

Intesification 2: Phase 1		Monday 26/09/16	Tuesday 27/09/16	Wednesday 28/09/16	Thursday 29/09/16	Friday 30/09/16	Saturday 01/10/16	Sunday 02/10/16
		Breathing	Squat / Pull	Olympic - clean	Gymnastics	Breathing	Deadlift / Push	Olympic - snatch
Week 2		Warm up / Mobility 10mins  Warm up / skills Muscle clean Power clean Front squats Push press	Warm up / Mobilize 10mins  wall squat 6 Golbet squat 8 air squats 10 Hold bottom squat 1 min Hanging shrugs 8 Band rows 10 x3	Warm up / Mobilize 10mins  Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5	See Blog post and GYM board for Gymnastics	Warm up / Mobility 10mins  Warm up / skills Wall squats 10 air squats 10 Wall balls throws 10 Wall balls 5 KB swings 5	Warm up / Mobilize 10 mins  Hip bridges 20 Rev lunges 20 Banded RDL 10 Scapula press ups 10 Banded rows 10 x3	Warm up / Mobilize 10mins  MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5
		21min EMOM 50% 1rmPC min1 5xpower clean min2 5x front squats min 3 5x Push press etc Smooth is the aim  15mins working in teams 3 E60sec 5 wall ball them max distance row in remaining time	A1 20min E2MOM (5sets each) A1 Back Squats C/P 5-7 @3010 F 7-10 @3010 final set 90sec max reps @ 70% of best weight  A2 Pull ups / neg pull ups C/P 5 @3010 (weighted) F 7 @ 3010  B. 12 mins EMOM B1 8-10 Alt leg every min pistols / 1lg box squats  B2. 6-8 Single ring chin ups. 8-10 single ring ring rows	A. 16min E2MOM (8 sets) C/P 1x Clean Pull 1x squat cleans 1x push jerk sets 1-4 x2 rounds sets 5-8 x1 round (increase weighth round 5-8)  F 1x clean pull 1x power cleans 1x push jerk x2  B 6mins E90sec (4sets)  C/P 3x power clean n press 80% 1rm F 5x power clean n press 70% 1rm		3 workouts "Row Simplicity" 30 sec rowing @ 90% effort 30 sec rowing @ 50% effort x 10sets  Rest 3mins  "wall ball n squats" 10 mins EMOM 6 wall balls 12 air squats  Rest 3mins  "Swing n press ups" 10 mins EMOM 6 press ups 12 RKBS (modorate)	A 20min E2MOM (5sets each) of: A1 Deadlifts C/P 3-5 @3111 F 5-7 @3111 final set 90sec max reps @ 70% of best weight  A2 Bench press C/P 3-5 @3010 F 5-7 @ 3010  B 8 mins EMOM alt L/R Triple jumpers step up 12el  C. 6min 4x E90sec (4 sets) 6-8 Piked walkout to press or walkout to hold (floor/ box)	A. 16min E2MOM (8 sets) C/P 1x snatch Pull 1x squat snatches 1x OH squat sets 1-4 x2 rounds sets 5-8 x1 round (increase weighth)  F 1x snatch Pull 1x power snatches 1x OH squat 2x  B 6 mins E90seconds (4sets) power snatches 3-5 @70-80%
		Accessory work 5min 10 Back exts 30no calfraises x3	6 mins 6 Heavy ARKB swings 12 press ups 18 Air squats	20 mins AMRAP In teams of 3 YGIG 5 TTB / K2E / V sit 10 Thrusters (moderate) 5 Burpees		Accessory work 5min YTW 3x20each	5 min AMRAP 20 DU 10 pull ups / assisted / ring rows  Rest 2 min  5 Min AMRAP 20 box step ups 10 press ups	3x5mins rounds with Run 400mtrs Round 1 50xAKB Round 2 50xGoblet Squats Round 3 50x double KB thrusters