



6 Weeks to a Fran PR

Week 1

Day 1 (Monday)

Strength

If you do not have a previous max, then start light, and increase by 10-15lbs for the first 5 minutes and possibly 5-10lbs for the second sets.

FSQ

1 rep every minute

- Min 1 @55%, Min 2 @65%, Min 3 @70%, Min 4 @75%, Min 5 @80%

Then 1 rep every 2 minutes

- Min 7 @85%, Min 9 @90%, Min 11 @90-95%, Min 13 @95%+, Min 15 @95%+

Then

- FSQ 2x12 @70% of your highest today (rest 2-3mins between)

Skill

3rds NFT

- 15 UB Strict Pull-ups (weight if able, band if needed, must be UB)
- 15 UB Strict Ring Dips (bar if no rings, band if needed, must be UB)

3rds NFT

- 15 Hollow Rocks
- 15 Arch Rocks
- Max L-Sit (or accumulate 20sec +)

3rds NFT

- 10 UB Ring Rows (no kipping, modify as needed to be UB)
- 10 1-Arm DB Press (10R/10L)



WOD

- Row 400m
- 8 HPSN (95/65)
- 12 UB Wall Ball (20/16 – 2' higher target)
- Row 300m
- 8 HPSN
- 12 UB WB
- Row 200m
- 8 HPSN
- 12 UB WB

Day 2 (Tuesday)

Strength

- Find your max Thruster (from the ground)

Skill

4rds NFT

- 12 Incline Bench Press @moderate weight
- ME Chin-up hold (accumulate 15sec+)
- 8 DB Bent Rows (5sec tempo lower each rep) @moderate weight

WOD

2rds for speed and max reps

- Sprint 400m (Run)
- 30sec max RKB Swings (53/35 – goal 30+ reps)
- Rest 90sec
- Sprint 400m (Run)
- 30sec max Push-ups (Men 25+/Women 15+)
- Rest 90sec



Day 3 (Wednesday)

WOD

3rds for time

- 50 Double Unders
- 12 T2B
- 6 FSQ @70%

Row Intervals

- 4x500m (hard but consistent pace – 3-4sec less than your 2k pace, 2min rest between)

Day 4 (Friday)

Strength

3rds NFT

- 15 Thrusters @50% of max Thruster weight
- 15 UB Strict Pull-ups (weight if able, band if needed, must be UB)

WOD 1

- Farmer Carry 6x100m AHAP (as heavy as possible, 1min rest between)

WOD 2

3rds for time

- 15 DB Push Press (45/30)
- 3 Rope Climbs

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- 7 PCL @65-70%
- 12 Box Jumps (30/24)
- 2 Minutes max meters on rower (Men 540-600+/Women 475-550+)

Rest 5mins

3rds – 90sec rest between rounds

- Sprint 400m (Run)
- 1 Minute max DL (225/155 – 15+reps)



Rest 5mins

3rds for time

- 10 Thrusters (95/65)
- 10 C2B

*Goal is UB Thrusters and C2B.

Week 2

Day 1 (Monday)

Strength

- FSQ 2x20 @50% (rest 2-3min between)

Skill

3rds NFT

- 15 UB Strict Pull-ups (weighted if able, band if needed, but UB)
- 15 UB Strict Ring Dips (weighted if able, band if needed, but UB)

3rds NFT

- 15-18 Hollow Rocks
- 15-18 Arch Rocks
- Max L-Sit (accumulate 25sec +)

3rds NFT

- 10 UB Ring Rows (no kipping, modify as needed to be UB)
- 10 1-Arm DB Press (3sec lower on each rep)

WOD

- 2 Minutes max Rope Climbs (Men 8+/Women 6+)

Rest 2mins

3rds for time

- 25 AKB Swings (70/53)
- 25 Box Jumps (24/20)



Rest 2mins

3rds for time

- 300m Row (25sec rest between, don't count the rollover meters –reset monitor each round)

Day 2 (Tuesday)

Skill

4rds NFT

- 12-15 Incline Bench Press (moderate weight)
- ME Chin-up hold (accumulate 15sec+)
- 8 DB Bent Rows (5sec lower on each rep)

WOD

For time

- 30 Strict Press (95/65)
- 800m Run
- 30 Push Press (same bar)
- 800m Run
- 30 Push Jerk (same bar)
- 800m Run

Day 3 (Wednesday)

WOD

AMRAP 10mins

- 5 FSQ (155/105)
- 10 Bar-facing Burpees

Row Intervals

- 8x250m, 1min rest between (moderate but consistent pace – Men 50sec-1min/Women 55sec-75sec)

Day 4 (Friday)

Strength

4rds NFT

- 12 Thrusters @55-60%
- 8-10 UB Strict C2B (weight if able, band if needed, but UB)



WOD 1

- Farmer Carry 400m (AHAP, only 3 drops allowed – 20 Burpees for any other drops)

