



TRAINING CYCLE

JUGGERNAUT METHOD

16

WEEKS + TEST WEEK

4

BARBELL LIFTS

6

DAYS / WEEK

THE CYCLE

The Juggernaut Method is Chad Wesley Smith's sixteen-week block, first published in 2009 and formalised in The Juggernaut Method 2.0. It runs four waves of four weeks, and each wave takes its name from the rep target it finishes on: the 10s wave, the 8s wave, the 5s wave and the 3s wave.

Every wave runs the same four phases. Accumulation carries the volume. Intensification cuts the sets and adds weight. Realization is the test, one set of the wave's rep target taken as an AMRAP at the highest percentage of the wave. Then a deload.

The logic is that the 10s and 8s waves build the muscle and the 5s and 3s waves turn it into strength, and that you do not find out what you can do until the realization week asks you. Everything underneath that set is deliberately submaximal, which is the point.

Our waves accumulate at 5×10, then 6×8, then 7×5, then 8×3, with the realization sets at 75, 80, 85 and 90 percent. Week 15 is the peak, the 3s wave realization. Percentages run off 90 percent of the 1RM you set in testing week. All four lifts are here, the strict press included, because the original treats it as one of the four main movements rather than an accessory.

Week 1 of this block is a testing week.

What we changed. Smith writes four lifting days a week: the main movement, then supplemental work, then assistance. Here each lift gets one day across three lift days a week and the metcon covers the rest. The wave structure, the rep ladder and the AMRAP realization set are as written.

Take the deloads. The program is built around them, and a realization week does not work if you arrive at it tired.

MON

Mon, Oct 5 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 400m run, then cycle in order for the rest of the 10 minutes:

Open up:

8 ankle rocks to the wall per side

0:20 couch stretch per side

Barbell:

Empty bar: 5 pause back squats, 2s in the hole, + 5 back squats

Metcon prep:

10 banded lateral walks, 5 each way

2 x 20m strides, build to pace

STRENGTH

Back Squat

Work to a 1RM

METCON (AMRAP 10)

AMRAP10

3-6-9-12-15... etc

Front Squat (185/125)

200m Run after every set

Barbell comes from the floor.

TUE

Tue, Oct 6 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:

10 prone swimmers

6 thread-the-needle per side

Barbell:

Empty bar: 8 strict presses +

8 overhead holds, 0:05 each

Metcon prep:

8 light DB push presses

0:20 nose-to-wall handstand hold

0:20 plank with 8 shoulder taps

STRENGTH

Strict Press

Work to a 1RM

METCON (For time)

3 Rounds For Time:

15 Handstand Pushups

15/12 Cal Bike

15 Push Press (135/95)

15/12 Cal Bike

WED

Wed, Oct 7

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

8 cossack rocks

0:30 squat hold, pry the knees out

Rig prep:

10 scap pull-ups

0:20 dead hang + 8 scap

pull-ups

Metcon prep:

10 med-ball front squats

6 broad jumps, stick the landing

FULL-DAY WOD (For time)

For Total Time:

5 Rounds:

20 Wall Balls

15 Pull Ups

10 Toes to Bar

then..

3 Rounds:

30 Alt. DB Snatches (50/35)

20 Box Jumps (24/20)

1000m Row

40:00 Time Cap

THU

Thu, Oct 8 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 150 single-unders, then cycle in order for the rest of the 10 minutes:

Open up:

6 inchworms to a deep hinge

8 cat-cow

Barbell:

Empty bar: 8 deadlifts + 8

good mornings

Metcon prep:

10 cat-cow rocks

8 tall-kneel hip thrusts

STRENGTH

Deadlift

Work to a 1RM

METCON (EMOM 10)

EMOM x 10:

30 Double Unders

Max Reps Deadlifts (225/155)

Score is total deadlifts

FRI

Fri, Oct 9 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:

8 scap CARs each direction

0:20 doorway pec stretch per side

Barbell:

Empty bar: 5 close-grip + 5

competition-grip bench presses

Metcon prep:

Empty bar: 3 clean pulls + 3 hang power cleans + 3 jerk balances

6 burpees at an easy pace

STRENGTH

Bench Press

Work to a 1RM

METCON (For time)

"Grettel" - BENCHMARK

10 rounds for time of:

3 clean and jerks

3 burpees over the bar

W 95 lb. M 135 lb.

10' TC

SAT

Sat, Oct 10

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

6 down-dog to runner's lunge per side

8 hip-hinge wall touches

Rig prep:

0:20 hollow hold

10 scap pull-ups

Metcon prep:

10 Russian swings, light

8 V-ups

PARTNER WOD (For time)

For time with a partner (40' TC):

100/90/80-cal row

50 synchronized abmat sit-ups

150 American KB swings

(53/35 lb)

50 synchronized abmat sit-ups

100/90/80-cal row

- While one partner is working, the other is hanging from the pull-up bar. Switch as often as needed.

MON

Mon, Oct 12 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 400m run, then cycle in order for the rest of the 10 minutes:
Open up:
8 banded lateral walks, 4 each way
8 half-kneel hip-flexor rocks per side
Barbell:
Empty bar: 5 pause back squats, 2s in the hole, + 5 back squats
Metcon prep:
6 empty-bar thrusters
3 pull-to-stands from the floor

STRENGTH

Back Squat
Accumulation: 5 × 10 (3 build sets, 8 total) @ 60%
Every 2:30 · 20 min

METCON (For time)

"Tommy V" - HERO
For time:
21 thrusters (115/85)
12 rope climbs
15 thrusters (115/85)
9 rope climbs
9 thrusters (115/85)
6 rope climbs

Source:
wodwell.com/wod/tommy-v/

TUE

Tue, Oct 13

WARM-UP (AMRAP 10)

Buy-in: 30/24-cal echo bike, then cycle in order for the rest of the 10 minutes:
Open up:
6 90/90 hip switches per side
8 PVC around-the-worlds
Barbell:
Empty bar: 3 snatch pulls + 3 hang power snatches + 3 snatch balances
Metcon prep:
5 tempo air squats, 3s down
3 × 0:10 hard, 0:20 easy on the bike

OLYMPIC

Snatch - session 1
5 × 3 @ 70% (3 build sets, 8 total) · E2MOM · 16 min
accumulate - own the positions, fast under the bar

METCON (For time)

7 Rounds For Time:(16"TC)
10 Power Snatch (65% 1RM Squat Snatch)
20/16 Cal Bike sub 0:55

If the cal's take you longer than :55, redo before moving back to the bar.

WED

Wed, Oct 14 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 25-cal bike erg, then cycle in order for the rest of the 10 minutes:
Open up:
10 band pull-aparts, palms up
0:20 band pec stretch per side
Barbell:
Empty bar: 5 bench presses with a 2s pause on the chest
Metcon prep:
5 empty-bar push presses, pause in the dip
8 light DB front-rack lunges
10 up-downs

STRENGTH

Bench Press
Accumulation: 5 × 10 (3 build sets, 8 total) @ 60%
Every 2:30 · 20 min

METCON (AMRAP 10)

10min AMRAP
8 DB Step-back Lunges 50/35
6 DB Push Press 50/35
4 Devils Press 50/35

THU

Thu, Oct 15

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:
Open up:
0:20 thoracic extension over a bench
10 PVC pass-throughs
Metcon prep:
8 inchworms
8 hip-hinge wall touches
10 cat-cow rocks

FULL-DAY WOD (For time)

"OPEX Lactic Endurance Test"
- BENCHMARK
3 Rounds at Max Effort

250 meter Row
10 USA Kettlebell Swings (70/53 lb)
10 Burpees
10 USA Kettlebell Swings (70/53 lb)
10 Burpees
10 USA Kettlebell Swings (70/53 lb)
250 meter Row

12 minutes rest between rounds

Time all three rounds

45' TC (including rest)

FRI

Fri, Oct 16 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:
Open up:
8 tall-kneel hip thrusts
8 hip airplanes per side
Barbell:
Empty bar: 5 halting deadlifts, pause at the knee, + 5 deadlifts
Metcon prep:
8 banded pull-ups
0:20 hip hinge hold, flat back

STRENGTH

Deadlift
Accumulation: 5 × 10 (3 build sets, 8 total) @ 60%
Every 2:30 · 20 min

METCON (For time)

5 RFT
10 Strict Pullups
10 Deadlifts
*Round 1 - 95/135
Round 2 - 105/155
Round 3 - 135/185
Round 4 - 155/225
Round 5 - 185/255

SAT

Sat, Oct 17

WARM-UP (AMRAP 10)

Buy-in: 1000m run, then cycle in order for the rest of the 10 minutes:
Open up:
6 deep squat-to-stands
8 cossack rocks
Metcon prep:
8 wall balls to the target with a lighter ball
10 Russian swings, light
10 up-downs, no push-up
10 leg swings per side

PARTNER WOD (For time)

PARTNER WOD:

0:00 - 10:00 - 1 Mile Team Run, Max Wallballs
10:00 - 13:00 - Rest
13:00 - 20:00 - 800m Team Run, Max KB Swings 55/35
20:00 - 23:00 - Rest
23:00 - 27:00 - 400m Team Run, Max AB Cals
27:00 - 30:00 - Rest
30:00 - 32:00 200m Team Run, Max Burpees

MON

Mon, Oct 19

WARM-UP (AMRAP 10)

Buy-in: 15/12-cal ski erg, then cycle in order for the rest of the 10 minutes:

Open up:
12 band pull-aparts
6 prone Y-T-Ws

Skill prep:
8 ring rows
8 scap pull-ups

Metcon prep:
8 tempo ring rows, 3s lower
10 band pull-aparts

SKILL (10 MIN)

Front lever progression
Choose 2-3 progressions and work through them for the 10 minutes. Feeling close to the skill with sound technique? Spend the remainder making attempts.

