in front of you: Be mindful of your range of motion, if you are a competitive athlete, respect the elbow above the shoulder rule as well as the hip travelling downward and upward not forward and backward
D	Metcon 150 wallballs for time every break 250m row + 15 KBS @ 32/24	Athlete: Test a large first set. Don't limit yourself. If your goal is to hit 50 and you're feeling good, keep going. There is no real reason to strategize too much. The row and the KBS don't need to be done quickly. Coach: The goal for your members should be to take a ball that allows them to get big sets. We want to get our members work capacity up so you can lower the weight for something that they think they can get 30 reps in their first sets. They should be strategic and grip the ball once they know they can hit more the 15 reps. It will be important for you as a coach today to let your members rest and not hurry them to grab the ball. This may be difficult because we always look to encourage them but we want sets bigger than 15. For more beginner athletes, you can scale the reps down to 100 (or even 75 if you feel that it may be appropriate for that athlete). If you feel that your athlete would not be able to get in the right amount of work because of the row and kbs, you can remove them or simply ask them to do a recovery row of 90 seconds.



December 17th to 23rd

Week 6, prep phase 5

E	Grunt Work 6 rounds 100' heavy sled push 3 rope climbs 2 power cleans @ 80-85%	Athlete: If you do not have a sled, do heavy farmers carry.
Session	Session 2	
A	Warm up EMOM 10 minutes, 30 seconds walk 30 seconds jog	Athlete: If you do not have an assault runner, you can do these on the bike or the rower
B	Running (true form or assault runner)* 6 x 400m run between each run, 500m easy recovery bike	Athlete: If you do not have a assault runner, go for 6 x 30/22 cal bike, recovery row between sets
C	Strength Accessory 3 rounds 30 leg extension with band 30 hamstring curls with band 15 RDL with reach per leg	Athlete: Leg Extension: https://youtu.be/mK9bJyvCcpG , Hamstring curl: https://youtu.be/mK9bJyvCcpG RDL With Reach: https://youtu.be/RpKUgdWvPPQ
D	Core 100 russian twists with plate 100 pallof press, (50/side) Break up as needed	Athlete: Pallof press: https://youtu.be/AS2DxzeQxow

Tuesday	WOD	Scaling/stimulus
Warm up	row 1000m every 200m : -15 med ball cleans -10 V-ups	
A	Squat clean Technical complex 2 clean high pulls, finish on toes*** 1 high hang clean 1 clean, form the ground	Athlete: Drive through the ground in your pulls, your should have your quads and gluten squeezed and finishing on the toes. In the high hang clean, focus on elbow movement and landing. Your feet and elbows should finish simultaneously meaning that your feet land and the elbows are in front of the bar at the same time.



December 17th to 23rd

Week 6, prep phase 5

<p>B</p>	<p>Weightlifting 6 sets, work up to heavy 1 hang clean above the knees (squat) 1 clean from the ground 2 front squats</p>	<p>Athlete: You can drop the bar from the hang to the clean. Both cleans should be squat clean but do not neglect your hip extension. You should be meeting the bar on your shoulders above parallel. Coach: Pay attention to the bar path once it is past the knees. In the hang clean, we want to see the bar slipping on the thighs with the shoulders still above the bar as they drive up. The shrug needs to initiate after the hip extension. Some athletes initiate the shrug in ORDER to extend the hip. This is often the case when athletes heads flip backward. This causes inconsistency especially for athletes who have difficulty getting under the bar. So keep your eyes on the bar path between the knees and the hips and if you can, look also at the shoulders movement in the same part of the pull (between the knee and the shoulders).</p>
<p>C</p>	<p>Weightlifting Clean pull 5 x 3 @ 90-105%</p>	<p>Athlete: Focus on torso angle and meeting the bar at the hip, after contact continue to drive into the ground and shrug up. If you have straps, wear them.</p>
<p>D</p>	<p>Conditioning 5 rounds 50' heavy sled push 50' heavy sled drag 25 cal assault bike</p>	<p>Athlete: If you cannot do sled push, replace with farmers carry, if you cannot do sled drag replace with reverse bear crawl.</p>
<p>E</p>	<p>Metcon 10 rounds for time 10 situps (comp, GHD) 10 OHS 95/65 10 KBS 24/16</p>	<p>Athlete: Don't try to pace this too much, this rep scheme is for most, sub maximal and the loading pretty light. Snatch the first OHS or practice clean and squat jerk. Coach: Time cap this workout at 20 minutes. Here are some options for scaling: <u>Comp</u>, as written, <u>RX</u>: 8 rounds, <u>FIT</u>: 8 rounds & 8 reps <u>Beginner</u>, 6 rounds & 8 reps</p>
<p>F</p>	<p>Core + Conditioning EMOM 10 minutes odd-20-30 seconds L-Sit on paralettes even-15/12 cal ski erg (or row)</p>	<p>Athlete: If you struggle with the L-sits, alternate your legs extended throughout the time. Press into the paralettes and remember to breathe!</p>
<p>G</p>	<p>Post Chain 3 x 20 reverse hypers 3 x 20 glute bridge</p>	<p>Athlete: The flute bridge doesn't need to be done very slowly but paps at the top of the bridge for about 2 sconds. If you find this to have no effect, you can do it one leg at a time (10/leg)</p>



