

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14/11/16	15/11/16	16/11/16	17/11/16	18/11/16	19/11/16	20/11/16
Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean	Breathing
<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</p>	<p>Warm up 10min</p> <p>Mucle Snatch SnatchHigh 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 Kneed 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 / Mobility 10min</p> <p>Stick cuban rotations Stick behind neck press Stick OH squats walkout to press ups</p>
<p>A 8min EMOM odd 3x Clean high pull Even 3x Tall clean</p> <p>A 12min (6 sets) E2MO2M C/P Squats clean 3x 2 postion clean Floor / hang</p> <p>F - Power clean 3x2 postion power clean floor / hang</p> <p>B 12 min (6sets) E2MO2M C/P/F Clean Pulls 5x squat jumps 5x pulls @ 120%+A</p>	<p>A 16 mins (8sets -4sets each) E2MO2M A1 C/P/F bench press 4x6-8 @ 85%+4010 A2 C/P Pull ups 4x5-7 @ 30X2 F Negative /scales 4x5-7 @ 6112</p> <p>B 10mins (10 sets) EMOM odd / even odd 8-10 bar dips / press up plus lock out Even 8-10 ring rows plus top hold</p> <p>C 12 mins working in teams 3 follow the leader RPE 7-8 15scals Rower</p>	<p>A 12min (6 sets) E2MO2M C/P Squats Snatch 3x 2 postion clean Floor / hang</p> <p>F - Power Snatch 3x2 postion power clean floor / hang</p> <p>B 12 min (6sets) E2MO2M C/P 1x power snatch @x snatch balance 2x OH squats 60%A F 6x 2xkb rack squats 20sec 2xKB OH single hold</p>		<p>A 16 mins (8sets) E2MO2M C/P Back squats 4x6-8 @ 80%+4010 Fx 4x10-12 @70% 4010</p> <p>B 8mins (4 sets) E2MO2M B1 5el x High 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 12min (6 sets) E2MO2M C/P/F Powers clean 3x high hang 3x floor look to increase weight but maintain form.</p> <p>B 12 min (6sets) E2MO2M C/P 2x power jerk 2x split jerk Fitness 2x push press 2x power jerk Can use racks</p>	<p>20mins Working with a partners alt see how far you go in the time frame RPE 7-8 2x GTOH (medium) 4x Burpees 4x GTOH 8xBurpees 6x GTOH 10x Burpees</p> <p>rest 5 mins 10mins Working with a partners tag team style see how many rounds</p> <p>P1 Row 200mtrs P2 T2B /K2E /V sits change after row</p>
<p>6x2min windows to complete 5 power cleans (modorate) 10 T2B /K2E 0r 15 sit ups 5 front squats (modorate)</p>	<p>Accessory work External rotations x20 Banded face pull x20 ARAMP</p>	<p>4 min AMRAP 10 press ups 15 DU Rest 2 min 4 Min AMRAP 10 RKBS</p>		<p>Accessory work Hip bridges x20 lying hamstring kicks x20 ARAMP</p>	<p>10min 30/30 work / rest ME power clean n press @ 70% A bar cycling</p>	<p>Accessory work 5min 10 Back exts 30no calfraises</p>