Tuck front-lever hold, hips high - 3 x 0:10

Advanced tuck, shins parallel to the floor - 3 x 0:08

Single-leg-extended front lever - 3 x 0:06 each

Front-lever pulls from a dead hang - 3 x 3

Challenge - proficient athletes (For time (accumulate), expect 6-9 min):
For time - accumulate:

0:45 tuck front-lever hold (break as needed)

15 strict pull-ups (or ring rows)
30 hollow rocks

METCON (For time)

Alternating EMOM x 20 (4 cycles)

-1-
16 KB Hang High Pull (70/53)

-2-
12/10 cal Ski

-3-
8 Atlas Balls over Shoulder (100/80)

-4-
4 Rope Climbs

-5-
Rest

TUE

Tue, Oct 20 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:
Open up:

10 prone swimmers
6 thread-the-needle per side

Barbell:
Empty bar: 8 strict presses + 8 overhead holds, 0:05 each

Metcon prep:
8 inchworms
10 squat-to-stands
0:20 row at metcon pace, 0:20 easy

STRENGTH

Strict Press
Intensification: 4 × 10 (3 build sets, 7 total) @ 65%
Every 2:30 · 17:30 min

METCON (Intervals)

Friday 250711
On an 8-minute clock for 3 rounds, complete:
800/1,000-meter row
15 lateral burpees over the rower
30 wall-ball shots

Rest with any remaining time in the interval.

W 14-lb medicine ball to a 9-foot target
M 20-lb medicine ball to a 10-foot target

WED

Wed, Oct 21

WARM-UP (AMRAP 10)

Buy-in: 2:00 mixed rope, singles and double-under attempts, then cycle in order for the rest of the 10 minutes:

Open up:
6 ankle rocks per side
8 Sotts presses (PVC)

Barbell:
Burgener warm-up, clean grip (PVC); 3 down-and-ups, 3 elbows high-and-outside, 3 muscle cleans, 3 clean lands, 3 clean drops
Metcon prep:
6 world's greatest stretch
20m karaoke each way

OLYMPIC

Clean & jerk - session 1
5 × 2 @ 72% (3 build sets, 8 total) · E2MOM · 16 min
accumulate - smooth clean -> patient jerk

METCON (For time)

For Time (17' Time Cap):

21 Power Snatch (95/65)
63 Double Unders
15 Power Snatch (135/95)
45 Double Unders
9 Power Snatch (155/105)
27 Double Unders

In the remaining time, work up to a heavy 1 rep of Power Snatch.

THU

Thu, Oct 22 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 600m run, then cycle in order for the rest of the 10 minutes:
Open up:

8 half-kneel hip-flexor rocks per side
8 ankle rocks to the wall per side

Barbell:
Empty bar: 5 front squats + 5 back squats + 5 good mornings
Metcon prep:
0:15 ring support hold
8 box squats to a target

STRENGTH

Back Squat
Intensification: 4 × 10 (3 build sets, 7 total) @ 65%
Every 2:30 · 17:30 min

METCON (6 RFT)

"Wilmot" - HERO
6 rounds for time of:
50 squats
25 ring dips

Source: wodwell.com/wod/wilmot/

FRI

Fri, Oct 23

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:
Open up:

10 leg swings side-to-side per side
6 inchworms

Primer:
8 jumping lunges
8 broad jumps, stick the landing
Metcon prep:
8 hip-hinge wall touches
8 walking knee hugs

SPEED - AEROBIC

4 Rounds:
250m Row
1:00 rest

METCON (E3MOM 5)

E3MOM x 5

200m Run
25 Russian KB Swings
15/12 Calories Bike

W 53-lb kettlebell
M 70-lb kettlebell

Time each round.

SAT

Sat, Oct 24

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:
Open up:

10 leg swings side-to-side per side
12 glute bridges

Rig prep:
8 ring rows
8 banded lat pull-downs
Metcon prep:
10 squat-to-stands
6 burpees at an easy pace

PARTNER WOD (For time)

"The Lou"
44 Rounds For Time (with a Partner):
4 Wall Balls (20/14 lb)
4 Pull-Ups
4 Burpees
4 Dumbbell Snatches (50/35 lb)

Partners alternate complete rounds.

44' TC

ALS awareness and Lou Gehrig "The Iron Horse" tribute WOD.

MON

Mon, Oct 26 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 100 single-unders, then cycle in order for the rest of the 10 minutes:

Open up:
10 scap push-ups
8 prone T-raises

Barbell:
Empty bar: 5 tempo bench presses, 3s lower, + 5 at speed
Metcon prep:
3 pull-to-stands from the floor
8 down-dog to up-dog flows

STRENGTH

Bench Press
Realization: 1 × 10+ (3 build sets, 4 total) @ 75%
Every 2:30 · 10 min

METCON (EMOM 20)

Alternating EMOM x 20
(5x Each)

-1-
3 Rope Climb

-2-
10 Bench Press

-3-
30 Double Unders

-4-
Rest

Score for each round is the sum of:
Rope Climb: Athlete Bodyweight
Bench Press: Athlete Chooses Load
Double Unders: Largest Unbroken Set x 5 (150 max)

Example:
200lb Athlete pressing 205 and going unbroken has a round of 555.

All reps must be completed in their respective minute for the workout to be considered Rx. Bench Press weight may be adjusted round-to-round.

TUE

Tue, Oct 27

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:
12 glute bridges
8 ankle rocks to the wall per side
Metcon prep:

5 tempo air squats, 3s down
10 walking lunges
0:20 row at metcon pace, 0:20 easy

FULL-DAY WOD (7 RFT)

"Ned" - HERO
7 rounds for time of:
11 back squats
1,000m row

Source: wodwell.com/wod/ned/

WED

Wed, Oct 28 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 25-cal bike erg, then cycle in order for the rest of the 10 minutes:

Open up:
8 glute bridges
8 bird dogs per side
8 tall-kneel hip thrusts

Barbell:
Empty bar: 5 RDLs + 5 deadlifts + 5 bent-over rows
Metcon prep:
8 light DB push presses
12 band face pulls
3 x 0:10 hard, 0:20 easy on the bike

STRENGTH

Deadlift
Realization: 1 × 10+ (3 build sets, 4 total) @ 75%
Every 2:30 · 10 min

METCON (For time)

21-15-9-15-21 reps for time:

Sumo Deadlift High Pulls
Push Presses
Cal Assault Bike*

W 65-lb barbell
M 95-lb barbell

*W 17-12-7-12-17

20' TC

THU

Thu, Oct 29

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:
8 wrist rocks each way
6 ankle rocks per side

Barbell:
Empty bar: 3 snatch push presses + 3 overhead squats + 3 snatch balances
Metcon prep:
8 jumping pull-ups
8 plank knee-to-elbow per side

OLYMPIC

Snatch - session 2
5 × 2 @ 78% (3 build sets, 8 total) · E2MOM · 16 min
consistent turnover

METCON (20 min)

AMREP 20min:
Max Atlas Ball Cleans over Shoulder 100/80
15 Toes to Bar E4MOM

(Workout starts with 15 T2B)

Score is total AB Cleans

FRI

Fri, Oct 30 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 60 single-unders + 0:30 double-under practice, then cycle in order for the rest of the 10 minutes:

Open up:
8 wall angels
6 half-kneel overhead reaches per side

Barbell:
Empty bar: 5 strict presses with a 2s pause at the chin
Metcon prep:
8 light DB strict presses
0:20 plank shoulder taps

STRENGTH

Strict Press
Realization: 1 × 10+ (3 build sets, 4 total) @ 75%
Every 2:30 · 10 min

METCON (For time)

For Time:(20' TC)
210 Double Unders
21 Wall Walks
150 Double Unders
15 Wall Walks
90 Double Unders
9 Wall Walks
60 Double Unders
6 Wall Walks
30 Double Unders
3 Wall Walks
10 Double Unders
1 Wall Walk

SAT

Sat, Oct 31

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:
0:20 band pec stretch per side
12 band pull-aparts
Metcon prep:

10 KB deadlifts, light
10 mountain climbers per side
10 banded straight-arm pull-downs
10 leg swings per side

PARTNER WOD (3 min)

"Tailpipe and Friends"
3 Rounds (Each)
250m Row
Partner holds 2 Kettlebells (53/35) in the front rack position

You may not start rowing until your partner has established the rack position. If your partner drops the KBs before row is complete, you must discontinue rowing until the static hold is reestablished.

Rest 3 Minutes

3 Rounds (Each)
750m Bike
Partner holds 2 Dumbbells (35/25) in the overhead position

You may not start biking until your partner has established the overhead position. If your partner drops the DBs before Bike is complete, you must discontinue biking until the static hold is reestablished.

Rest 3 Minutes

3 Rounds (Each)
200m Run
Partner holds a dead hang position on the rig

The hanging partner must hang for the entirety of their partner's run, but if they do have to disengage, they should try to get back on the bar asap. For EVERY SECOND that they are out of the hang position during the run, the partners will split that number of BURPEES before starting the next set.