December 17th to 23rd

Week 6, prep phase 5

Wednesday	WOD	Scaling/stimulus
Warm up	8 rounds, empty bar 3 snatch deadlift 3 hang power snatch 3 behind the neck push press 3 OHS	
A	Weightlifting Snatch Technical 2 muscle snatch with contact, finish on toes and driving to the ground* 2 snatch balance	Athlete: The goal of this complete is to get you to finish the drive in the ground on the high pulls and to get your feet moving on the snatch balance
B	Weightlifting Snatch loading wok up to a heavy triple from the ground	Athlete: Doesn't need to be TNG. Your goal here is to be consistent throughout the lifts. be patient, don't yank the bar off the ground, focus on where you bring the bar, keeping the shoulders above the bar as you bring it to your hip. Jump hard and punch hard. Coach: In this part for today we want athletes to load, so don't go crazy over specifics of technique when you are warming up the group. Go over the basics such as the positions (below the knees, above the knees at the pocket) in the first pull. Get them jumping in the warm up to get their explosiveness working and then work on their catch. Here is how I would organize the warm up/drill: - 5 x 3 position pull (belpw the knee pause & correct, above the knee pause and correct, to the pocket, pause and correct. - 5 x slow motion first pull to full body extension and onto toes with a shrug & straight arm (no high pull) - 5 x slow motion pull into a jump (or high pull if class is a bit more advanced) - 5 x snatch balance , progressively getting lower into the squat - 5 x snatch , starting power then each rep catching lower and lower
C	Weightlifting Back squat 2 x 20	Athlete: This will be long, stay motivated by either giving yourself a short break after a certain amount of reps, count to 5 4 times in your head. You can go heavy on this, it may take you by surprise. Don't be scared of this, it's a challenge and go at it head on.
D	Metcon For Time 50 burpee pull ups 50 burpee over box 50 burpees	Athlete: Go faster than you want to. Coach: Scale reps as needed. You can scale to burp step ups. Again, we are in a work capacity phase so keep your members moving. The step up over can even just be on a plate or crossing a line on the ground. For athletes who duo not have pull ups, you can either have them go to a pull up bar that they can perform a jumping pull up OR lower ring that they can grip and perform a jumping ring pull up. If you have bars that can be installed (for CF kids for example) you can use those.
E	Core 5 rounds not for time 10 pike pulls, hands on rings 5 wall climbs	Athlete: If you struggle with you hand on ring, to make it a bit harder than your hands on the ground, place plates or a short box at about the height of rower. This is not for time so make sure your wall climbs are well executed with tight feet and active shoulders. Keep rips in. Make this hard, the goal here is to train your core strength and your endurance in proper form.



December 17th to 23rd

Week 6, prep phase 5

Session 2	Session 2	
A	Barbell Cycling 3 x 10 power snatch, TNG	Athlete: You will be tired from the days work so far. That being said, push yourself to hit a weight you would aim for when you are fresh. You can rest as needed between sets.
B	Biking Conditioning 5 rounds, no rest between rounds 90 seconds @ medium/high effort 30 seconds @ high efforts 60 seconds at moderate effort	Athlete: The 30 seconds at high efforts really need to be high effort. Push the RPMs and don't worry if they start to go down before the time, just keep pushing to try to keep them high. For those who are good on the bike, stretch out the 30 seconds to 45.
C	4 rounds not for time 12 reverse front rack lunges @ heavy (6/leg) 1 12 weighted hip extensions	Athlete: Make this hard. Weighted hip extension: https://youtu.be/jCk7VixQwaw , hug a plate onto your chest
D	Core 4 rounds not for time 24 dead bugs (12/side) 24 side bends with empty bar	Athlete: Deadbugs: https://youtu.be/RBOIm9PUhlw Side bends: https://youtu.be/NVW0a6DBIaA

Thursday	WOD	Scaling/stimulus
Group Class	3 x 10 minutes EMOMs Rest 2 minutes between EMOMs EMOM 1 odd- 15 thrusters @ 95/65 even- 15 C2B EMOM 2 odd- 15 power cleans 115/75 even- 15 HSPU EMOM 3 odd- 15 DL @ 135/95 even- 15 burpees	Coach: The goal in these EMOMS are to get a good amount of work in but there should be 20-30 seconds of rest after each working set. Look to scale weight to get as close to 15 reps as possible. For beginner athletes, reduce reps to help them think about their movement. For C2B, sub with jumping pull ups for the metabolic challenge but keep the standard at C2B unless for very beginners. Sub HSPU for strict DB press. This workout is 34 minutes long. If you feel you lack time for technique before, feel free to reduce rounds to 8 minute emoms.
Deka Comp	Rest ou Active recovery	



