

The Eccentric Cycle: Phase 1		Monday 23/05/16	Tuesday 24/05/16	Wednesday 25/05/16	Thursday 26/05/16	Friday 27/05/16	Saturday 28/05/16	Sunday 29/05/16
		Squat	Pull	Olympic	Gymnastics	Deadlifts	Press	Olympic
Week 4		<p>Warm up / Mobilize 10mins wall squat 6 Golbet squat 8 air squats 10 x3 rounds</p>	<p>Warm up / Mobilize 10mins Scapula press ups 10 Hanging shrugs 10 x2 band pull aparts band flys 20eax2</p>	<p>Warm up / Mobilize 10mins Muscle cleans x5 front squat 5 high hang cleans x5 3 point squat clean x5</p>	<p>See Blog post and GYM board for Gymnastics</p>	<p>Warm up / Mobilize 10 mins Banded pull throughs x10 Walkout x10 walking lunges x10</p>	<p>Warm up / Mobilize 10mins Shoulder dislocates / circles / presses 3x10ea Hanging shrugs 3x10</p>	<p>Warm up / Mobilize 10 mins Muscle Snatch 5 high hang snatch 5 OH squat 5 Snatch balance 5 Snatch 5</p>
		<p>PART A. 12min E2MOM (6sets) of: Slow Eccentric Back Squats @60-65% C 1-2 @ 20,0,1,0 P 3-4 @8010 F 6-8 @ 6010 - PART B. 15min to Complete 3 sets of: [8-10] KB/DB FFE Split Squats, 3010, [8-10] Standing Good Mornings, 3110</p>	<p>PART A. 20min E2MOM (5sets each) of: min: 0,4,8,12,16: Slow Eccentric Pull-up (weighted) C 1-2 @ 20,0,0,0 P 2-3 @ 8000 F 5-6@Active hang min: 2,6,10,14,18: [3-4] Slow Eccentric Dips / P bar push ups* C3-4@ 10,0,0,0 -</p>	<p>PART A. 10mins E2MOM (5set) of: Build to a 3RPM squat / power clean for the day - PART B.12min EMOM min 0-2-4-6-8-10 3xTNG power cleans @70% A min 1-3-5-7-9-11 3x over box jumps or squat jumps "full extension"</p>		<p>PART A. 15min E3MOM (5sets) of: Slow Eccentric Deadlifts C 1-2 @20,0,1,0 P 2-3@ 8010 F 5-7 @6010 - PART B. 15min to complete 3sets of: [8-10] BB Lateral Step-ups (mid-shin), 21x0 [6-8] Nordic Raises, 3010</p>	<p>PART A. 20min E2MOM (5sets) of: min: 0,4,8,12,16: Slow Eccentric standing Strict Pres** C 1-2 @20,0,1,0 P 3-5 @6010 F 6-8@ 4010 min: 2,6,10,14,18: [5-6] C2B Strict Arched Chin-ups, 4211 ** Use a partner to spot the elbows and help the concentric phase of the press</p>	<p>PART A. 12min E2MOM (6 sets) of: 3 squat / power snatch - PART B.16min E2MOM min 0-4-8-12 C/P 5xTNG power snatch @50% A F: 5x Hang power snatch min 2-6-10-14 5x high box jumps step downs</p>
	Energy System Work							
		<p>10min amrap: 2 MU (4 pull ups / 4 dips or 8 ring rows / 8 press ups) 4 HSPU (P bar press ups) 8 AKBS / RKBS (Heavy)</p>	<p>Chipper 20mins 50 Double Unders 20 Burpees 50 Wall Balls 9/7 20 Burpees 50 Double Unders 20 Burpees 50 wall ball 9/7 20 burpees</p>	<p>12 min Rowing AFAP teams 4- 45seconds each for Max Kcals</p>		<p>10mins On the minute complete: Pull ups / ring rows – 5 Reps Barbell Thrusters 40/30 – Max Reps</p>	<p>In teams of 3 for 20 mins: 8 TTB / K2E 4 Thrusters (Heavy) 8 Burpees 1 person working all the time</p>	<p>2x4mins (10mins) rounds amrap 10 pull ups or ring rows 20 Air squats rest 2 mins 10 T2B /V sits 20 AKBS / RKBS (medium)</p>