MON

Mon, Nov 2

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:

0:30 couch stretch per side
8 walking hip openers

Primer:

8 seated box jumps
6 depth drops off a low box, stick it

Metcon prep:

8 spiderman lunge and reach
20m high knees

SPEED - PHOSPHAGEN

3 Rounds:

500m Row

Rest 1:00

METCON (For time)

8 rounds for time of:
8 single-dumbbell devil's presses (alternate rounds)
100-meter single-dumbbell carry (with same arm)

W 35 lb

M 50 lb

Source: crossfit.com/240828

TUE

Tue, Nov 3 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 2:00 easy jog, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 third-world squat with a thoracic reach
0:20 pigeon stretch per side

Barbell:

Empty bar: 8 back squats + 8 overhead squats

Metcon prep:

10 med-ball squat cleans, light
20m A-skips + 20m B-skips

STRENGTH

Back Squat

Deload: 3 × 5 (1 build set, 4 total) @ 50%

Every 2:30 · 10 min

METCON (For time)

For Time:

1 Mile Run
100 Wall Balls 20/14
1 Mile Run

WED

Wed, Nov 4

WARM-UP (AMRAP 10)

Buy-in: 500m ski erg, then cycle in order for the rest of the 10 minutes:

Open up:

6 deep squat-to-stands
8 cossack rocks

Rig prep:

8 pike push-ups
8 wrist rocks each direction + 8 scap push-ups

Metcon prep:

6 broad jumps, stick the landing
8 split-squat holds, 0:10 per side

FULL-DAY WOD (AMRAP 10)

@0:00

-1-

10min AMRAP

10 Sumo Deadlift (275/185)

10 Ring Dips

10 cal Ski

@15:00

-2-

3 Rounds for Time (10' TC)

50ft Handstand Walk*

100ft Dual KB Farmers Carry

*Sub w/ 5 Wall Walks

@30:00

-3-

Alternating EMOM x 10 (5x Each)

-1-

10 Low Hold Dual DB Reverse Lunges (35/25)

-2-

10 Box Jump (24/20)

THU

Thu, Nov 5 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 1500m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

8 prone T-raises
0:20 band pec stretch per side

Barbell:

Empty bar: 5 bench presses with a 2s pause on the chest
Metcon prep:

Empty bar: 3 clean pulls + 3 hang power cleans
8 pike push-ups
8 push-ups, slow and strict

STRENGTH

Bench Press

Deload: 3 × 5 (1 build set, 4 total) @ 50%

Every 2:30 · 10 min

METCON (12 RFT)

"Nick" - HERO

12 rounds for time of:
10 dumbbell hang squat cleans (45/30)
6 handstand push-ups on dumbbells

Source: wodwell.com/wod/nick/

FRI

Fri, Nov 6

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:

8 PVC around-the-worlds
6 90/90 hip switches per side

Barbell:

Skill transfer (empty bar): 3 front squats + 3 push presses + 3 jerk balances + 3 tall jerks

Metcon prep:

8 KB deadlift high-pulls, light
10 light KB deadlifts, flat back

OLYMPIC

Clean & jerk - session 2

4 × 2 @ 80% (3 build sets, 7 total) · E2MOM · 14 min
elbows fast, drive the jerk straight up

METCON (AMRAP)

4 Rounds at 75/55

Min 1 - 10 SDHP then AMRAP BFB
Min 2 - 10 Cleans then AMRAP BFB
Min 3 - 10 Snatch then AMRAP BFB
Min 4 - Rest
Score is BFB

SAT

Sat, Nov 7

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

12 glute bridges
8 ankle rocks to the wall per side

Metcon prep:

8 light DB snatches
10 squat-to-stands
8 reverse lunges
0:20 plank with 8 shoulder taps

PARTNER WOD (AMRAP 00)

Mariana's 30th BDAY

Partner WOD - One works while the other rests.

30:00 AMRAP

30 minutes for 30 years!

Complete as many rounds as possible of:
30 Cal Row
30 Wall Balls (20/14 lb)
30 DB Snatches (50/35 lb total, alternating)
30 Sit-ups
30 Alternating lunges
30 Push-ups

BUY- OUT
30 cal Bike

MON

Mon, Nov 9 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 400m run, then cycle in order for the rest of the 10 minutes:

Open up:

- 8 hip-hinge wall touches
- 6 inchworms to a deep hinge

Barbell:

Empty bar: 5 snatch-grip RDLs + 5 deadlifts

Metcon prep:

- 8 hip airplanes per side
- 12 glute bridges

STRENGTH

Deadlift

Accumulation: 6 × 8 (2 build sets, 8 total) @ 65%
Every 2:30 · 20 min

METCON (7 RFT)

"Sham" - HERO
7 rounds for time of:
11 deadlifts
100-meter sprint

Source: wodwell.com/wod/sham/

TUE

Tue, Nov 10

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:

- 6 world's greatest stretch per side
- 8 walking spiderman and reach

Primer:

- 10 A-skips, quick knee drive
- 10 up-downs, no push-up

Metcon prep:

- 10 cat-cow rocks
- 12 jumping jacks

SPEED - GLYCOLYTIC

E2MOMx5:
20/16 Cal Bike
Record slowest round

METCON (For time)

"Push/Pull" - BENCHMARK
E2MOM^2 Death By

Calorie Row
Floor Press
Pendlay Row

W 95-lb barbell
M 135-lb barbell

M
2-4-6-8-10-12-14-16-18-20-etc.
calories
W
2-3-5-6-8-10-11-13-14-16-etc.
calories

R1 (0:00-2:00): 2 cal, 2 FP, 2 PR
R2 (2:00-4:00): 4 cal, 4 FP, 4 PR
R3 (4:00-6:00): 6 cal, 6 FP, 6 PR
R4 (6:00-8:00): 8 cal, 18 FP, 8 PR
R5 (8:00-10:00): 10 cal, 10 FP, 10 PR
etc

WED

Wed, Nov 11 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 25-cal bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

- 0:20 front-rack stretch
- 8 scap CARs each direction

Barbell:

Empty bar: 5 strict presses + 5 push presses + 5

behind-the-neck presses

Metcon prep:

- 8 front-rack elbow rotations
- 6 burpees at an easy pace

STRENGTH

Strict Press

Accumulation: 6 × 8 (2 build sets, 8 total) @ 65%
Every 2:30 · 20 min

METCON (AMRAP 3)

5 x 3min AMRAP
6 Atlas Ball Cleans 100/80
6 Burpees over the ball

1 Min Rest between AMRAPs

THU

Thu, Nov 12

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:

- 8 wrist rocks each way
- 6 ankle rocks per side

Barbell:

Empty bar: 3 deadlifts + 3 hang muscle cleans + 3 front squats +

3 push presses

Metcon prep:

- 8 single-arm DB deadlifts per side
- 6 chin-over-bar negatives, 3s lower

OLYMPIC COMPLEX

Clean & jerk complex - session 1
Clean + front squat + jerk (2 build sets, 7 total) · E2MOM · 14 min
build to a heavy complex: rack it, own the squat, then one honest jerk

METCON (For time)

For Time:

40-30-20-10
Alternating DB Snatch (50/35)
20-15-10-5
Toes to Bar

-- 200m SA OH DB Carry after each round

25' TC

FRI

Fri, Nov 13 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 2:00 easy jog, then cycle in order for the rest of the 10 minutes:

Open up:

- 8 banded lateral walks, 4 each way
- 8 half-kneel hip-flexor rocks per side

Barbell:

Empty bar: 5 tempo back squats, 3s down

Metcon prep:

- 8 wall balls to the target with a lighter ball
- 8 goblet squats, light KB

STRENGTH

Back Squat

Accumulation: 6 × 8 (2 build sets, 8 total) @ 65%
Every 2:30 · 20 min

METCON (For time)

"K-a-r-e-n" - BENCHMARK
150 Wall Balls (20/14) in as few sets as possible.

Score is total sets.

Rest as needed between sets.

10' TC

SAT

Sat, Nov 14

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:

- 8 Sotts presses (PVC)
- 0:20 squat hold with a PVC overhead

Barbell:

Skill transfer (empty bar): 3 front squats + 3 push presses + 3 jerk balances + 3 tall jerks

Metcon prep:

- 10 PVC good mornings
- 12 band pull-aparts
- 8 bird dogs per side

PARTNER WOD (AMRAP)

180530 - MAYHEM DAILY WOD

AMRAP (Teams of 3) in 25 minutes

P1 - 750m Row
P2 & P3 - AMRAP*
5 Deadlift (275/185)
5 Bench Press (185/115)
5 Power Cleans (155/105)

*Complete a full round before next person begins *While Partner 1 rows 750m partner 2 & 3 complete as many rounds as possible of 5 DL, 5 BP, 5 PC (You go, I go). When partner 1 finishes the row partner 3 will advance to the row while partner 1 & 2 rotate through the amrap. If an athlete has started a round before the row has been finished then, the round must be completed before the athletes can rotate to the next station.