WOD 2

4rds for speed and reps

- 50 Double Unders
- Max T2B in 1 Minute (15+reps)
- Rest 1 Minute

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- 7 PSN (135/95)
- Max meters on rower in 2mins (Men 575-650+/Women 500-600+)

Rest 5mins

3rds – 2min rest between rounds

- 5 OHSQ (155/105)
- Max calories on AD in 2mins (Men 50+/Women 40+)

Rest 5mins

For time – 21, 15, 9

- DL (225/155)
- Box Jump (24/20)

Week 3

Day 1 (Monday)

Strength

- FSQ 2x20 @55% (2-3min rest between)
- Depth Jumps 4x8 (as high as possible, rest as needed)



Skill

3rds NFT

- 15 UB Strict Pull-ups (weighted if able, band if needed, but UB)
- 15 UB Strict Ring Dips (weighted if able, band if needed, but UB)

3rds NFT

- 12-15 Arch/Hollow Rolling V-Ups
- Max L-Sit (accumulate 30sec+)

3rds NFT

- 10 1-Arm DB Rows (3sec pause at top of each rep)
- 10 DB Strict Press (3sec lower each rep)

WOD

For time – 21, 18, 15, 12, 9, 6, 3

- RKB Swings (70/53)
- Box Jumps (24/20)

Day 2 (Tuesday)

Skill

4rds NFT

- 15 Incline Bench Press (moderate weight)
- ME Supine Pull-up Hold (accumulate 20sec+)
- 8 Barbell Bent Over Rows (AHAP, 2sec pause at top of each rep)

WOD

4rds for total reps and speed

- Sprint 200m (Run)
- 1 Minute max Push Press (135/95 – goal 16+reps each round)
- Rest 1 Minute

Day 3 (Wednesday)

WOD

- 200' Prowler Push before each round (moderate, but non-stop)
- 10, 8, 6, 4, 2 FSQ @70% from ground – goal is UB FSQ



Row Intervals

- 6x500m, 2min rest between (hard consistent pace – 3-4sec less than your 2k pace)

Day 4 (Friday)

Strength

3rds NFT

- 20 Thrusters @50-55% - goal UB
- 12-15 UB Strict C2B (weight if able, band if needed, but UB)

WOD 1

- Farmer Carry 2x200m (only 1 drop per 200m carry – AHAP, 2-3min rest between)

WOD 2

Ladder 8 Minutes

- 2, 4, 6, 8... until 8mins is up
- T2B
- Burpees

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- Sprint 400m (Run)
- Max C2B in 1 minute (23+reps)

Rest 5mins

3rds – 2min rest between rounds

- 60 Double Unders
- Max PCL in 1 minute @65-70% (10+reps)

Rest 5mins

3rds for time

- 30 Calorie Row
- 30 Box Jump Overs (24/20 – jump on/off or completely over)



Week 4

Day 1 (Monday)

Strength

- FSQ 2x20 @60% (2-3min rest between)
- Depth Jumps 4x10 AHAP, rest as needed

Skill

3rds NFT – 60sec between movements/90sec rest after each round

- Max UB Strict Pull-ups (2sec pause at top of each rep)
- Max UB Strict Ring Dips (2sec pause at bottom of each rep)
- Max UB Push-ups (2sec pause at bottom of each rep -2" off ground)

3rds NFT

- 15-18 Arch/Hollow Rolling V-Ups
- Max L-Sit (accumulate 35sec+)

WOD

3rds for time

- 20 Burpees
- 12 T2B

Rest 2mins

2rds for time – Goal is speed, UB T2B

- 20 Burpees
- 12 T2B

Day 2 (Tuesday)

Skill

5rds NFT

- 10 Incline Bench Press (moderate weight)
- ME Supine Pull-up Hold (accumulate 25sec+)
- 6 Barbell Bent Over Rows (AHAP, 3sec lift/2sec pause at top of each rep)



WOD

Prowler Sprints – pick a weight that is difficult, but you will not stop during the 20sec.

- 16rds - :20sec pushing/:10sec resting

Day 3 (Wednesday)

WOD

4rds for speed

- Run 400m
- 1 Barbell Complex (5 DL + 5 HPCL + 5 FSQ) @55-60% of FSQ
- Rest 2mins between rounds

Row Intervals

- 4x750m (moderate consistent pace – 4-5sec less than 2k pace, 3min rest between)

Day 4 (Friday)

Strength

Heavy "Fran-ish" NFT

- 21, 15, 9
- Thruster (135/95)
- Strict Pull-ups (weight if able, band if needed)

WOD 1

- Farmer Carry :30sec ON/:30sec REST for 10 minutes (AHAP)

WOD 2

For time

- 21, 15, 9 Wall Ball (20/16 – 11')
- 3, 2, 1 Rope Climb

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- 50 Double Unders
- 12 T2B
- Row 400m hard!



