

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
W1/D1	W1/D2	W1/D3	W1/D4	W1/D5
<p>AM 50min EMOM Min 1-10 2 Heavy CGBP Min 11-20 3 Tough Strict HSPU (adjust deficit to challenge accordingly) Min 21-30 10sec Sled Push Tough but Sustainable Min 31-40 3 Tough Thrusters Min 41-50 15sec Row Sprint @ 90% effort</p> <p>PM 20min Swim @ Z1 pace + Accumulate 2minutes treading water w/ 20# brick, easy intervals</p> <p>notes: CGBP: is close grip bench press, hands approx. 16" apart HSPU: Hand stand push-ups, done against wall Sled Push: Arms straight Thruster weight should be tough but sustainable, go less than you think and you can increase as you go, rather than go too heavy and drop weight Row sprint tough but sustainable</p>	<p>AM: 20min AMRAP @ 85% effort 10 HR Push-Ups 10 Sit-Ups 10 Prisoner Lunges 10 Forward Rolls (alternate shoulders) 10 Double Unders</p> <p>PM 2 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands</p> <p>notes: - prisoner lunges: walking lunges w/ hands behind head and elbows back - If you can't do double unders, learn them, if you don't have a skipping rope, do lateral ski hops</p>	<p>A: Back Squat @ 3.3.3.3; rest 20sec b/t clusters; rest 2:30 x 3 B: Pendlay Rows x 10-12; rest 2min x 3 C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 3 C2: Straight Arm Lat Pull Downs x 10-12; rest 2min x 3 D: Accumulate 2minutes in the L-Sit position + 3 Rounds for time 12 One Arm Overhead Walking Lunges 25# DB 12 Burpee Pull-Ups</p> <p>notes: - re-rack the bar between back squat clusters - pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral - active shoulders for the overhead lunges</p>	<p>AM Run 10min @90% effort Walk 10min x 3</p> <p>PM 30min Swim @ Z1 pace 30min Bike @ Z1 pace 30min Jog @ Z1 pace 30min Ruck Walk w/ 40# @ Z1 pace</p> <p>notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door</p>	<p>A: Front Walk Barbell Lunges x 10-12; rest 2:30 x 3 + 12min EMOM odd- 50sec Step-Ups w/ 20-30# weighted vest even- 15-20 HR Push-Ups w/ weighted vest + Rest 8min + 12min EMOM odd- 2 TGU Heavy even- 15-20 KBS 2pd + Walk 10min easy pace</p> <p>notes: - TGU is turkish get up, form over speed - KBS shoulder height, strong hip drive and pop</p>
W2/D1	W2/D2	W2/D3	W2/D4	W2/D5
<p>AM 50min EMOM Min 1-10 3 Heavy CGBP Min 11-20 3-4 Tough Strict HSPU (adjust deficit to challenge accordingly) Min 21-30 12sec Sled Push Tough but Sustainable Min 31-40 4 Tough Thrusters Min 41-50 15sec Row Sprint @ 90% effort</p> <p>PM 25min Swim @ Z1 pace + Accumulate 2:30minutes treading water w/ 20# brick, moderate intervals</p> <p>notes: CGBP: is close grip bench press, hands approx. 16" apart HSPU: Hand stand push-ups, done against wall Sled Push: Arms straight Thruster weight should be tough but sustainable, go less than you think and you can increase as you go, rather than go too heavy and drop weight Row sprint tough but sustainable</p>	<p>AM: 20min AMRAP @ 85% effort 10 Clapping Push-Ups 10 GHD Sit-Ups 10 Box Jumps 30" 100m Bear Crawl 10 Ski Jumps over erg</p> <p>PM 2:30 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands</p> <p>notes: - moderate pace for ruck