MON

Mon, Nov 16

WARM-UP (AMRAP 10)

Buy-in: 15/12-cal ski erg, then cycle in order for the rest of the 10 minutes:

Open up:
8 adductor rocks
10 leg swings side-to-side per side

Rig prep:
8 scap pull-ups
3 pull-to-stands from the floor

Metcon prep:
8 step-ups to today's box
10 up-downs, no push-up

FULL-DAY WOD (EMOM 36)

EMOMx36:

- 1) 30 Mountain Climbers
- 2) 15/12 Cal Ski
- 3) 8 Burpee Box Jump Overs (24/20)
- 4) 8 DB Devil's Press (35/25)
- 5) 3 Rope Climbs
- 6) Rest

TUE

Tue, Nov 17 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:
0:20 doorway pec stretch per side
12 band external rotations per side

Barbell:
Empty bar: 8 bench presses + 8 bent-over rows

Metcon prep:
10 wall shoulder taps
8 push-ups, slow and strict
10 band pull-throughs

STRENGTH

Bench Press
Intensification: 4 × 8 (3 build sets, 7 total) @ 72.5%
Every 2:30 · 17:30 min

METCON (AMRAP 20)

"Nate" - BENCHMARK
AMRAP 20:
2 muscle-ups
4 handstand push-ups
8 kettlebell swings (70/53)

Source: wodwell.com/wod/nate/

WED

Wed, Nov 18

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:
0:20 calf stretch on a plate per side
8 walking knee hugs

Primer:
8 single-leg pogos per side
8 split-jump lunges

Metcon prep:
6 chin-over-bar negatives, 3s lower
8 push-ups, slow and strict

SPEED - AEROBIC

5 Rounds:
250m Row
Rest 2:00

METCON (For time)

For Time:
3 Rounds
9 Chest to Bar Pull Ups
15 Pendlay Rows 135/95
21 Hand-release Push Ups
3 Rounds
6 Chest to Bar Pull Ups
10 Pendlay Rows 135/95
14 Hand-release Push Ups
3 Rounds
3 Chest to Bar Pull Ups
5 Pendlay Rows 135/95
7 Hand-release Push Ups

THU

Thu, Nov 19 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:
6 inchworms to a deep hinge
8 cat-cow
Barbell:
Empty bar: 8 deadlifts + 8 good mornings

Metcon prep:
8 light DB snatches
10 dead bugs

STRENGTH

Deadlift
Intensification: 4 × 8 (3 build sets, 7 total) @ 72.5%
Every 2:30 · 17:30 min

METCON (For time)

5 Rounds for Time
5 Deadlifts
10 Alt. Hang DB Snatch
15 GHD Sit Ups
W 185-lb barbell
M 275-lb barbell
W 35-lb dumbbell
M 50-lb dumbbell
15' TC

FRI

Fri, Nov 20

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:
8 leg swings per side
6 world's greatest stretch per side
Skill prep:
20 single-unders + 10 double-under attempts

0:30 double-under practice

Metcon prep:
10 air squats
0:30 row, build to metcon pace

SKILL (10 MIN)

Double-unders
Choose 2-3 progressions and work through them for the 10 minutes. Feeling close to the skill with sound technique? Spend the remainder making attempts.
30-50 unbroken single-unders to confirm a steady, low bounce
No-rope drill: tall jumps, double thigh-tap at the peak - 4 × 0:20
Single-unders with a double tap every jump - 3 × 0:30
5 singles -> 1 double -> repeat: elbows in, wrist flick, 'pop-swish-land' - 5:00
Build to 10 unbroken DUs at a relaxed rhythm
Challenge - proficient athletes (3 rounds for time, expect 6-9 min):
3 rounds for time:
30 double-unders
10 air squats
5 burpees

METCON (For time)

For Time: (30' TC)
500m Row
50' HS Walk (5 Box Walk arounds/
5 Box Plank Walks)
500m Row
40' HS Walk (4/4)
500m Row
30' HS Walk (3/3)
500m Row
20' HS Walk (2/2)
500m Row
10' HS Walk (1/1)

SAT

Sat, Nov 21

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:
0:20 squat hold with a PVC overhead
0:20 lat stretch on the rig per side

Barbell:
Skill transfer (PVC): 3 snatch push presses + 3 overhead squats + 3 pressing snatch balances + 3 heaving snatch balances + 3 drop snatches

Metcon prep:
5 empty-bar front squats + 5 push presses
10 pogo hops, tall and springy
6 burpees at an easy pace

PARTNER WOD (For time)

30 Rounds for Time
1x Rope Climb
2x Power Snatch (135/95 lb)
3x Burpee Box Jump Overs (30/24 in)

Partners alternate after each movement.
Partner 1 does 1 Rope Climb, partner 2 does 2 Thrusters, then partner 1 does 3 Burpee Box Jump overs. Partner 2 starts the next round. Continue in this manner until 30 rounds are completed.

MON

Mon, Nov 23 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 1000m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

8 PVC around-the-worlds
12 band pull-aparts overhead

Barbell:

Empty bar: 5 strict presses + 5 Sotts presses

Metcon prep:

8 light DB snatches
10 scap push-ups
0:30 bike, build to metcon pace

STRENGTH

Strict Press

Realization: 1 × 8+ (3 build sets, 4 total) @ 80%
Every 2:30 · 10 min

METCON (E5MOM 5)

E5MOM x 5

5 Wall Walks
10 Alternating Arm Devils Press (50/35)
15/12 cal Bike

Score is fastest round plus slowest round.

TUE

Tue, Nov 24

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:

10 PVC pass-throughs
8 PVC overhead squats

Barbell:

Empty bar: 3 clean pulls + 3 hang power cleans + 3 push jerks

Metcon prep:

8 light DB snatches
5 inchworm-to-push-ups

OLYMPIC

Clean & jerk - session 3

3 × 2 @ 84% (3 build sets, 6 total) · E2MOM · 12 min intensify - stand it up before the jerk

METCON (AMRAP 20)

20 Min AMRAP

30 Alternating DB Snatch 50/35
200m Sand Bag Carry 150/100

WED

Wed, Nov 25 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 500m run, then cycle in order for the rest of the 10 minutes:

Open up:

10 leg swings side-to-side per side
10 glute bridges with a 2s hold

Barbell:

Empty bar: 5 back squats + 5 good mornings + 5 behind-the-neck presses

Metcon prep:

5 jumping bar muscle-up transitions
10 banded air squats

STRENGTH

Back Squat

Realization: 1 × 8+ (3 build sets, 4 total) @ 80%
Every 2:30 · 10 min

METCON (For time)

"Jason" - HERO

For time:

100 squats
5 muscle-ups
75 squats
10 muscle-ups
50 squats
15 muscle-ups
25 squats
20 muscle-ups

Source:

wodwell.com/wod/jason/

THU

Thu, Nov 26

HOLIDAY

Day off. Gym closed.

FRI

Fri, Nov 27

WARM-UP (AMRAP 10)

Buy-in: 1000m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

8 walking hip openers
10 leg swings side-to-side per side

Metcon prep:

10 ankle circles each way
8 V-ups
10 toe and heel walks, 5 each

FULL-DAY WOD (For time)

"Renegade" - BENCHMARK
50-40-30-20-10

Calorie Bike*

SA Renegade Rows (50/35)

AbMat Sit Ups

*(40-32-24-16-8W)

40' TC

SA Renegade Rows (50 reps = 25 each side, split up however you want)

<https://www.youtube.com/watch?v=N7QJ-SUu8NA>

SAT

Sat, Nov 28

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:

6 90/90 hip switches per side
8 PVC around-the-worlds

Barbell:

Skill transfer (PVC): 3 snatch push presses + 3 overhead squats + 3 pressing snatch balances + 3 heaving snatch balances + 3 drop snatches

Metcon prep:

10 med-ball front squats
10 Russian swings, light
10 up-downs, no push-up

PARTNER WOD (For time)

Maximum Combined Reps in 40 Minutes:

Partner 1 performs a max unbroken set of a movement then rests while partner 2 does the same. They then move to the next movement and do the same, and so on.

This pattern continues until the 40-minute cap, or the partners reach a combined 1000 reps.

Hang Squat Clean (95/65)

Pull Ups

Hang Power Snatch (95/65)

Push Ups

Wall Balls (20/14)

Knees to Elbow

American KB Swings (53/35)

Burpee w/ Tuck Jump (sub 4sec per rep)

If the partners reach 1000 reps, stop the workout. For every minute under 40 minutes this was completed, add a rep to the score. So, if athletes reach 1000 reps in 37 minutes, the score would be 1003.

MON

Mon, Nov 30 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 60 single-unders + 0:30 double-under practice, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 sleeper stretch per side
8 wall slides

Barbell:

Empty bar: 5 close-grip + 5 competition-grip bench presses
Metcon prep:

2 wall walks with a 0:03 hold at the top
10 plank shoulder taps

STRENGTH

Bench Press
Deload: 3 × 5 (1 build set, 4 total) @ 50%
Every 2:30 · 10 min

METCON (For time)

Open 21.1

1 Wall Walk
10 Double-Unders
3 Wall Walks
30 Double-Unders
6 Wall Walks
60 Double-Unders
9 Wall Walks
90 Double-Unders
15 Wall Walks
150 Double-Unders
21 Wall Walks
210 Double Unders

Time Cap: 15 Minutes

TUE

Tue, Dec 1 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 2:00 easy jog, then cycle in order for the rest of the 10 minutes:

Open up:

10 dead bug reaches
0:20 standing hamstring sweep per side

Barbell:

Empty bar: 8 deadlifts + 8 hip thrusts off the floor

Metcon prep:

8 staggered-stance RDLs per side
20m A-skips + 20m B-skips

STRENGTH

Deadlift
Deload: 3 × 5 (1 build set, 4 total) @ 50%
Every 2:30 · 10 min

METCON (For time)

For Time:

21 Deadlift (225/155)
800m Run
15 Deadlift (225/155)
800m Run
9 Deadlift (225/155)
800m Run
18' TC

WED

Wed, Dec 2

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

8 wrist rocks each way
6 ankle rocks per side

Barbell:

Empty bar: 3 high-hang snatches + 3 hang snatches + 3 snatches

Metcon prep:

6 low-ring transitions, feet down
8 dead-hang shrugs

OLYMPIC

Snatch - session 4
3 × 1 @ 88% (4 build sets, 7 total) · E2MOM · 14 min
crisp, heavy singles

METCON (For time)

"The Standard" - BENCHMARK
2019 CrossFit Games
(Individuals) WOD #12
"The Standard"

For Time

30 Clean-and-Jerks
30 Muscle-Ups
30 Snatches

W 95 lb. M 135 lb.

