

## **Monday November 6**

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [20m alternating lunges + :30 hanging knee tuck]

+

A1. Front rack alternating lunges, 3x10-12, :60 rest

A2. :30 chin over the bar hold or top of ring row hold, :60 rest

+

3 rounds for time:

200m run

7/side 1-arm dumbbell thrusters, heavy

7 burpees

7 toes to bar

+

2 rounds not for time:

Trap 3, 8 reps @30x0 tempo

:30 flutter kicks

## **Tuesday November 7**

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10m broad jumps + 10 dumbbell push jerks]

+

A. Power clean and split jerk, 8x1 beginning light and ending moderate, begin a set every :60

B. L-sit dumbbell press, 3x5-6 @21x1 tempo, :60 rest

+

AMRAP in 8:00

12 deadlifts, 135/185

50 double unders (sc-25) or 125 single unders

3 wall walks

+

2 rounds not for time:

20m/side 1-arm dumbbell overhead carry

:15/side star plank

### **Wednesday November 8**

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [5 wall balls w/:02 pause in squat + 10-15 hand-release push ups]

+

Every :90 for 12:00

1st: 3 front squats, 30x1 tempo

2nd: :30 ring dips (use band if necessary) or tempo push ups, 21x1

+

For time:

30 row or bike calories

Then

21-15-9

Front squats from the ground (75/115)

Box jump overs

Then

30 row or bike calories

+

Not for time:

Accumulate 60 hollow rocks

### **Thursday November 9**

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [8 good mornings w/empty bar + 10m broad jumps]

+

A. Halting snatch-grip deadlift (:01 pause just off ground, :01 pause just below knees, stand all the way up, :03 descent) 3-3-3, 2:00 rest

B. 1-arm seated DB Arnold press, 3x8-10/side @21x1, :60 rest

+

For 12:00

1st: 8-10 dumbbell clean and jerks

2nd: 8/10 row or bike calories

3rd: 15 weighted sit ups w/DB

+

2 rounds not for time:

:20-:30 bottom of push up hold

:15-:30 L-sit or L-hang

**Friday November 10**

A. Max out Friday

+

For time with a partner, one person working at a time:

80 bike/row calories

60 burpees to a plate

10 rope climbs or 40 pull ups