march - steady pace throughout on AMRAP</p>	<p>A: Back Squat @ 2.2.2.2; rest 20sec b/t clusters; rest 2:30 x 3 B: Pendlay Rows x 9-11; rest 2min x 3 C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 3 C2: Straight Arm Lat Pull Downs x 9-11; rest 2min x 3 D: Accumulate 2minutes in the Hanging L-Sit position + 3 Rounds for time 8 Wall Walks 8 TGU 1.5pd</p> <p>notes: - re-rack the bar between back squat clusters - pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral</p>	<p>AM Run 11min @90% effort Walk 10min x 3</p> <p>PM 30min Swim @ Z1 pace 35min Bike @ Z1 pace 35min Jog @ Z1 pace 35min Ruck Walk w/ 40# @ Z1 pace</p> <p>notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door</p>	<p>A: Front Walk Barbell Lunges x 12-14; rest 2:30 x 3 + 14min EMOM odd - 50sec Step-Ups w/ 20-30# weighted vest even- 15-20 HR Push-Ups w/ weighted vest + Rest 8min + 12min EMOM odd- 7 Burpee Pull-Ups even- 15 Goblet Squats 100# DB + Walk 11min easy pace</p> <p>notes: - goblet squats, stay as upright as possible, keep DB tight into chest</p>
W3/D1	W3/D2	W3/D3	W3/D4	W3/D5
<p>AM 50min EMOM Min 1-10 4 Heavy CGBP Min 11-20 4 Tough Strict HSPU (adjust deficit to challenge accordingly) Min 21-30 15sec Backwards Sandbag Drag Hard and Heavy but sustainable Min 31-40 5 Tough Power Cleans Min 41-50 Sprint 100m @ 90% effort - tough but sustainable</p> <p>PM 30min Swim @ Z1 pace + Accumulate 3minutes treading water w/ 20# brick, moderate intervals</p> <p>notes: CGBP: is close grip bench press, hands approx. 16" apart HSPU: hand stand push up: done against wall</p>	<p>AM: 20min AMRAP @ 85% effort 50 Double Unders 200m Run 40 Push-Ups 15 Pull-Ups 15 Back Extensions</p> <p>PM 3 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands</p> <p>notes: - moderate pace for ruck march - steady pace throughout on AMRAP</p>	<p>A: Back Squat @ 2.2.2.2; rest 20sec b/t clusters; rest 2:30 x 3 B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 8-10; rest 2min x 4 D: 10-16 Windshield Wipers; rest 90sec x 3 + 3 Rounds for time w/ 20# Vest: 15 Burpees 15 Thrusters 95#</p> <p>notes: - re-rack the bar between back squat clusters - pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral</p>	<p>AM Run 12min @90% effort Walk 10min x 3</p> <p>PM 30min Swim @ Z1 pace 40min Bike @ Z1 pace 40min Jog @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace</p> <p>notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door</p>	<p>A: Front Walk Barbell Lunges x 14-16; rest 2:30 x 3 + 16min EMOM odd - 50sec Step-Ups w/ 20-30# weighted vest even- 15-20 HR Push-Ups w/ weighted vest + Rest 8min + 12min AMRAP 3 Hang Power Clean 135# 3 Deadlift 135# 3 Box Jumps 24" 6 Hang Power Clean 135# 6 Deadlift 135# 6 Box Jumps 24" 9... 9... 12... 12... ..... + Walk 12min easy pace</p> <p>notes: - 100% effort on 12min AMRAP, go a bit slower at start than you might think, will get hard fast</p>
W4/D1	W4/D2	W4/D3	W4/D4	W4/D5