25' TC

THU

Thu, Dec 3 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 1500m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

12 band pull-aparts overhead
10 PVC pass-throughs

Barbell:

Empty bar: 8 strict presses + 12 band pull-aparts

Metcon prep:

6 empty-bar thrusters
8 ring support-to-bottom negatives, 3s
6 box pike push-ups

STRENGTH

Strict Press
Deload: 3 × 5 (1 build set, 4 total) @ 50%
Every 2:30 · 10 min

METCON (5 RFT)

"Pike" - HERO

5 rounds for time of:
20 thrusters
10 strict ring dips
20 push-ups
10 strict handstand push-ups
50-meter bear crawl

Source: wodwell.com/wod/pike/

FRI

Fri, Dec 4

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:

8 cossack rocks
6 deep squat-to-stands

Metcon prep:

8 seated box jumps
8 inchworms
8 hip-hinge wall touches
0:30 row, build to metcon
pace

FULL-DAY WOD (For time)

For Time:(35' TC)
50-35-20
Cal Row
KB Swings (USA, 53/35)
Burpees
Box Jumps (24/20)

SAT

Sat, Dec 5

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

8 hip airplanes per side
10 leg swings front-to-back per side

Metcon prep:

5 empty-bar RDLs + 5 high pulls
5 empty-bar deadlifts, 3s
lower
8 med-ball push presses
20m high knees + 20m butt kicks

PARTNER WOD (AMRAP 30)

AMRAP 30 with a partner:

10 sumo deadlift high pulls (55/75 lb)
10 wall-ball shots (14/20 lb)

- Each partner completes a full round before switching; the other partner runs 200 meters. Partners do not start on a new round until both partners finish their respective work. Rest together as needed.

MON Mon, Dec 7 · SQUAT	TUE Tue, Dec 8	WED Wed, Dec 9 · PUSH	THU Thu, Dec 10	FRI Fri, Dec 11 · HINGE	SAT Sat, Dec 12
WARM-UP (AMRAP 10) Buy-in: 400m run, then cycle in order for the rest of the 10 minutes: Open up: 0:20 third-world squat with a thoracic reach 10 glute bridges with a 2s hold Barbell: Empty bar: 5 pause back squats, 2s in the hole, + 5 back squats Metcon prep: 5 seated J-hook foot-locks and stand 8 box step-ups	WARM-UP (AMRAP 10) Buy-in: 30/24-cal echo bike, then cycle in order for the rest of the 10 minutes: Open up: 6 90/90 hip switches per side 8 PVC around-the-worlds Skill prep: 6 chin-over-bar negatives, 3s lower 5 strict pull-ups or ring rows Metcon prep: PVC: 3 muscle snatches + 3 snatch lands + 3 drop snatches 10 air squats, slow to full depth	WARM-UP (AMRAP 10) Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes: Open up: 10 band pull-aparts, palms up 8 wrist rocks each way Barbell: Empty bar: 8 bench presses + 12 band pull-aparts Metcon prep: 0:20 plank shoulder taps 6 box pike push-ups 0:20 row at metcon pace, 0:20 easy	WARM-UP (AMRAP 10) Buy-in: 400m row, then cycle in order for the rest of the 10 minutes: Open up: 6 90/90 hip switches per side 8 PVC around-the-worlds Barbell: Empty bar: 3 deadlifts + 3 hang muscle cleans + 3 front squats + 3 push presses Metcon prep: 12 jumping jacks 20m karaoke each way	WARM-UP (AMRAP 10) Buy-in: 500m row, then cycle in order for the rest of the 10 minutes: Open up: 0:20 standing hamstring sweep per side 8 hip airplanes per side Barbell: Empty bar: 5 tempo deadlifts, 3s lower Metcon prep: 10 cat-cow rocks 8 tall-kneel hip thrusts	WARM-UP (AMRAP 10) Buy-in: 1000m run, then cycle in order for the rest of the 10 minutes: Open up: 0:20 lat stretch on the rig per side 10 PVC pass-throughs Barbell: Skill transfer (empty bar): 3 front squats + 3 push presses + 3 jerk balances + 3 tall jerks Metcon prep: 8 dip-and-drive drills, hands on the hips 10 leg swings per side
STRENGTH Back Squat Accumulation: 7 × 5 (2 build sets, 9 total) @ 72.5% E2MOM · 18 min	SKILL (10 MIN) Kipping pull-ups Choose 2-3 progressions and work through them for the 10 minutes. Feeling close to the skill with sound technique? Spend the remainder training attempts. Hollow to arch kip swings on the bar, aggressive - 3 x 6 Kip to chin-over-bar, then push away - 3 x 5 Banded kipping pull-ups, full range - 3 x 6 Link 3-5 kipping pull-ups with a clean rhythm Challenge - proficient athletes (3 rounds for time, expect 6-9 min): 3 rounds for time: 9 kipping pull-ups 12 push-ups 15 air squats	STRENGTH Bench Press Accumulation: 7 × 5 (2 build sets, 9 total) @ 72.5% E2MOM · 18 min	OLYMPIC Clean & jerk - session 4 3 × 1 @ 88% (4 build sets, 7 total) · E2MOM · 14 min aggressive, heavy singles	STRENGTH Deadlift Accumulation: 7 × 5 (2 build sets, 9 total) @ 72.5% E2MOM · 18 min	PARTNER WOD (For time) rx 12 rounds for reps with a partner: 0:00-8:00 On a 2:00 clock: 200-m run Max snatches in remaining time (95/65 lb) - Rest 2:00 between rounds. - One partner completes a round, while the other rests; partners perform 2 rounds each. 8:00-16:00 On a 2:00 clock: 200-m run Max push jerks in remaining time (115/75 lb) - Rest 2:00 between rounds. - One partner completes a round, while the other rests; partners perform 2 rounds each. 16:00-24:00 On a 2:00 clock: 200-m run Max cleans in remaining time (135/95 lb) - Rest 2:00 between rounds. - One partner completes a round, while the other rests; partners perform 2 rounds each.
METCON (3 RFT) "Brian" - HERO 3 rounds for time of: 5 rope climbs to 15 feet 25 back squats Source: wodwell.com/wod/brian/	METCON (20 min) "17.3ish" 20min AMREP 3 rounds of: 6 chest-to-bar pull-ups 6 squat snatches, 95/65 -- modified 95/65 Then, 3 rounds of: 7 chest-to-bar pull-ups 5 squat snatches, 135/95 -- modified 115/75 Then, 3 rounds of: 8 chest-to-bar pull-ups 4 squat snatches, 185/135 -- modified 135/95 Then, 3 rounds of: 9 chest-to-bar pull-ups 3 squat snatches, 225/155 -- modified 155/105 Then, 3 rounds of: 10 chest-to-bar pull-ups 2 squat snatches, 245/165 -- modified 185/135 Then, 3 rounds of: 11 chest-to-bar pull-ups 1 squat snatch 265/185 -- modified 205/145 The workout ends at 20min or when you can no longer complete snatches at the prescribed weight.	METCON (3 min) 5 x 3min Intervals 20cal Row Max Distance Handstand Walk* Scale w/ Max Wall Walks (1 rep = 5ft) Max Distance Bear Crawl Do NOT scale with HSPU	METCON (For time) "Double Grace" - BENCHMARK For Time 60 Clean-and-Jerks (135/95 lb) 20' TC	METCON (For time) Romanian Deadlift 3x8, building	

MON

Mon, Dec 14

WARM-UP (AMRAP 10)

Buy-in: 1000m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

8 leg swings per side
6 world's greatest stretch per side

Primer:

10 up-downs, no push-up
10 lateral bounds, 5 each way

Metcon prep:

10 toe and heel walks, 5 each
0:30 bike, arms only then legs only

SPEED - PHOSPHAGEN

10 Rounds:

4x10m Shuttle Sprint

Rest :30 between rounds.

Score is total time.

METCON (For time)

Alternating EMOM x 15 (5x Each)

-1-
Max Reps Atlas Ball over Shoulder (100/80)

-2-
Max Calorie Bike

-1-
Rest

Score is total reps + total calories.

