

Female	C2, W1 - Base													
	10/12/2015	10/13/2015	10/14/2015	10/15/2015	10/16/2015	10/17/2015	10/18/2015							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
	Practice	Practice	Practice	Practice	Practice	Practice	Practice							
	Warm-up	6	Warm-up	4	Warm-up	7	Warm-up	5	Warm-up	8	Warm-up	5	Warm-up	5
A	3 rounds: 100m run 10 air squats 10 push-ups	4	4 rounds: 15 seconds jump jacks 15 seconds air squat 15 seconds mountain climbers 15 jump squats	4	2 minutes jump rope 3 X 8 ring rows 3 X 10 straight leg sit-ups	4	5 minutes of: 2 down and backs 8 jump squats 8 HR push-ups	4	400 m run 15 Goblet Squats 30 Jumping jacks Jane Fondas*	4	Coach Led Down and Backs	4	Coach Led Down and Backs	4
	GPP Skill Work/ Set-up	4	GPP Skill Work/ Set-up	4	GPP Skill Work/ Set-up	3	GPP Skill Work/ Set-up	2	GPP Skill Work/ Set-up	3	GPP Skill Work/ Set-up	5	GPP Skill Work/ Set-up	5
B	12 mins for: 5 sets: Snatch + OHS, climbing	12	12 min for 5 sets: Clean + Front Squat, climbing	12	5 X max reps strict pull-ups 5 X 1 minute plank	12	DUBS skill day	10	Back Squat 5X3, climbing	12	10 x 2 Split Jerk climbing	12	3 X 10 each leg single leg lunge 3 X 10 strict push-ups	10
	Skill Work / Set-up	5	Skill Work / Set-up	7	Skill Work / Set-up	5	Skill Work / Set-up	4	Skill Work / Set-up	7	Skill Work / Set-up	5	Skill Work / Set-up	7
C	EMOM X 12 mins 3 burpees 4 air squats 5 AKBS (53/35)	12	Partner WOD: 10 min AMRAP: 10 Shoulder to overhead (115/75) 10 Toes to bar	10	3 rounds for time: 30 walking lunges 10 box jump overs 30 Deadlifts (135/95) * 15 min time cap	15	21-15-9 Double Unders V-ups * 800 m run buy-in and Cash-out	15	For time: 50 Wall Balls (20/14) 50 Dumbbell Snatches (alt. arms) 50 Pistols (alt.legs) 50 Chest to Bar Pull Ups *20 min cap	20	10 down to 1 Calories on rower Thrusters (75/55) Toes to Bar * 15 min cap	15	"Death By" Goblet Squats Kb Cleans (53/35, 1arm=1 rep)	15
D	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 1K row	5
	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5
	Total	44	Total	42	Total	47	Total	41	Total	55	Total	47	Total	42