

January 2016

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Time Trial:	2 Short Interval & CF:	3 CF:	4 Long Interval:	5 CF:	6 CF strength:	7 Rest
8 Time Trial: 2 miles	9 Short Interval & CF: 4 x 200m; :60 rest CF: 15 minute AMRAP: 10 KB swings 15 sit-ups 20 hip extensions	10 CF: Power Clean 1-2-3-2-1 (Use the heaviest weight you can for each set. Rest as needed between sets) 21-15-9: Power Clean (135/85) Handstand push-up	11 Long Interval: 2 x 200m 2 x 400m 2 x 800m Rest 1:1 (Rest length of previous interval)	12 CF: 800m run 30 pull-ups 60 squats 30 clean & jerks (135/95) 60 squats 30 pull-ups 800m run	13 CF strength: 5-5-5-5-5 shoulder press	14 Rest
15 Church wide Fast	16 Short Interval: 4x400m; :60 rest CF: 7 min AMRAP ascending ladder of 2's, 4's, 6's etc... of: Front squat (135/75) Burpees over the bar	17 CF: 10 rope climbs, 15 ft 100 cal row 5 rope climbs, 15 ft 50 cal row (*Women = 80 cal then 40 cal)	18 Long Interval: 4x800; 2:30 rest	19 CF: For time: 800m run 50 box jumps (24/20) 25 power cleans (135/85) 50 double-unders	20 CF strength: 3-3-3-3-3-3-3 deadlift	21 Rest
22 Time Trial: 5k	23 Short Interval: 6x200m sprints; 60s rest CF 10-round Tabata squat This Tabata interval is 20 seconds of work followed by 10 seconds of rest for 10 intervals. Remain in the bottom of the squat for every other rest interval (alternate <u>bottom-to-bottom</u>).	24 CF: 8 min AMRAP: 10 burpees 20 air squats	25 Long Interval: 3x10min on, 3min off Work to keep all 3 intervals within 25 meters of each other	26 CF: 5 RFT 7 L-pull-ups (or strict) 7 HSPU 7 Ring dips 7 KB swings	27 CF Strength: 3x15 back squat @ 55% of 1 rep max	28 Rest
29 Time Trial: 10k	30 Short Interval: 30s on 30s off For 10 rounds or until pace/form deteriorates CF: 3 rounds for time: 25 pull-ups 25 abmat sit-ups	31 CF: 15 min AMRAP: 10 box jumps 15 KB clean & jerk (53/35) 20 double-unders				

February 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Long Interval: Repeat 4 x 10 min on, 2 min off	2 CF: 10 minute AMRAP 10 box step ups 5 squat clean thrusters (115/75) 10 sit-ups	3 CF Strength: 5 x 5 deadlift	4 Rest
5 Time Trial: Run 30 minutes for distance	6 Short Interval: 60s on, 60s off Until form/pace deteriorates CF: 10 min. EMOM 2 power clean & jerks @70% of 2 RM (focus on speed & technique) 8 Min. AMRAP: 9 GHD sit-ups 6 OHS (95/65)	7 CF: For time: 100 kettlebell swings 100 push-ups 100 squats	8 Long Interval: 5 x 800m Rest 2min between (work to shave 10s off pace set from last 5 x 800m in January)	9 CF: For time: 50 thrusters (95/65) 50 cal row Rest 5:00 50 pull-ups 50 double-unders	10 CF Strength: 5x5 shoulder press	11 Rest
12 Time Trial: Run 45 minutes for distance	13 Short Interval: 4 x 400m, rest 60s between CF: 21 shoulder press (96/65) 400m run 21 push press 400m run 21 push jerks 400m run	14 CF: "Jackie" 1000m row 50 thrusters (45/30) 30 pull-ups	15 Long Interval: 3 x 7 min on, 2 min off	16 CF: 10min EMOM 10 dumbbell bench press @ light/medium load (40/25) 10,9,8,7.....1 Box jumps (step down) HSPU (sub ½ of wall walks) *12min cap	17 CF Strength: 5x5 back squat	18 Rest
19 Time Trial: Run 60 minutes for distance	20 Short Interval: 8 x 200m, rest 60s between CF: "Karen" 150 wall ball shots for time (20/14)	21 CF: 3 RFT 400m run 10 deadlifts @ 70% of 3 RM (20/14) (L+R=1) *15 min cap	22 Long Interval: 3 x 12 min on, 4 min off	23 CF: 7 RFT 7 pull-ups 7 ring dips 21 double-unders	24 CF Strength: 5x3 Front squat @ 80% of 1 RM Warm up: 10 @ 50%; 5 @ 60%; 5 @ 70%; 3 @ 75% then go!	25 Rest
26 Time Trial: Run 75 minutes @ 13.1 pace	27 Short Interval: 3 x ½ Tabata (20s sprint; 10s rest) for 4 rounds (rest 2min between) Goal is to keep all 3 distances run on Tabata's the same CF: 10 min Cindy 5 pull-ups 10 push-ups 15 squats	28 CF: "Fight Gone Bad" 3 Rounds 1min @ each Wall ball shots (20/14) SDHP (75) Box jumps (20) Push Press (75) Row (cal.)				

