

The Realization: Phase 3		Monday 17/10/16	Tuesday 18/10/16	Wednesday 19/10/16	Thursday 20/10/16	Friday 21/10/16	Saturday 22/10/16	Sunday 23/10/16
		Olympic - snatch	Breathing	Squat / Pull	Gymnastics	Olympic - clean	Breathing	Deadlift / Push
Week 1		Warm up / Mobilize 10mins  MuscleSnatch x5 Snatch High pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5	Warm up / Mobilize 10mins  walll squat 6 Golbet squat 8 air squats 10 Paused BB thrusters 10	Warm up / Mobilize 10mins  walll squat 6 Golbet squat 8 air squats 10 scapula pull ups 10 Ring rows 10	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10mins  Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5	Warm up / Mobilize 10 mins	Warm up / Mobilize 10mins  Hip bridges 20 Rev lunges 20 Banded RDL 10 Scapula press ups 10 Banded rows 10 x3
		A 6 mins E60sec (6 sets) C/P 5x power snatch easy F 5x power snatches easy  B. 16min Build up to a 3rpm for the day C/P squat snatch F power snatch or E2MOM 3 reps  C 4 mins For max reps C/P power snatch 70%B F power snatches @ 60%B	5 rounds each Teams 5 YGIG RPE 8 E60sec 30sec Thrusters 50/40 30sec Bike for ME Distance  As soon as you have finished your rounds rest 5 mins then complete individually 4 rounds AFAP 10 OH prush press @40/30 20 RKB swings 30 DU / 60 singles	A. 12min E2MOM (6sets) Back squats C/P 5,5,5,3,3,3 F 9,7,7,5,5,5 rest 4 mins B. 2mins Back squat 70% of A for ME reps  C 12 min E2MOM (6sets) C1. Pull ups / neg pull ups C/P sets 1,2,3 max weight sets 4,5,6 ME @BW F Negative ME  D 6 mins EMOM 1 work /1 rest ME pistols / 1 lg box squats		A 6 mins E60sec (6 sets) C/P 5x power Clean easy F 5x power clean @ easy  B. 16min Build up to a 3rpm for the day C/P squat clean F power clean or E2MOM 3 reps  C 4 mins For max reps C/P Clean 80%B F power clean @ 80% B	12min working in pairs YGIG 3 Thrusters (Modorate) 12 air squats  rest 3mins  12min working in pairs YGIG 3 Cleans (modorte) 12 burpees  rest 3mins  12mins working in pairs YGIG 3 deadlifts (modorate) 12 RKB swings (heavy)	A. 12min E2MOM (6sets) Deadlifts C/P 5,5,5,3,3,3 F 9,7,7,5,5,5 rest 4 mins B. 2min Deadlift 70% A for max reps  C 10 min E2MOM (5sets) OH press C/P 5,5,5,3,3,3 F 6x5  D 2min OH press 70%A for Max reps
	<b>WOD</b>							
	15mins Team of 3 EMOM 3 burpees row as far as you can in remaining minute	5min Accessory work 15x cuban roations 15x external rotations AMRAP	CrossFit Open 13.2 10min AMRAP of 5 STO 50/35kg 10 Deadlift 50/35kg 15 Box jumps 24/20		12mins 50 DU /100 singles 10 HSPU / Box hinge / P bar press 50 air squats 10 T2B /K2E /V sits	Accessory work 5min 20 banded RDL 20 Hip bridges AMRAP	8 rounds 5 KB SDHP (moderate) 7 Push-ups 9 K2E	