Rest 5mins

3rds – 2min rest between rounds

- 25 Calories on AD
- 12 Barbell Step-ups (95/65, 20")

Rest 5mins

For time - 21, 15, 9

- CL (115/75 – full)
- Hand-release Push-up

Week 5

Day 1 (Monday)

Strength

- FSQ 2x20 @65% (2-3min rest between)
- Depth Jumps 5x8 AHAP, rest as needed

Skill

3rds NFT – 60sec between movements/90sec rest after each round

- Max UB Strict Pull-ups (2sec pause at top of each rep)
- Max UB Strict Ring Dips (2sec pause at bottom of each rep)
- Max UB Push-ups (2sec pause at bottom of each rep -2" off ground)

3rds NFT

- Max Hollow Rocks w/out touching the floor
- Max Arch Rocks w/out touching the floor
- Max L-Sit (accumulate 40sec+)

WOD

For time – 21, 15, 9, 6, 3

- Burpee Pull-ups (6" reach)
- Box Jumps (24/20)



Day 2 (Tuesday)

Skill

5rds NFT

- 10-12 Incline Bench Press (moderate weight)
- ME Pull-up Hold (overhand, 20sec+)
- 6-8 KB Bent Over Rows (3sec pause at top of each rep)

WOD

For time

- 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 - S20 (95/65+)
- 12 Calorie Row after each round

Day 3 (Wednesday)

WOD

Every minute for 12 minutes

- Odd – 20 Jumping Lunges (65/45)
- Even – 5 FSQ @65-70% from ground

Row Intervals

- 10x250m, 90sec rest between (hard, consistent pace: Men 45-50sec/Women 50-60sec)

Day 4 (Friday)

Strength

3rds – rest as needed between

- Max Thrusters in 1 minute (95/65 – no goal, just go for it!)
- Max UB Pull-ups (kip or butterfly – no goal, just go for it!)

WOD 1

Farmer Carry

- :45sec ON/:15sec REST for 8 minutes total (AHAP)

WOD 2

AMRAP 3 minutes

- 3 SDLHP (95/65)
- 4 Ring Rows



Rest 2mins

AMRAP 3 minutes

- 5 Floor Press (same bar)
- 7 T2B

Rest 2mins

AMRAP 3 minutes

- 3 CL (same bar, full)
- 4 Push-ups

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- 10 OHSQ (135/95)
- 20 RKB Swings (70/53)
- 1 minute max calorie row (Men 25+/Women 18+)

Rest 5mins

4rds – 90sec rest between rounds

- Run 200m
- 15 UB Wall Ball (20/16)

Rest 5mins

For time

- 100 Double Unders
- 50 Calories on AD



Week 6

Day 1 (Monday)

Strength

- FSQ 2x20 @70% (2-3min rest between)
- Depth Jumps 6x6 AHAP, rest as needed

Skill

3rds NFT – 60sec between movements/90sec rest after each round

- Max UB Strict Pull-ups (2sec pause at top of each rep)
- Max UB Strict Ring Dips (2sec pause at bottom of each rep)
- Max UB Push-ups (2sec pause at bottom of each rep -2" off ground)

3rds NFT

- Max Hollow Rocks w/out touching the floor
- Max Arch Rocks w/out touching the floor
- Max L-Sit (accumulate 45sec+)

WOD

For time

- Row 750m Sprint
- 40 Box Jump Overs (24/20, on & off or completely over)

Day 2 (Tuesday)

Skill

3rds NFT

- 15 Incline Bench Press (moderate weight)
- ME Pull-up Hold (overhand, 20sec+)
- 10-12 KB Bent Over Rows (2sec pause at top of each rep)

WOD

7rds for speed

- 200' Sled Sprint (pulling sled - you should be able to move the entire time)
- 7 Burpees
- Rest 1 minute



Day 3 (Wednesday)

WOD

5rds – 4mins ON/1min REST – Start over each round

- 5 FSQ (135/95 for speed!)
- 1 Rope Climb
- 50' Prowler Push (weighted but for speed)

Row Intervals

- Row 2k for time (Men 7:30 or less/Women 8:05 or less)

Day 4 (Friday)

Strength

Every minute for 7 minutes

- 5 SQCL Thrusters (@65%)
- 6 C2B Pull-ups

WOD 1

- Farmer Carry for max distance in 5 minutes (AHAP, set down as needed)

WOD 2

3rds for time

- 200m Run
- 2 HPSN + 3 OHSQ (135/95)

Day 5 (Saturday)

WOD

3rds – 2min rest between rounds

- Row 500m hard (Men 1:50 or less/Women 2:00 or less)
- 20 Wall Ball (20/16)

Rest 5mins

3rds – 90sec rest between rounds

- 1 Minute max calories on AD (Men 30+/Women 18+)
- 1 Minute max SDLHP (95/65 – 25reps+)



Rest 5mins

3rds for time

- Run 400m
- 50' Overhead Walking Lunges (135/95)

Week 7

Test "Fran!"