

| The realization: Phase 3 | | Monday 24/10/16 | Tuesday 25/10/16 | Wednesday 26/10/16 | Thursday 27/10/16 | Friday 28/10/16 | Saturday 29/10/16 | Sunday 30/10/16 |
|-----------------------------|--|---|---|---|--|--|---|--|
| | | Olympic - snatch | Breathing | Squat / Pull | Gymnastics | Olympic - clean | Breathing | Deadlift / Push |
| Week 2 | | Warm up / Mobilize 10mins MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5 | Mobility Flow 10mins Warm up 5mins Thrusters N T2B | Warm up / Mobilize 10mins walll squat Golbet squat air squats Hanging shrugs Band rows | 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 | Mobility Flow 10mins Wall Squat Scapula press ups Hanging shrugs Banded rows | Warm up Mobilize 10 mins hip bridges 20 rev lunges 20 Hanging shrugs 10 OH press 10 |
| | | A 6 mins EMOM C/P 1xHigh pull 1x snatch 1x OH squat F 1x High pull 1x power snatch 1x mid hang power snatch B. 16min Build up to a 3rpm for the day C/P squat snatch F power snatch or E2MO2M 3 reps C 4 mins For max reps C/P power snatch 70%B F power snatches @ 60%B | A 30mins RPE 7-8 5 rounds in a 6 min window Run 400mtrs 20wall balls (9/7) B15mins RPE 7-8 5rounds in a 3min window 60DU /120singles 20 AKBS 24/20 | A. 12min E2MOM (6sets) Back squats C/P 5,5,5,3,3,3 F 9,9,7,7,5,5 rest 4 mins B. 2mins Back squat 70% of A for ME reps. C 10 min E2MOM (5sets) Pull ups / neg pull ups C/P 1,2,3 max weight 4,5 ME @BW F Negative ME B 8 mins (4 sets) 1min wrk 1min rst Alt Triple jumpers step up ME | | A 6 mins EMOM C/P 1xHigh pull 1x powerClean 1x squat clean F 1x High pull 2x power clean B. 16min Build up to a 3rpm for the day C/P squat clean F power clean or E2MO2M 3 reps C 4 mins For max reps C/P Clean 80%B F power clean @ 80% B | A Row 500 mtrs AFAP RPE 9 rest 2 mins B 5min RPE 7-8 Cindy 5 pull ups 10 press ups 15 Air squats rest 2mins X 3 rounds | 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 12 min E2MOM (6sets) OH press C/P 5,5,5,3,3 F 6x5 D 2min OH press 70%A for Max reps |
| | | WOD | | | | | | |
| | | 4 rounds 12 Box jump overs /box jumps 8 pull ups 4 HSPU / Scale | 6min Accessory work 15x cuban roations 15x external rotations AMRAP " | AMRAP 50 KB swings (medium) 25 Press ups 50 KB squats 25 T2B 50 KB walking lunges | | 5 rounds AFAP 8 pull ups / ring rows 16 ARKB swings (heavy) 32 DU / 64 singles | 6min Accessory work 15x rev curls 15x Banded tricep ext AMRAP | 12mins working with a parnter YGIG 10 wall balls 200mtr run |