December 17th to 23rd

Week 6, prep phase 5

Friday	WOD	Scaling/stimulus
Warm up	2 rounds 50' bear crawl 6 turkish get up (light) 200m run or row	
A	Weightlifting Push press 5 x 3	Athlete: Work up to three rep heavy. You can reset at each rep. If you decide to chain them together, make sure you have control in your dip and you are driving through your mid foot.
B	Weightlifting Push jerk 3 x 10	Athlete: Work up to the heaviest you think you can manage for 10. Same thing, you don't have to chain them together, you can catch the bar and reset your position if need be. I find this very helpful in longer sets since you can be more precise in each rep. Coach: For beginners, go for sets of 5 so that they can learn the moment and not get too fatigued. Go over the dip in your warm up and exaggerate the jump to get their hips working. Obviously athletes don't need to jump if they are proficient in the push jerks but a lot of members have difficulty with the jerk and confuse it with push press. If you have members that have a terrible overhead position, have them work on some mobility in between sets and use the empty bar or even PVC (for serious cases) as tests. here is an interesting video that illustrates how to catch a bar from the oh position. Although these won't be nearly as heavy as on the video, it can illustrate how to absorb if ever they need to reset the bar: https://youtu.be/tIHB-H2p8nk
C	Weightlifting Thruster 2 x 20	Athlete: Start from the ground. Go for as heavy as you think you can for 20 reps. Take this challenge head on, be ambitious, you can rest on the top or in the front rack
D	Metcon 27-21-15-12-9-6-3 DB snatch (alternating) 65/45 lbs high Box jumps, step down 30/24	Athlete: GO a bit heavier than normal on this. On the box jumps, do not rebound. You can jump down or step down, but no rebound Coach: Go over the weight change with your members. Have them trying to change the weight overhead or not he way down at face levels. Make sure they are driving through the heels and using their hip flexors before initiating the arm pull. TO help them transfer the hip drive into the pull, have you members stick their arms/elbows close to their ribs. People struggle a lot with DB snatch because their shoulders and shrugged inward and their elbows bend pointing to high up. Having the elbow squeezing toward the ribs will keep the weight close and the lats engaged.



December 17th to 23rd

Week 6, prep phase 5

<p>E</p>	<p>Conditioning 5 rounds run 400m assault air runner 200 walk 100m sprint rest 2 minutes</p> <p>On Assault bike: 90 seconds @ above 70/60 RPM 60 seconds @ above 60/50 RPM 20 seconds @ above 80/70 RPM rest 2 minutes</p>	<p>Athlete: The 400m run will take much longer than outside so expect it. Step off the runner in your rest. Work on your breathing along with your cadence. Keep your steps consistent, shoulders relaxed and look forward.</p>
<p>Session 2</p>		
<p>A</p>	<p>Weightlifting Sumo Deadlift work up to 5 reps heavy, double overhand grip, no hook grip</p>	<p>Athlete: No straps, no hook grip, double overhand. Have fun</p>
<p>B</p>	<p>Strength Accessory 5 rounds, not for time 12 Heavy DB OR KB deadlifts/leg 16 reverse hypers 20 banded good mornings</p>	<p>Athlete: For the DB/KB deadlift, hold the DB/KB in the opposite hand of the working leg. IF you have a reverse hyper you can add weight. If you only have a ghd, you can either put on ankle weights or a band.</p>
<p>C</p>	<p>Core 4 rounds not for time 12 strict TTB 24 russian twists with plates 30 palf press, 15/side</p>	<p>Athlete: Make this difficult</p>
<p>D</p>	<p>Core 4 rounds 30-60 sec elbow plank hold 60-90 second reverse plank hold rest 1 minute</p>	<p>Athlete:</p>



December 17th to 23rd

Week 6, prep phase 5

Saturday	WOD	Scaling/stimulus
Warm up	EMOM 8 minutes Row 30 seconds + 5 burped over erg	
A	Rowing conditioning + running E3MOM, 30 minutes odd- Run 400m* even-Row 500m at 0:00, start the run, at 3:00, start the row and so on.	Athlete: If you do not have a runner and it is too cold, bike instead, 30 cal
B	Metcon « Amanda .45 » 13-11-9-7-5 Muscle ups Squat snatches @ 135/95	Athlete: Be smart with your muscle ups, to maximize your time you need to be strategic here. Rest 5 minutes then start section C Coach: For members who do not have their muscle ups,
C	Metcon « Double Grace » 60 clean and jerks for time @ 135/95	Athlete: Try to avoid doing singles all the way through. Practice sets that can keep you moving. Example: 5-3-2, 5-3-2, etc Coach: Cap your members at 10 minutes. You can motivate them by giving them strategies such as reps per minute (EMOM style) or specific sets, etc.
D	100 rep benchmark 100 push ups for time	Athlete:
E	Strength Accessory 4 rounds not for time 30 pull aparts, fast and easy 20 lat pull downs with band, light and easy 15 Y pulls, light and easy band	Athlete: Do this.

Sunday	Rest day	