March 2016

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Long Interval: 3 x 800m, 600m, 400m, 200m 1:1 work : rest	2 CF: 21-15-9 Deadlifts (225/115) Ring Dips	3 CF Strength: 5x3 Deadlift @ 75% of 1 RM	4 Rest
5 Time Trial: Run 10K	6 Short Interval: 8 x :40 sprints; rest 1:20 CF: 10 RFT: 2 deadlifts (115/85) 3 hang power cleans (115/85) 4 push press (115/85) *10min cap	7 CF: 10,9,8....1 KB Swing Goblet squat Ring Rows (feet parallel with rings)	8 Long Interval: 8 x 400m; 1:1 work : rest	9 CF: 6RFT 5 muscle-ups (or 3 pull-ups/dips for each muscle-up) 21 double-unders *8min cap	10 CF Strength: 12 min EMOM: 2 Front Squats @ 65% of 1RM	11 Rest
12 Time Trial: Run 13.1 miles @ marathon pace	13 Short Interval: :30 running, :60 rest until form or pace deteriorates CF: 21-15-9: Burpees Squat jumps to 45# plate KBS (2/1.5)	14 CF: 10,8,6,4,2 of – GHD sit-ups Alternating KB snatches (53/35) 200m sprint between each round	15 Long Interval: 1 mile, 800m, 600m Rest 2:30min	16 CF: 5 RFT 10 ring dips 250m row 5 front squats (70% of 2RM)	17 CF Strength: 1-1-1-1-1-1 Back squat	18 Rest
19 Time Trial: Run 10k @85% PR	20 Short Interval: 8 rounds :45 hill sprints; rest 2:30m CF: 100-80-60-40-20 DU's 25-10-15-10-5 Ring Dips Alternate DU's & Dips	21 CF: 5 FRT 5 Power cleans (135/85) 10 Front squats 5 Jerk 20 Pull-ups rest 1:30	22 Long Interval: 4 Rounds: 400m < Mile PR pace 200m jog recovery 300m @ 75% 100m sprint 300m @ 75% 100m sprint Rest 3:00	23 CF: For Time 800m Run 40 Renegade Rows (40/25) 120 med ball sit-ups 40 Renegade Rows (20/14) 800m Run	24 CF Strength: 5x3 Bench Press @ 60% Move weight fast!	25 Rest
26 Time Trial: Run 120 minutes @ race pace	27 Short Interval: 5 x 200m CF: Tabata Push Press Sit-up SDHP Push-ups	28 CF: For Reps 1min each Squats Push-ups 20in box jumps Pull-ups Inverted burpees Walls balls (20/14) Burpees Double-unders	29 Long Interval: 3-6 800m repeats Rest 1:1 3-6 600m repeats Rest 1:1	30 CF: 5 Rounds 1 min DB deadlift (50/30) 1 min Push-up	31 CF Strength: 3-3-3-3-3 Back squat	

April 2016

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Rest
2 Time Trial: Run 18 miles @ marathon pace	3 Short Interval: 6x200m :60 rest CF: 3 Rounds 400m run 12 thrusters 24 sit-ups	4 CF: 4 Rounds 1 min max cal row 1 min rest 1 min max rep thrusters (95/65) 1 min rest	5 Long Interval: 3 x 20min on, 5min rest	6 CF: 1 SDHP (75/55) 2 thrusters (75/55) 3 Push press (75/55) 4 power cleans (75/55) 5 power snatches (75/55) 6 KB swings (53/35) 7 pull-ups 8 Knee-to-Elbows 9 Box Jumps (24/20) 11 Burpees 12 OH lunges (45# plate) <small>*Complete each exercise in ascending order then work back down to 1, adding one exercise per round. Like this: 1; 2-1; 3-2-1; 4-3-2-1; etc – for a total of 364 reps</small>	7 CF Strength: 3-3-3-3 Front squat Go heavy; find a new 3 RM!	8 Rest
9 Passover Begins at Sunset	10 (Night to be Much Observed) Short Interval: 4 x 200m @ 85% :60 rest CF: "Grace" 30 Clean & Jerks (135/95)	11 1st Day of Unleavened Bread	12 Long Interval: 6 x 800m 2:30 rest	13 CF: 3 RFT 250m Row 21 hip extensions 21 Abmat sit-up 400m Run	14 CF Strength: 5x5 Deadlift @ 65% of 1 RM Move fast!	15 Rest
16 Time Trial: Run 10 miles	17 Last Day of Unleavened Bread	18 CF: 7:00 AMRAP 7 burpees 7 kettlebell swings Rest 7:00 Repeat	19 Long Interval: 3-6 800m repeats Rest 1:1 3-6 600m repeats Rest 1:1	20 CF: 10 min AMRAP 25 Double-unders 5 burpee box jumps 2 cleans (85% of 2 RM)	21 CF Strength: 5x5 Press @ 65% of 1 RM Move fast!	22 Rest
23 Time Trial: Run 10K	24 Short Interval: 6 x 200m @ 85% CF: For time: 100 burpees	25 CF: 4 rounds for time: 5 thrusters (115/75) 6 muscle-ups 7 power cleans (115/75)	26 Practice running drills for 30 minutes	27 Practice running drills for 20 minutes	28 Practice running drills for 20 minutes	29 Rest
30 RACE DAY!						