<p>AM 50min EMOM Min 1-10 5 Heavy Push Press Min 11-20 8 Heavy Pendlay Rows Min 21-30 10 Sandbag Ground Over Shoulder 80# Min 31-40 8 Moderate Deadlifts Min 41-50 50m Sprint @ 100%</p> <p>PM 35min Swim @ Z1 pace + Accumulate 3:30minutes treading water w/ 20# brick, moderate intervals</p> <p>notes: CGBP: is close grip bench press, hands approx. 16" apart HSPU: hand stand push up: done against wall</p>	<p>AM: 25min AMRAP @ 85% effort 10 Sand Bag Squats L Shoulder 80# 25 Double Unders 10 Sand Bag Squats R Shoulder 80# Run 200m 10 Sandbag Push Press 80# Row 250m</p> <p>PM 3:30 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands</p> <p>notes: - moderate pace for ruck march - steady pace throughout on AMRAP</p>	<p>A: Back Squat @ 1.1.1.1.1; rest 20sec b/t clusters; rest 2:30 x 3 B: Pendlay Rows x 7-9; rest 2min x 4 C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 7-9; rest 2min x 4 D: 12-18 Windshield Wipers; rest 90sec x 3 + 3 Rounds with 20# Vest: 2minutes Continous Step-Ups 18" with 20# DB's 2minutes AMRAP Double Unders 2minutes Rowing</p> <p>notes: - re-rack the bar between back squat clusters - pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral</p>	<p>AM Run 13min @90% effort Walk 10min x 3</p> <p>PM 30min Swim @ Z1 pace 45min Bike @ Z1 pace 45min Jog @ Z1 pace 45min Ruck Walk w/ 40# @ Z1 pace</p> <p>notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door</p>	<p>A: Front Walk Barbell Lunges x 16-18; rest 2:30 x 3 + Farmer's Carry 70#hand 100ft; rest as needed b/t sets x 5-6 sets + Rest 5min + 12min AMRAP 3 Box Jumps 24" 3 Hand Release Push-Ups 3 Box Jumps 24" 6 Hand Release Push-Ups 6 Box Jumps 24" 6 Hand Release Push-Ups 9... 9... 12... 12... ..... + Walk 15min easy pace</p>

W5/D1	W5/D2	W5/D3	W5/D4	W5/D5
<p>notes: Push Press: Engage glutes forcefully Sandbag Ground to Over Shoulder: try to throw over each shoulder alternate Moderate Deadlifts: neutral back throughout but tough near the end</p>	<p>notes: - moderate pace for ruck march - steady pace throughout on AMRAP</p>	<p>notes: - re-rack the bar between back squat clusters - pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral</p>	<p>notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door</p>	<p>notes: - 100% effort on 12min AMRAP.</p>
<p>WARNING: Saturday will be a 1 day mini selection beginning at 2am and ending at 10pm A: Find a 1RM Push Press in 10minutes + Run 10km as fast as possible</p>	<p>5 Rounds for Time: 5 Wall-Walks 12 Burpee Pull-Ups Row 350m</p>	<p>A: Find a 1RM Back Squat in 10minutes B: AMRAP Military Standard Pull-Ups; 1 attempt C: AMRAP Military Standard Push-Ups; 1 attempt D: AMRAP Military Standard Sit-Ups in 2minutes; 1 attempt + Run 400m for best possible time</p>	<p>AM Run 1km @ 80% effort Walk 5minutes x 3  PM Warm-Up: 200m SandBag Carry 80# + Row 45sec @ 100% effort Walk 4:30min x 3 + Rest 10min + 45sec Burpees AFAP Walk 4:30min x 3</p>	<p>0200 20min AMRAP 10 Hand Release Push-Ups 10 Sit-Ups 10 Squats (no going back to bed after this, and no naps today)  0800 In and Out x 3 Tread Water 60seconds w/ 20# Brick Swim 200m x 4  1400 7km Run to Gym + 8 Rounds 10 Deadlifts 95# 10 Push Press 95# 10 Ring Rows 10 Toes to Bar + 7km Run Home  2000 12km Ruck March 90#  notes: - lots of carbs and protein after this (tubers, white rice, fruit) then go to bed for a</p>
