Female		C2, W2 - load															
		10/19/2015		10/20/2015		10/21/2015		10/22/2015		10/23/2015		10/24/2015		10/25/2015			
		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
		Practice		Practice		Practice		Competition		Practice		Competition		Practice			
		Warm-up	5	Warm-up	5	Warm-up	7	Warm-up	5	Warm-up	8	Warm-up	5	Warm-up	5		
	A	15-10-5 Jump Squats PVC Snatch Presses		5 minutes of: 2 down and backs 8 squats 8 HR push-ups		3 rounds: 100 m run 5 inchworms		4 rounds: 15 seconds jump jacks 15 seconds air squat 15 seconds mountain climbers 15 jump squats		2 mins jump rope Monster walks 20 hip bridges		Coach Led Down and Backs		Coach Led Down and Backs			
		GPP Skill Work/ Set-up	7	**GPP** Skill Work/ Set-up	7	**GPP** Skill Work/ Set-up	8	**GPP** Skill Work/ Set-up	7	**GPP** Skill Work/ Set-up	5	**GPP** Skill Work/ Set-up	5	**GPP** Skill Work/ Set-up	3		
	B	Find Heavy Single Snatch	12	Find Heavy Single clean	12	Find Heavy Single Split Jerk (from rack)	10	Alt. EMOM x12 odd: 5 X 10 Bent over row even: 30 second squat hold	12	7 X 1 Back squat- work up to ~90%	10	EMOM X 10: 50 m sprint	10	HSPU Skill Work	8		
		Skill Work / Set-up	8	Skill Work / Set-up	7	Skill Work / Set-up	8	Skill Work / Set-up	3	Skill Work / Set-up	7	Skill Work / Set-up	8	Skill Work / Set-up	7		
	C	4 rounds for time: 10 Steps Front Rack Lunges (155/105) 20 burpees *15 min cap	15	10-10-10 Deadlifts (155/105) Power Cleans C2B 8-8-8 DL P. Clean C2B 6-6-6 Deadlifts P. Cleans C2B * 10 minute cap	10	3 rounds for time: 400 m run 10 Front Squats (135/95) * 12 min cap	12	For time: 100 Singles 1 K row 80 singles 800 m row 60 singles 600 m row 40 singles 400 m row 20 singles 200 m row * 25 min cap	25	Cash in: 50 sit-ups 21-15-9 Push-ups Box jump overs Cash-out: 50 sit-ups * 10 min cap	10	EMOM X 10: Snatch Hang Snatch OHS	10	Partner Relay: 20 AKBS (53/35) 20 Thrusters (95/65) 20 Pull-ups 20 Hang Cleans (95/65) * 30 min cap	30		
	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 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	46	Total	50	Total	57	Total	45	Total	43	Total	58		