TUE

Tue, Dec 15 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:

10 prone swimmers
6 thread-the-needle per side

Barbell:

Empty bar: 8 strict presses +
8 overhead holds, 0:05 each

Metcon prep:

8 inchworms
2 x 20m strides, build to pace

STRENGTH

Strict Press

Intensification: 5 × 5 (3 build sets, 8 total) @ 80%

Every 2:30 · 20 min

METCON (AMRAP 5)

2 x AMRAP5:
4 x 10m Shuttle
5 Burpees

Rest 5' between. Score is total reps. (10m = 1 rep)

WED

Wed, Dec 16

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 front-rack and wrist stretch
8 wrist rocks each way

Barbell:

Burgener warm-up, clean grip (PVC): 3 down-and-ups, 3

elbows high-and-outside, 3 muscle cleans, 3 clean lands, 3

clean drops

Metcon prep:

5 empty-bar push jerks, pause in the dip

10 Russian KB swings, light

0:30 row, build to metcon pace

FULL-DAY WOD (For time)

"The Nightmare Before Christmas" - BENCHMARK
For Time:

24/20 cal Row

24 Deadlifts (135/95)

24/20 cal Row

24 Hang Power Cleans (135/95)

24/20 cal Row

24 Shoulder to Overhead (135/95)

24/20 cal Row

24 Clean & Jerks (135/95)

24/20 cal Row

40' TC

THU

Thu, Dec 17 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 600m run, then cycle in order for the rest of the 10 minutes:

Open up:

8 half-kneel hip-flexor rocks per side
8 ankle rocks to the wall per side

Barbell:

Empty bar: 5 front squats + 5 back squats + 5 good mornings

Metcon prep:

8 goblet thrusters, light KB
8 jumping pull-ups

10 walking lunges

STRENGTH

Back Squat

Intensification: 5 × 5 (3 build sets, 8 total) @ 80%

Every 2:30 · 20 min

METCON (AMRAP 10)

"DG" - HERO

AMRAP 10:

8 toes-to-bars

8 dumbbell thrusters (35/20)

12 dumbbell walking lunges (35/20)

Source: wodwell.com/wod/dg/

FRI

Fri, Dec 18

WARM-UP (AMRAP 10)

Buy-in: 60 single-unders + 0:30 double-under practice, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 squat hold with a PVC overhead

0:20 lat stretch on the rig per side

Barbell:

Empty bar: 3 muscle snatches + 3 power snatches + 3

overhead squats

Metcon prep:

8 single-arm DB deadlifts per side

0:15 ring support hold

OLYMPIC

Snatch - session 5

work to a heavy single @ 92%+ (5 build sets, 8 total) · E2MOM

· 16 min

peak - keep the makes, leave the misses

METCON (AMRAP 20)

AMRAP20:

5 Ring Muscle Ups

50 Double Unders

20 Alternating DB Snatches (50/35)

SAT

Sat, Dec 19

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

8 Sott's presses (PVC)
0:20 squat hold with a PVC overhead

Barbell:

Skill transfer (empty bar): 3 front squats + 3 push presses + 3

jerk balances + 3 tall jerks

Metcon prep:

6 DB push presses + 5 up-downs

2 wall walks with a 0:03 hold at the top

10 mountain climbers per side

PARTNER WOD (AMRAP 5)

2 Cycles

6 x AMRAP 5

Partners alternate reps

Rest 1 minute between stations

-1-

AMRAP 5

10 Atlas Ball over Shoulder (100/80)

10 Burpees over Atlas Ball

-2-

AMRAP 5

10 Dual DB Devils Press (50/35)

10 Wall Walks

-3-

AMRAP 5

10 Power Clean (225/155)

10 Pull Overs

MON

Mon, Dec 21 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 doorway pec stretch per side

12 band external rotations per side

Barbell:

Empty bar: 5 bench presses with a 2s pause on the chest

Metcon prep:

8 push-ups to a box

8 V-ups

0:20 row at metcon pace, 0:20 easy

STRENGTH

Bench Press

Realization: 1 × 5+ (3 build sets, 4 total) @ 85%

Every 2:30 · 10 min

METCON (For time)

For Time:

500m Row

75 AbMat Situps

75 HR Pushups

1000m Row

50 AbMat Situps

50 HR Pushups

1500m Row

25 AbMat Situps

25 HR Pushups

TUE

Tue, Dec 22

WARM-UP (AMRAP 10)

Buy-in: 800m run, then cycle in order for the rest of the 10 minutes:

Open up:

6 inchworms

0:20 calf stretch on a plate per side

Primer:

8 split-jump lunges

8 jumping lunges

Metcon prep:

8 spiderman lunge and reach

5 inchworm-to-push-ups

SPEED - PHOSPHAGEN

6 Rounds:

40m Atlas Ball Carry (100/80)

Rest :20

4x10m Shuttle Sprint

Rest :20

Score is total time with rest

METCON (For time)

E2MOM x 10 (20')

100m Air Runner Sprints

Rotate with classmates every

:20/:30 if big class

WED

Wed, Dec 23 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

8 bird dogs per side

8 tall-kneel hip thrusts

Barbell:

Empty bar: 5 RDLs + 5

deadlifts + 5 bent-over rows

Metcon prep:

10 wall shoulder taps

8 single-leg glute bridges per side

STRENGTH

Deadlift

Realization: 1 × 5+ (3 build sets, 4 total) @ 85%

Every 2:30 · 10 min

METCON (21-15-9)

"Diane" - BENCHMARK

21-15-9 for time:

Deadlifts (225/155)

Handstand push-ups

Source:

wodwell.com/wod/diane/

THU

Thu, Dec 24

WARM-UP (AMRAP 10)

Buy-in: 1000m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 lat stretch on the rig per side

10 PVC pass-throughs

Barbell:

Empty bar: 3 deadlifts + 3

hang muscle cleans + 3 front

squats + 3 push presses

Metcon prep:

8 walking hip openers

10 toe and heel walks, 5 each

OLYMPIC COMPLEX

Clean & jerk complex - session 2

Power clean + hang squat

clean + jerk (2 build sets, 7 total) · E2MOM · 14 min

build to a heavy complex: the power rep sets the elbows, the squat rep is the lift

METCON (AMRAP 15)

AMRAP 15:

100-m single-DB suitcase carry

20-cal bike

30 alternating DB hang

snatches

W 35 lb. M 50 lb.

FRI

Fri, Dec 25

HOLIDAY WOD (AMRAP 30 (pa

"The Festive Fifty"
Merry Christmas!

SAT

Sat, Dec 26

WARM-UP (AMRAP 10)

Buy-in: 1000m run, then cycle in order for the rest of the 10 minutes:

Open up:

6 deep squat-to-stands

8 cossack rocks

Metcon prep:

8 light DB front-rack lunges

8 squat-to-stands

8 push-ups to a box

6 burpees at an easy pace

PARTNER WOD (For time)

Hero WOD:

Partner Bert

For time:

50 burpees

400-m run

100 push-ups

400-m run

150 walking lunges

400-m run

200 squats

400-m run

150 walking lunges

400-m run

100 push-ups

400-m run

50 burpees

MON

Mon, Dec 28 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:

12 band pull-aparts overhead
10 PVC pass-throughs

Barbell:

Empty bar: 8 strict presses +
8 overhead holds, 0:05 each
Metcon prep:

6 DB push presses + 5
up-downs
10 banded straight-arm
pull-downs
10 tuck-ups

STRENGTH

Strict Press

Deload: 3 × 5 (1 build set, 4
total) @ 50%

Every 2:30 · 10 min

METCON (For time)

For Time:

1000m Row
20 Alternating DB Devils Press
(50/35)
40 AbMat Sit Ups
800m Row
16 Alternating DB Devils Press
(50/35)
32 AbMat Sit Ups
600m Row
12 Alternating DB Devils Press
(50/35)
24 AbMat Sit Ups
30' TC

TUE

Tue, Dec 29 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 2:00 easy jog, then
cycle in order for the rest of the
10 minutes:

Open up:

0:20 third-world squat with a
thoracic reach
0:20 pigeon stretch per side

Barbell:

Empty bar: 8 back squats + 8
overhead squats
Metcon prep:

8 front-rack elbow rotations
10 scap pull-ups
8 box step-ups per side

STRENGTH

Back Squat

Deload: 3 × 5 (1 build set, 4
total) @ 50%

Every 2:30 · 10 min

METCON (For time)

30-20-10:

Front Squats (65% complex)
Pullups
Pistols
Hang Power Cleans

WED

Wed, Dec 30

WARM-UP (AMRAP 10)

Buy-in: 2:00 mixed rope,
singles and double-under
attempts, then cycle in order for
the rest of the 10 minutes:

Open up:

0:30 couch stretch per side
8 walking hip openers

Primer:

8 tuck jumps, soft knees
8 skater hops, 4 each way

Metcon prep:

12 jumping jacks
6 world's greatest stretch

SPEED · PHOSPHAGEN

6 × (40m build to 95%,
walk-back recovery)

METCON (For time)

5 Rounds

:30 Max Double Unders

:30 Rest

:30 Max Handstand Hold

(Freestanding is Rx+)

:30 Rest

Try to go unbroken

THU

Thu, Dec 31 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 1500m bike erg, then
cycle in order for the rest of the
10 minutes:

Open up:

8 prone T-raises
0:20 band pec stretch per side

Barbell:

Empty bar: 5 bench presses
with a 2s pause on the chest
Metcon prep:

10 wall shoulder taps
5 seated J-hook foot-locks
and stand

STRENGTH

Bench Press

Deload: 3 × 5 (1 build set, 4
total) @ 50%

Every 2:30 · 10 min

METCON (E2MOM 10)

E2MOM x 10

2 HSPU

2 Rope Climbs

Increase 2 HSPU every 2 min.
Workout is done once you
cannot complete all the reps in
the 2' or you complete all 10
rounds.