W6/D1	W6/D2	W6/D3	W6/D4	W6/D5
<p>AM 8 Push-Ups/ 8 sit-Ups/ 8 Squats Swim 50m @ 90% effort Tread Water 20sec w/ 20# Brick Rest 2min x 10  PM A: Back Squat x 5, rest 3min x 3-4 B: Push Press x 5, rest 3min x 3-4 C1: Wld Pull-Ups x 5, rest 2min x 3-4 C2: Wld Dips x 5, rest 2min x 3-4 D: 23 x 4-count Flutter Kicks; rest 60sec x 3 + 10min Bike @ Z1 pace</p>	<p>AM: 10min AMRAP @ 90% effort 6 Push-Ups 25m Farmer's Walk L Hand 65# 25m Farmer's Walk R Hand 65# 3 Pull-Ups 50m Backwards Sandbag Drag Run 200m Rest 10min x 2  PM 90minutes Ruck Walk w/ 90# Ruck and 10# Sledgammer @ easy pace</p>	<p>AM Bike 20min @ Z1 pace  PM A: Deadlift x 5; rest 3min x 3-4 B: Bent Over Barbell Rows x 9-11; rest 2:30 x 3-4 C: Jumping Lunges x 14-16 unbroken and powerful; rest 40sec x 3 C2: AMRAP Clapping Push-Ups; rest 40sec x 3 + Accumulate 30 TGU 1-1.5pd NOT for time</p>	<p>AM: Run 1km @ 90% effort Walk 5minutes x 5  PM Bike 8minutes @ 90% effort Walk 8minutes x 3  notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout</p>	<p>A: Barbell Front Rack RFESS @ 3010 x 10-12; rest 90sec b/t legs x 3/leg B: Step-Up Step-Downs 18" w/ 25# Vest AMRAP in 7minutes @ 90% effort C1: 33% of Max Push-Ups; rest 15sec x 5 C2: 33% of Max Sit-Ups; rest 15sec x 5 C3: 33% of Max Pull-Ups; rest 15sec x 5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 45sec x 5 + 10min Jog @ Z1 pace  notes: - steady pace throughout on the step ups - set of wallballs ends when they stop being quick and powerful</p>
W7/D1	W7/D2	W7/D3	W7/D4	W7/D5
<p>AM 9 Push-Ups/ 9 sit-Ups/ 9 Squats Swim 50m @ 90% effort Tread Water 20sec w/ 20# Brick Rest 2min x 11  PM A: Back Squat x 4, rest 3min x 3-4 B: Push Press x 4; rest 3min x 3-4 C1: Wld Pull-Ups x 4; rest 2min x 3-4 C2: Wld Dips x 4; rest 2min x 3-4 D: 23 x 4-count Flutter Kicks; rest 60sec x 3 + 15min Bike @ Z1 pace</p>	<p>AM: 10min AMRAP @ 90% effort 10 Squats 5 Strict Pull-Ups 5 Strict Dips 1 Rope Climb 15ft 8 Jumping Lunges 10 Wall-Balls 25#/10ft Run 200m Rest 10min x 2  PM 120minutes Ruck Walk w/ 90# Ruck and 10# Sledgammer @ easy pace</p>	<p>AM Bike 25min @ Z1 pace  PM A: Deadlift x 4; rest 3min x 3-4 B: Bent Over Barbell Rows x 8-10; rest 2:30 x 3-4 C: Jumping Lunges x 16-18 unbroken and powerful; rest 40sec x 3 C2: AMRAP Clapping Push-Ups; rest 40sec x 3 + Accumulate 30 TGU 1-1.5pd for quality reps, 2 unbroken per hand alternat</p>	<p>AM: Run 1km @ 90% effort Walk 4:45 minutes x 6  PM Bike 8minutes @ 90% effort Walk 7minutes x 3  notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout</p>	<p>A: Barbell Front Rack RFESS @ 3010 x 8-10; rest 90sec b/t legs x 3/leg B: Step-Up Step-Downs 18" w/ 25# Vest AMRAP in 8minutes @ 90% effort C1: 40% of Max Push-Ups; rest 15sec x 4-5 C2: 40% of Max Sit-Ups; rest 15sec x 4-5 C3: 40% of Max Pull-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 55sec x 5 + 15min Jog @ Z1 pace  notes: - steady pace throughout on the step ups - set of wallballs ends when they stop being quick and powerful</p>
W8/D1	W8/D2	W8/D3	W8/D4	W8/D5
