

shutupWORK.

COMPETITION PROGRAMMING

SAMPLE WEEK

DAY 1

6 min easy pace walk, progressing into a jog

2 rounds through

10 toe touches

10 meters zombie walk

10 meters lunge stretching hips

10 meters bear crawl

10 push-ups

10 air squats

*give some extra love to tight areas

8:00 EMOM

Min 1) 8-10 Toes to bar

Min 2) 10 KB swings Russian 53/72

Spend 15-20 min working up to a heavy snatch

Shoot for:

*4 singles at @80%

*2 x 2 singles or TNG at @85%

*before starting, warm up to your deadlift

Max Reps in 10 minutes:

3 calories ski erg + 3 toes to bar

6 calories ski erg + 6 toes to bar

9 calories ski erg + 9 toes to bar

And so on until your 10 min run out

Rest 4 minutes

Max reps in 8 minutes:

2 calories row + 2 burpees

4 calories row + 4 burpees

6 calories row + 6 burpees

And so on until your 8 minutes runs out

Rest 3 minutes

6 minutes

1 deadlift @75% + 10 double-unders

2 deadlifts @75% + 20 double-unders

3 deadlifts @75% + 30 double-unders

And so on until your 6 minutes run out

DAY 2

Warm up on the assault bike 5-10 minutes

Weigh yourself, whatever your body weight is in LBS, shoot to burn that

In calories on the assault bike. *10 minute time cap*

Rest a few minutes

Work up to a max set of 8 bench press

Then 8 @ 95%, 8 @ 90%

3x3 sets of behind the neck push press @ 70%

3x3 sets of behind the neck push press @ 75%

2x2 sets @ 80%

90% effort *not all out: (use 2 x DB Men 30#/ Women 20#s, KB are Russian style 24KG for everyone)

10 DB C&J + 1 80LB deadball over the shoulder throw + 50 KBS

20 DB C&J + 2 80LB deadball alternating over shoulder throw + 40 KBS

30 DB C&J + 3 80LB deadball alternating over shoulder throw + 30 KBS

40 DB C&J + 4 80LB deadball alternating over shoulder throw + 20 KBS

50 DB C&J + 5 80LB deadball alternating over shoulder throw + 10 KBS

*if you don't have a heavy deadball, use a heavy sandbag or your heaviest med ball

Assault bike or jog to cool down 8 minutes

DAY 3

Jog 1/2 mile

Then 2 rounds of:

1 lap lunges stretching your hips out

1 lap bear crawl

1 lap duck walk

10 pushups

3 burpees

:30 hollow rock

10 roll back into a toe touch (lay on your back push your feet over your head trying to touch the floor behind you stretching your back, then roll back to a sitting position and touch your toes.)

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COMPETITION PROGRAMMING

SAMPLE WEEK

In 12 lifts work up to a heavy power clean

10 front squats just with the bar, stretching your hips out
10 barbell rows
3 rounds

Work up to a heavy set of 8 back squats, after you hit your 60% only do 5 sets to get up to heavy

At 85-90% effort
21 calories assault bike
4 Dead Lifts at (Men 265#/ Women 205#)
9 Hand stand pushups
15 calories assault bike
4 Dead Lifts
15 Hand Stand Pushups
9 calories assault bike
4 dead lifts
21 Hand stand push ups
rest 4:00
Repeat, The goal is to beat your time

Cool Down 60 calories on the assault bike slow pace, 60-70% effort

DAY 4

Jog 1 mile or 10 minutes, whichever comes first. Easy warm up pace

10 shoulder dislocates or PVC
10 OH squats with a PVC or band
10 hanging kips from the bar
10 pushups
5 ring dips
10 ring rows
2 rounds

EMOM x12 minutes

Go up in weight each set, don't go over 85%

*On min 1, Start with an empty bar and do 1 hang power snatch + 1 hang power snatch from the hip + 1 OH Squat

Strength Ladder - Not For Time

*use strict press as long as you can, then switch to push press, then if needed go to a power jerk. Go as heavy as possible for a single during this process

Press 10-9-8-7-6-5-4-3-2-1

For Time: (pace this, it's a long one)

Cash in: 500 m row

100 pull ups any style

Every time you break = 10 American KBS (Men 53/ Women 35)

3x:

10 HR pushups

8 burpee box jump overs

cash out: 750 m row

cool down row or jog

DAY 5

Jog ½ mile easy pace

Ski erg or row 1:00 on/ 1:00 off at warmup pace x 10 min (5 min work)

Warm up with 20 "Curtis P" complex: Men 95# / women 75#

*this is not for time

1 clean + 1 front squat + 1 lunge left + 1 lunge right (both in front rack position) + push press = 1 REP

EMOM x 16 Minutes Men 95#/ Women 75#

Min 1) 6 from the hip power clean

Min 2) 6 dead lifts

*this should feel fairly easy

5:00 min AMRAP men 95#/ Women 75#

8 power clean

8 power jerks

12 box jump

rest 4:00

5 minute AMRAP

10 total front rack lunges

8 bar facing burpees

cool down, jog 400 m then row 500 m easy

DAY 6

Easy jog, row, hike, bike 40 minutes

*stretch