Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Practice		Competition		Practice		Practice		Mental Toughness		Practice	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
2 rounds: 30 seconds Jumping Jacks 30 seonds Air Squats	2	3 minutes jump rope	3	1 minute jumping jacks Dynamic ROM	3	2 rounds: 1 minute mtn. climbers 1 minute line jumps	4	2 rounds: 30 seconds running in place 30 seconds Lunges	5	Coach led down and back drills	5	1 minute jumping jacks Dynamic ROM	3
Correctives		Correctives		Correctives		Correctives		Correctives		Correctives		Correctives	
2min Side Plank with Row 2min Knee Plank	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Side Plank with Row 2min Knee Plank	6	2min Side Plank with Row 2min Knee Plank	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Side Plank with Row 2min Knee Plank	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups	6
GPP		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**	
Skill Work/Setup	10	*Skill Work/Setup*	2	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	0	*Skill Work/Setup*	2
EMOM x 10: 1 Power Clean 1 Front Squat 1 Jerk	10	Front Squat 80% x3 85% x3 90%x3+	10	Warm up for WOD	5	Pull-up / Bar muscle-up Skill day	10	5x5 Back Squat AHAP	20	Set-up for WOD	5	5x5 Strict Pull-ups	10
Skill Work/Setup	2	*Skill Work/Setup*	7	*Skill Work/Setup*	1	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	2
30-20-10 Wall Balls HR Push-ups * 12 min cap	12	10 Min AMRAP: 5 T2B 10 Supermans	15	Partner WOD: As a partnership complete: 1 mile run 60 burpees over jump rope 1 mile run * 30 minute cap	30	Teams of 3- 5 rounds 1 Partner at each section 300 m row 12 S2OH (115/75) 6 ManMakers * 20 min cap	20	In 12 minutes Accomplish: 1-2 minutes total of L-Sit Hold from Pull-up Bar 2- 4 X10 Goblet Squats (53/35) 3- 4x10 Ring Rows	12	For Time: 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 rep rounds of Deadlifts 225#/155# *At the end of each round of deadlifts, do 20 double unders. * Anytime you break anything you must do 3 burpees * 25 min cap	25	3 rounds for time: 400 m Farmers Carry- AHAP 200m run 50 m Walking lunge *18 min cap	18
Cash-Out Coach Led Stretches	5	Cash-Out Coach Led Stretches	5	Cash-Out Coach Led Stretches	5	Cash-Out: Coach Led Stretches	5	Cash-Out Coach Led Stretches	5	Cash-Out Coach Led Stretches	5	Cash-Out Coach Led Stretches	5
Intro/Transition	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5
Total	52	*Total*	53	*Total*	60	*Total*	56	*Total*	59	*Total*	54	*Total*	51