<p>AM 10 Push-Ups/ 10 sit-Ups/ 10 Squats Swim 50m @ 90% effort Tread Water 20sec w/ 20# Brick Rest 2min x 12  PM A: Back Squat x 3, rest 3min x 4 B: Push Press x 3; rest 3min x 4 C1: Wld Pull-Ups x 3; rest 2min x 3-4 C2: Wld Dips x 3; rest 2min x 3-4 D: 26 x 4-count Flutter Kicks; rest 60sec x 3 + 20min Bike @ Z1 pace</p>	<p>AM: 10min AMRAP @ 90% effort 8 Burpees 50m Bear Crawl 2 Man Makers 25# DB's Run 200m Rest 10min x 2  PM 150minutes Ruck Walk w/ 90# Ruck and 10# Sledgammer @ easy pace</p>	<p>AM Bike 30min @ Z1 pace  PM A: Deadlift x 3; rest 3min x 3-4 B: Bent Over Barbell Rows x 8-10; rest 2:30 x 3-4 C: Jumping Lunges x 18-20 unbroken and powerful; rest 40sec x 3 C2: AMRAP Clapping Push-Ups; rest 40sec x 3 + 5 Unbroken TGU L 1pd; rest 0sec 5 Unbroken TGU R 1pd; rest 60sec x 3</p>	<p>AM: Run 1km @ 90% effort Walk 4minutes x 5  PM Bike 8minutes @ 90% effort Walk 6minutes x 3  notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout</p>	<p>A: Barbell Front Rack RFESS @ 3010 x 6-8; rest 90sec b/t legs x 3/leg B: Step-Up Step-Downs 18" w/ 25# Vest AMRAP in 9minutes @ 90% effort C1: 45% of Max Push-Ups; rest 15sec x 4-5 C2: 45% of Max Sit-Ups; rest 15sec x 4-5 C3: 45% of Max Pull-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 70sec x 5 + 20min Jog @ Z1 pace  notes: - steady pace throughout on the step ups - set of wallballs ends when they stop being quick and powerful</p>
W8/D1	W8/D2	W8/D3	W8/D4	W8/D5
W9/D1	W9/D2	W9/D10	W9/D11	W8/D12

<p>AM 11 Push-Ups/ 11 sit-Ups/ 11 Squats Swim 50m @ 90% effort Tread Water 20sec w/ 20# Brick Rest 2min x 13</p> <p>PM A: Back Squat x 2, rest 3min x 4 B: Push Press x 2, rest 3min x 4 C1: Wtd Pull-Ups x 2; rest 2min x 3-4 C2: Wtd Dips x 2; rest 2min x 3-4 D: 29 x 4-count Flutter Kicks; rest 60sec x 3 + 25min Bike @ Z1 pace</p>	<p>AM: 10min AMRAP @ 90% effort 10 Slam Balls 10 Ring Rows 10 Back Extensions Run 200m Rest 10min x 2</p> <p>PM 3 hour Ruck Walk w/ 90# Ruck and 10# Sledgammer @ easy pace</p>	<p>AM Bike 35min @ Z1 pace</p> <p>PM A: Deadlift x 2; rest 3min x 3-4 B: Bent Over Barbell Rows x 6-8; rest 2:30 x 3-4 C: Jumping Lunges x 20-22 unbroken and powerful; rest 40sec x 3 Rest 10min + 6 Unbroken TGU L 1pd; rest 0sec 6 Unbroken TGU R 1pd; rest 60sec x 3</p>	<p>AM: Run 1km @ 90% effort Walk 3:30minutes x 5</p> <p>PM Bike 8minutes @ 90% effort Walk 5minutes x 3</p> <p>notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout</p>	<p>A: Barbell Front Rack RFESS @ 3010 x 4-6; rest 90sec b/l legs x 3/leg B: Step-Up Step-Downs 18" w/ 25# Vest AMRAP in 10minutes @ 90% effort C1: 50% of Max Push-Ups; rest 15sec x 4-5 C2: 50% of Max Sit-Ups; rest 15sec x 4-5 C3: 50% of Max Pull-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 90sec x 5 + 20min Jog @ Z1 pace</p> <p>notes: - steady pace through out on the step ups - set of wallballs ends when they stop being quick and powerful</p>
<b>W10/D1 - Tuesday</b>	<b>W10/D2 - Wednesday</b>	<b>W10/D3 - Friday</b>	<b>W10/D4 -Saturday</b>	<b>W10/D5 - Sunday</b>
