

Adaption 1: Phase 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31/10/16	01/11/16	02/11/16	03/11/16	04/11/16	05/11/16	06/11/16
	Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean / press	Breathing
Week 1	<p>Warm up 10mins</p> <p>Mucle clean High pull Power Clean Front squat Scarcrow squat clean Clean</p>	<p>Warm up 10mins</p> <p>Shoulder Mobility Scapula press ups Banded rows Hang shrugs skill -DB / kb Snatch</p>	<p>Warm up 10min</p> <p>Mucle Snatch Snatch High pull Power Snatch Pressing snatch balance Snatch balance Snatch</p>	<p>See Blog post and GYM board for Gymnastics</p>	<p>Warm UP 10mins</p> <p>Ankle /calf mobility Wall squats Goblet squats Knead banded squats BB paused squats</p>	<p>Warm up 10mins</p> <p>Mucle clean High pull Power Clean Press Paused dip jerks Split jerk</p>	<p>Warm up</p> <p>Banded RDL Banded pull apart Alt lunges walkouts to press</p>
	<p>A 12min (6 sets) E2MO2M C/P Squats clean 1x high hang 1x mid hang 2x floor F - Power clean 2x high hang 2x mid hang</p> <p>B 12 min (6sets) E2MO2M C/P/F Clean Pulls 5x pulls @ 100%+A 5 squat Jumps</p> <p>C. 8min C ME cleans @80%A P/F 30/30 work / rest @80%A</p>	<p>A 16 mins (8sets) E2MO2M A1 C/P/F bench press 4x8-12 @ 75%+4010 A2 C/P Pull ups 4x6-8 @ 30X2 F Negative /scales 4x3-5 @ 6112</p> <p>B 10mins (10 sets) EMOM odd / even odd 8-10 Dips / press up Even 8-10 ring rows@ 3110</p> <p>C 22 mins working in teams 5 follow the leader RPE 6-7 Sea DB / KB snatches 12kcal bike</p>	<p>A 12min (6 sets) E2MO2M C/P Squats Snatch 1x high hang 1x mid hang 2x floor F - Power Snatch 2x high hang 2x mid hang</p> <p>B 12 min (6sets) E2MO2M C/P 3xsnatch balance 3xOH squats F6x goblet squats 20sec OH single arm hold each side</p>		<p>A 16 mins (8sets) E2MO2M C/P Back squats 4x6-8 @ 80%+6010 Fx 4x10-12 @70% 4010</p> <p>B 10mins (5 sets) E2MO2M B1 10elx Mid shin step ups B2 12-15x KB RDL</p> <p>C 20mins EMOM RPE 6-7 Partners - alt minutes Deadliftx5 (moderate) Burpee x10</p>	<p>A 16min (8sets) E2MO2M C/P 1x High hang power clean 1x mid hang power clean 2x floor power clean n press F 2x high hang power clean 2xmid hang power cleans 2x push press</p> <p>B 8min GRACE 30x clean n jerk @ 60/40 Miss Grace 10x dealifts 10 STOH x3 round</p>	<p>2 rounds of 3x4min station with 4min rest between</p> <p>Station 1 Rowing test 4min o'neil</p> <p>Station 2 4 min EMOM 6x deadlift 110/75 12x press ups</p> <p>Station 3 4min EMOM 6elx walking lunges 24/16 12x Burpees</p>
	<p>5mins 10 T2B / K2E / V sit 10 press ups</p>	<p>Accessory work Cuban rotations x10 YTW x10each ARAMP</p>	<p>6 rounds each Teams 3 follow the leader EMOM Rowing 1min 20 AKBS</p>		<p>Accessory work Seated Bicep cursl x20 Seated lateral raise x20 AMRAP</p>	<p>3 rounds Run 400 mtrs 6 MU (12dips/12pulls) 12 Box jumps</p>	<p>Accessory work Rev crunches @ 5010 x10 Supermans x30 sec AMRAP</p>