FRI

Fri, Jan 1

HOLIDAY

Day off. Gym closed.

SAT

Sat, Jan 2

WARM-UP (AMRAP 10)

Buy-in: 25-cal bike erg, then
cycle in order for the rest of the
10 minutes:

Open up:

8 PVC around-the-worlds
0:20 front-rack and wrist
stretch

Rig prep:

8 banded lat pull-downs
8 ring rows

Metcon prep:

8 DB high pulls
0:30 bike, arms only then legs
only

PARTNER WOD (AMRAP 30)

AMRAP 30 with a partner:

100-calorie Assault Bike
100 Alt DB snatches (35/50 lb)
100 toes-to-bars
- Split work as needed with one
person working at a time.

MON

Mon, Jan 4 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 100 single-unders, then cycle in order for the rest of the 10 minutes:

Open up:

8 tall-kneel hip thrusts
8 cat-cow

Barbell:

Empty bar: 5 RDLs + 5 deadlifts + 5 bent-over rows
Metcon prep:
10 KB deadlifts, light
8 V-ups

STRENGTH

Deadlift
Accumulation: 8 × 3 (2 build sets, 10 total) @ 80%
E2MOM · 20 min

METCON (For time)

Alternating Every 1:30 x 16
[4x Each]

-1-
10 T&G Deadlifts (275/185)*

-2-
20 GHD Sit Ups

-3-
30 KB Swings USA (53/35)

-4-
40 Double Unders

*Touch & Go -- Does not have to be unbroken, but lower the barbell in the eccentric phase with control.

Score is completed rounds. 16 is a perfect score. Try the workout Rx+ by increasing load(s) or reps.

TUE

Tue, Jan 5

WARM-UP (AMRAP 10)

Buy-in: 30/24-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 lat stretch on the rig per side
10 PVC pass-throughs

Barbell:

Empty bar: 3 snatch pulls + 3 hang power snatches + 3 snatch balances
Metcon prep:
0:30 bike, arms only then legs only
20m butt kicks

OLYMPIC

Snatch - session 6
work to a heavy single @ 92%+
(5 build sets, 8 total) · E2MOM · 16 min
peak - keep the makes, leave the misses

METCON (EMOM 20)

EMOM x 20:
Odd: 3 Power Cleans (185/125) +10/8 cal Bike
Even: Rest

Compare to 1/31/2023

WED

Wed, Jan 6 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 500m run, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 front-rack stretch
8 scap CARs each direction

Barbell:

Empty bar: 5 strict presses + 5 push presses + 5 behind-the-neck presses
Metcon prep:
8 scap pull-ups
6 burpees at an easy pace
20m A-skips + 20m B-skips

STRENGTH

Strict Press
Accumulation: 8 × 3 (2 build sets, 10 total) @ 80%
E2MOM · 20 min

METCON (AMRAP 20)

"Sisson" - HERO
AMRAP 20:
1 rope climb to 15 feet
5 burpees
200-meter run

Source:
wodwell.com/wod/sisson/

THU

Thu, Jan 7

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:

8 PVC overhead squats
0:20 front-rack and wrist stretch

Barbell:

Empty bar: 3 deadlifts + 3 hang muscle cleans + 3 front squats + 3 push presses
Metcon prep:
8 lunge and torso twists
6 world's greatest stretch

SPEED - AEROBIC

40 Calorie Row
Rest 2 Min
30 Calorie Row
Rest 1:30
20 Calorie Row
Rest 1 Min
10 Calorie Row

Score is total time including rest

METCON (E2MOM 7)

E2MOM x 7:
1 Split Jerk

FRI

Fri, Jan 8 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:

0:20 pigeon stretch per side
0:30 squat hold, pry the knees out

Barbell:

Empty bar: 5 tempo back squats, 3s down
Metcon prep:
6 chin-over-bar negatives, 3s lower
10 banded straight-arm pull-downs

STRENGTH

Back Squat
Accumulation: 8 × 3 (2 build sets, 10 total) @ 80%
E2MOM · 20 min

METCON (For time)

5 Rounds:
2:00 Row for Calories
1:00 Front Squats (95/65)
1:00 Toes to Bar

Record all 5 rounds individually as reps.

SAT

Sat, Jan 9

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:

Open up:

0:30 squat hold, pry the knees out

6 90/90 hip switches per side

Metcon prep:

8 goblet thrusters, light KB
10 scap push-ups
8 wall-facing squats

PARTNER WOD (AMRAP 35)

"DB Death March"
In teams of 2, AMRAP 35:
200-meter dumbbell farmers carry together
20 dumbbell thrusters
20 dumbbell box step-ups
20 hand-release push-ups

MON

Mon, Jan 11

WARM-UP (AMRAP 10)

Buy-in: 400m run, then cycle in order for the rest of the 10 minutes:

Open up:

6 ankle rocks per side
8 Sotts presses (PVC)

Barbell:

Empty bar: 3 muscle snatches
+ 3 power snatches + 3 overhead squats

Metcon prep:

2 x 20m strides, build to pace
20m karaoke each way

OLYMPIC COMPLEX

Snatch complex - session 2
Power snatch + hang squat
snatch (2 build sets, 7 total) ·
E2MOM · 14 min
build to a heavy complex: the
power rep is a position check,
the hang rep is the lift

METCON (E2MOM 10)

E2MOM x 10
200m Run
10 Med Ball Cleans 20/14

TUE

Tue, Jan 12 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike,
then cycle in order for the rest
of the 10 minutes:

Open up:

0:20 doorway pec stretch per
side

0:20 sleeper stretch per side

Barbell:

Empty bar: 8 bench presses +
8 bent-over rows

Metcon prep:

8 inchworms
8 push-ups, slow and strict

STRENGTH

Bench Press

Intensification: 6 × 3 (2 build
sets, 8 total) @ 85%
Every 2:30 · 20 min

METCON (AMRAP 3)

5 x 3min AMRAP
4 Atlas Ball over Shoulder
100/80
4 Burpees over Ball

1min Rest between rounds
Start over each round
Score is total reps

WED

Wed, Jan 13

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle
in order for the rest of the 10
minutes:

Open up:

0:20 squat hold with a PVC
overhead

6 90/90 hip switches per side

Barbell:

Burgener warm-up, clean grip
(PVC): 3 down-and-ups, 3
elbows high-and-outside, 3
muscle cleans, 3 clean lands, 3
clean drops

Metcon prep:

8 light DB snatches
8 jumping pull-ups

OLYMPIC

Clean & jerk - session 6
work to a heavy single @ 92%+
(5 build sets, 8 total) · E2MOM
· 16 min
peak - a make you'd hit in a
meet

METCON (3 RFT)

"Joshie" - HERO
3 rounds for time of:
21 dumbbell snatches, right
arm
21 L pull-ups
21 dumbbell snatches, left arm
21 L pull-ups

Source:
wodwell.com/wod/joshie/

THU

Thu, Jan 14 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle
in order for the rest of the 10
minutes:

Open up:

8 hip-hinge wall touches
8 hip airplanes per side

Barbell:

Empty bar: 5 snatch-grip
RDLs + 5 deadlifts

Metcon prep:

10 Russian swings, light
12 band face pulls
10 dead bugs

STRENGTH

Deadlift

Intensification: 6 × 3 (2 build
sets, 8 total) @ 85%
Every 2:30 · 20 min

METCON (AMRAP 10)

10min AMRAP

30 AbMat Sit Ups
20 Russian KB Swing (70/53)
10 KB Sumo Deadlift High Pull
(70/53)

FRI

Fri, Jan 15

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle
in order for the rest of the 10
minutes:

Open up:

8 walking hip openers
0:30 couch stretch per side

Primer:

10 ankle bounces
6 depth drops off a low box,
stick it

Metcon prep:

20m karaoke each way
0:30 bike, build to metcon
pace

SPEED - PHOSPHAGEN

2 Rounds
30/20 cal Row
30/20 cal Assault Bike
Rest 5 Mins

Time is your slowest round

METCON (E5MOM 3)

E5MOM x 3:
20/16 Cal Bike
400m Run

Score is slowest time.