<p>AM Build to a 1RM Back Squat; rest as needed Build to a 1RM Push Press + AMRAP Push-Ups; 1 attempt + AMRAP Pull-Ups; 1 attempt + AMRAP Sit-Ups in 2 minute; 1 attempt</p> <p>PM Ruck Walk 2 hours @ Z1 pace with 100# Ruck and 10# Sledgehammer</p>	<p>AM Bike 45minutes @ Z1 pace</p> <p>PM Bike 60seconds @ 90% effort Walk 60 seconds x 5 + Row 60seconds @ 90% effort Walk 60 seconds x 5 + Run 60seconds @ 90% effort Walk 60 seconds x 5</p>	<p>MINI SELECTION - Day 3</p> <p>1600 30minute Grinder 15 Wall Walks 40 Ring Rows 30 Sandbag Ground to Shoulder 80# 20 Burpee Broad Jumps 10 Bak Extensions</p> <p>2000 Run 8km @ 90% effort</p> <p>1000-0200 Sleep</p>	<p>MINI SELECTION - Day 2</p> <p>0200 20min AMRAP 10 Hand Release Push-Ups 10 Sit-Ups 10 Squats</p> <p>0800 In and Out x 3 Tread Water 60seconds w/ 20# Brick Swim 200m x 4</p> <p>1400 7km Run to Gym + 8 Rounds 10 Deadlifts 95# 10 Push Press 95# 10 Ring Rows 10 Toes to Bar + 7km Run Home</p> <p>1900 8km Ruck March 90#</p> <p>2200-0200 Sleep</p> <p>notes: - lots of carbs and protein after this (tubers, white rice, fruit) then go to bed for a solid 10 hours</p>	<p>MINI SELECTION</p> <p>0200 Jog 60min @ easy pace</p> <p>0800 15 Squats 15 Sit-Ups 15 Push-Ups Hold top of Push-Up Position for 45sec Swim 75m @ 90% effort x 5 + Accumulate 3min Treading Water with 20# Brick for time</p> <p>1400 5km Run to Gym with Backpack + Row 250m 100m Bear Crawl Row 250m 100m Backwards Sandbag Drag 150lbs Row 250m 50 HR Push-Ups Row 250m 70 Sit-Ups Row 250m + 5km Run Home with Backpack</p> <p>1900 16km Ruck March 90#</p> <p>2200-0200 Sleep</p>
<b>W11/D1</b>	<b>W11/D2</b>	<b>W11/D3</b>	<b>W11/D4</b>	<b>W11/D5</b>
<p>A: Build to a 1RM Clean Pull in 8minutes B: Build to a tough 2RM Back Squat in 10min C: Run 200m @ 95% effort; Walk 45seconds x 6 + 10min Bike @ Z1 pace</p>	<p>AM 30min Jog @ Z1 pace - every 5minutes perform 7 powerful</p> <p>PM 60min Ruck Walk w/ 90# @ Moderate Pace</p>	<p>EMOM 14min odd- 5 Heavy Thrusters even- 50% AMRAP Pull-Ups + Barbell Front Rack RFESS @ 31X1 x 10-12; rest 90sec b/l legs x 3/leg + 10min AD @ Z1 pace</p>	<p>Run 2min @ 90% effort Walk 2min x 5 + Walk 6min + Run 2min @ 90% effort Walk 2min x 5</p>	<p>AM 30min Swim @ Z1 pace</p> <p>PM A1: AMRAP Sit-Ups 30secs/ Rest 30sec x 4 A2: AMRAP Squats 30sec/ Rest 30sec x 4 A3: AMRAP HR Push-Ups/ Rest 30sec x 4 A4: AMRAP Ring Rows @ 1010/ Rest 30sec x 4 B: Sprint 100m @ 98% effort/ Walk 2:30 x 4</p>
<b>W12/D1</b>	<b>W12/D2</b>	<b>W12/D3</b>	<b>W12/D4</b>	<b>W12/D5</b>
<p>A: Build to a tough Deadlift in 10minutes NOT a 1RM B: CGBP @ 31X1 x 5-6; rest 3min x 3-4 C: Wide Grip Wtd Pull-Ups @ 21X1 x 5-6; rest 3min x 3-4 + 10min AMRAP @ 90% effort 10 Push-Ups 10 Sit-Ups 5 Pull-Ups 25m Farmer's Walk R Arm 70# 25m Farmer's Walk L Arm 70# Run 200m</p>	<p>2hour Ruck Walk w/ 90# @ Moderate Pace</p>	<p>EMOM 14min odd- 5 Heavy Thrusters even- 50% AMRAP Pull-Ups + Barbell Front Rack RFESS @ 31X1 x 8-10; rest 90sec b/l legs x 3/leg + 10min AD @ Z1 pace</p>	<p>Run 2min @ 95% effort Walk 2min x 4 + Walk 6min + Run 2min @ 95% effort Walk 2min x 4</p>	<p>AM Swim 50m @ 90% effort Tread Water 20# Brick 20seconds Rest 60sec x 5</p> <p>PM A1: AMRAP Sit-Ups 30secs/ Rest 30sec x 4 A2: AMRAP Squats 30sec/ Rest 30sec x 4 A3: AMRAP HR Push-Ups/ Rest 30sec x 4 A4: AMRAP Ring Rows @ 1010/ Rest 30sec x 4 B: Sprint 100m @ 98% effort/ Walk 2:30 x 4</p>