SAT

Sat, Jan 16

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle
in order for the rest of the 10
minutes:

Open up:

12 glute bridges
8 cossack rocks

Metcon prep:

8 light DB thrusters
6 burpees at an easy pace
10 cat-cow rocks

PARTNER WOD (For time)

For Time-

Partner 8 Thrusters (95/65) + 8
Bar Facing Burpees
Partner 2- Max Cal Row

-Accumulate 200 calories as
fast as possible
(200 cals for M/M, 175 cals for
M/W, 150 cals for W/W)

MON

Mon, Jan 18 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 100 single-unders, then cycle in order for the rest of the 10 minutes:
Open up:
0:20 front-rack stretch
6 half-kneel overhead reaches per side
Barbell:
Empty bar: 5 strict presses + 5 push presses + 5 behind-the-neck presses
Metcon prep:
2 wall walks with a 0:03 hold at the top
8 ring support-to-bottom negatives, 3s
8 scap pull-ups

STRENGTH

Strict Press
Realization: 1 × 3+ (3 build sets, 4 total) @ 90%
Every 2:30 · 10 min

METCON (For time)

"Calf Roping" - BENCHMARK
5 Rounds for Time:

30 Double Unders
15 Toes to Bar
10 Matador Dips
5 Wall Walks
1 Rope Climb

25' TC

Rx+

5 Rounds for Time:

30 Double Unders
15 Toes to Bar
10 Strict Ring Dip
50 ft Handstand Walk
1 Legless Rope Climb

TUE

Tue, Jan 19

WARM-UP (AMRAP 10)

Buy-in: 1000m row, then cycle in order for the rest of the 10 minutes:
Open up:
6 inchworms
8 walking spiderman and reach
Skill prep:
6 world's greatest stretch
8 spiderman lunge and reach
Metcon prep:
12 jumping jacks
5 inchworms

SKILL (10 MIN)

Crossover double-unders
Choose 2-3 progressions and work through them for the 10 minutes. Feeling close to the skill with sound technique?
Spend the remainder making attempts.
Steady double-unders, relaxed shoulders - 3 x 0:30
Single-under crossovers, hands crossing at the hips - 3 x 0:20
Double-under to crossover to double-under pattern - 5:00
Link 3-5 crossover double-unders
Challenge - proficient athletes (3 rounds for time, expect 6-9 min):
3 rounds for time:
20 double-unders (sub 10 crossovers when able)
10 push-ups
10 sit-ups

METCON (For time)

5 Rounds For Time:(20' TC)
10 Atlas Ball Over Shoulder (100/80)
20 GHDSU
200' Farmer Carry (70 KB or 70/50 DB)

WED

Wed, Jan 20 · SQUAT

WARM-UP (AMRAP 10)

Buy-in: 500m run, then cycle in order for the rest of the 10 minutes:
Open up:
10 leg swings side-to-side per side
10 glute bridges with a 2s hold
Barbell:
Empty bar: 5 back squats + 5 good mornings + 5 behind-the-neck presses
Metcon prep:
0:20 plank with 8 shoulder taps
0:30 bottom-of-squat hold, pry the knees out

STRENGTH

Back Squat
Realization: 1 × 3+ (3 build sets, 4 total) @ 90%
Every 2:30 · 10 min

METCON (8 RFT)

"Gator" - HERO
8 rounds for time of:
5 front squats
26 ring push-ups

Source:
wodwell.com/wod/gator/

THU

Thu, Jan 21

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:
Open up:
8 wrist rocks each way
6 ankle rocks per side
Barbell:
Empty bar: 3 snatch push presses + 3 overhead squats + 3 snatch balances
Metcon prep:
10 PVC good mornings
8 light DB front-rack lunges
6 burpees at an easy pace

OLYMPIC

Snatch - session 7
work to a heavy single @ 92%+ (5 build sets, 8 total) · E2MOM · 16 min
peak - keep the makes, leave the misses

METCON (19 min)

4 Rounds for Total Reps in 19min
1:00 Max Reps Sumo Deadlift High-Pulls (95/65)
1:00 Max Reps Hang Power Cleans
1:00 Max Reps Front Rack Forward Lunges
1:00 Max Reps Burpees Over Bar
1:00 Rest

FRI

Fri, Jan 22 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 2:00 easy jog, then cycle in order for the rest of the 10 minutes:
Open up:
0:20 sleeper stretch per side
8 wall slides
Barbell:
Empty bar: 5 close-grip + 5 competition-grip bench presses
Metcon prep:
10 wall slides
8 walking knee hugs

STRENGTH

Bench Press
Realization: 1 × 3+ (3 build sets, 4 total) @ 90%
Every 2:30 · 10 min

METCON (AMRAP 15)

AMRAP15:
400m Run
Max S2OH

SAT

Sat, Jan 23

WARM-UP (AMRAP 10)

Buy-in: 2000m bike erg, then cycle in order for the rest of the 10 minutes:
Open up:
8 Sott's presses (PVC)
0:20 squat hold with a PVC overhead
Barbell:
Skill transfer (empty bar): 3 front squats + 3 push presses + 3 jerk balances + 3 tall jerks
Metcon prep:
8 PVC thrusters
5 tempo air squats, 3s down
6 broad jumps, stick the landing

PARTNER WOD (For time)

Partner WOD For Time:(42' TC)
50-40-30
Burpee Box Jumps (24/20)
Cal Bike (36/30/24 Ladies)
Chest to Bar Pullups
Squat Clean Thruster (95/65)
Rest 1:00

Split reps evenly. Score is total time including rest.

MON

Mon, Jan 25

WARM-UP (AMRAP 10)

Buy-in: 400m row, then cycle in order for the rest of the 10 minutes:

Open up:

10 leg swings side-to-side per side

6 inchworms

Primer:

8 jumping lunges

8 broad jumps, stick the landing

Metcon prep:

8 push-ups, slow and strict

10 AbMat sit-ups, smooth

SPEED - GLYCOLYTIC

Boat Race:

3 RFT

400m Run

500m Row

Rest 3 min between efforts

METCON (For time)

5 Rounds for Time:

25 Hand Release Push Ups

25ft Handstand Walk*

25 AbMat Sit Ups

25ft Handstand Walk*

*Scale with 50ft Bear Crawl

TUE

Tue, Jan 26 · HINGE

WARM-UP (AMRAP 10)

Buy-in: 500m row, then cycle in order for the rest of the 10 minutes:

Open up:

10 leg swings front-to-back per side

6 down-dog to runner's lunge per side

Barbell:

Empty bar: 8 deadlifts + 8

good mornings

Metcon prep:

8 KB deadlift high-pulls, light

5 jumping bar muscle-up

transitions

STRENGTH

Deadlift

Deload: 3 × 5 (1 build set, 4 total) @ 50%

Every 2:30 · 10 min

METCON (5 RFT)

"Tyler" - BENCHMARK

5 rounds for time of:

7 muscle-ups

21 sumo deadlift high pulls (95/65)

Source: wodwell.com/wod/tyler/

WED

Wed, Jan 27

WARM-UP (AMRAP 10)

Buy-in: 2:00 mixed rope, singles and double-under attempts, then cycle in order for the rest of the 10 minutes:

Open up:

8 PVC around-the-worlds

0:20 lat stretch on the rig per side

Barbell:

Burgener warm-up (PVC): 3

down-and-ups, 3 elbows

high-and-outside, 3 muscle

snatches, 3 snatch lands, 3

snatch drops

Metcon prep:

3 pull-to-stands from the floor

10 scap pull-ups

OLYMPIC COMPLEX

Snatch complex - session 3

3-position snatch: floor, knee, hip (2 build sets, 7 total) ·

E2MOM · 14 min

build to a heavy complex: no drops between positions, reset the hook grip at the hip

METCON (For time)

For Time:

21 Snatch (115/85)

7 Rope Climb

100 Double Unders

15 Snatch (115/85)

5 Rope Climb

100 Double Unders

9 Snatch (115/85)

3 Rope Climb

100 Double Unders

THU

Thu, Jan 28 · PUSH

WARM-UP (AMRAP 10)

Buy-in: 1500m bike erg, then cycle in order for the rest of the 10 minutes:

Open up:

6 thread-the-needle per side

12 band pull-aparts overhead

Barbell:

Empty bar: 5 strict presses + 5 Sott's presses

Metcon prep:

8 empty-bar bench presses

8 jumping pull-ups

STRENGTH

Strict Press

Deload: 3 × 5 (1 build set, 4 total) @ 50%

Every 2:30 · 10 min

METCON (AMRAP 25)

"Lynne" - BENCHMARK

AMRAP in 5 Rounds (25' TC)

Max Bench Press (Bodyweight / 70% BW)

Max Pull-Ups

Perform As Many Repetitions as Possible of Bench Press, unbroken. Rest as needed before completing as many Pull-Ups as possible, unbroken. Continue in this manner for 5 rounds. Keep in mind -- you'll need to average 5 minutes or less per round in order to finish under the cap.

FRI

Fri, Jan 29

WARM-UP (AMRAP 10)

Buy-in: 20/15-cal echo bike, then cycle in order for the rest of the 10 minutes:

Open up:

8 Sott's presses (PVC)

0:20 squat hold with a PVC

overhead

Barbell:

Empty bar: 3 clean pulls + 3 hang power cleans + 3 push

jerks

Metcon prep:

10 air squats

0:30 bike, arms only then legs only

OLYMPIC

Clean & jerk - session 7

work to a heavy single @ 92%+ (5 build sets, 8 total) · E2MOM

· 16 min

peak - a make you'd hit in a meet

METCON (E2MOM 10)

Alternating E2MOM x 10

-1-

20/16 cal Bike

-2-

10 Hang Power Cleans

(155/105)

Score is the fastest time for each plus the slowest time for each. (4 times)

SAT

Sat, Jan 30

WARM-UP (AMRAP 10)

Buy-in: 20-cal row, then cycle in order for the rest of the 10 minutes:

Open up:

10 leg swings side-to-side per side

8 adductor rocks

Metcon prep:

5 empty-bar front squats + 5 push presses

10 mountain climbers per side

3 x 10 strokes, legs only then full stroke

PARTNER WOD (For time)

"Heart of the Matter"

For Time:

-Partner 1-

8x Thrusters (95/65)

8x Bar Facing Burpees

-Partner 2-

Max Cal Row

-Accumulate 300/240 calories as fast as possible-

Partner 1 must complete 16 total reps of thrusters and burpees, while Partner 2 rows for as many calories as possible. Then, the partners switch and repeat until 300/240 calories are accomplished.

30' TC