Nome	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
No. 100 State 100 St	w1/D1	W1/D2	W1/D3	W1/D4	W1/D5
No. 100 State 100 St					
<ul> <li>Markan and Angeler and Angele</li></ul>	AM 50min EMOM	AM: 20min AMRAR @ 85% effort			A: Front Walk Barbell Lunges x 10-12; rest 2:30 x 3
Normal Section Sectio	Min 1-10 2 Heavy CGBP	10 HR Push-Ups			12min EMOM
Note of the second s	accodingly)	10 Prisoner Lunges	A: Back Squat @ 3.3.3.3; rest 20sec b/t clusters; rest 2:30 x 3	Run 10min @90% effort	even- 15-20 HR Push-Ups w/ weighted vest
Ministry ConstructionName of State St	Min 21-30 10sec Sled Push Tough but Sustainable Min 31-40 3 Tough Thrusters		B: Pendlay Rows x 10-12; rest 2min x 3 C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 3		+ Rest 8min
Market and Distance Constructions with and Distance With and Distance 	Min 41-50 15sec Row Sprint @ 90% effort		C2: Straight Arm Lat Pull Downs x 10-12; rest 2min x 3 D: Accumulate 2minutes in the L-Sit position	BM	+
Control         Control         Control         Control         Control           Set of the control		2 Hour Ruck w/ 75#'s on Gravel Road while	+	30min Swim @ Z1 pace	odd- 2 TGU Heavy
And SubscriptionSubscriptionSubscriptionSubscriptionSubscriptionSubscriptionSubscriptionSubscriptionNote </td <td>+</td> <td>a 10# sledge hammer at the low ready</td> <td>12 One Arm Overhead Walking Lunges 25# DB</td> <td>30min Jog @ Z1 pace</td> <td>+</td>	+	a 10# sledge hammer at the low ready	12 One Arm Overhead Walking Lunges 25# DB	30min Jog @ Z1 pace	+
Construction </td <td>Accumulate 2minutes treading water w/ 20# brick, easy intervals</td> <td>position, both hands</td> <td>12 Burpee Puil-Ops</td> <td>Jumin Ruck Walk W/ 40# @ 21 pace</td> <td>waiki umin easy pace</td>	Accumulate 2minutes treading water w/ 20# brick, easy intervals	position, both hands	12 Burpee Puil-Ops	Jumin Ruck Walk W/ 40# @ 21 pace	waiki umin easy pace
He have been been been been been been been be	notes:				
He have been been been been been been been be	CGBP: is close grip bench press, hands approx. 16" apart HSPU: Hand stand push-ups, done against wal		<ul> <li>re-rack the bar between back squat clusters</li> </ul>		
Alternational and any and any and any and any	Sled Push: Arms straight Thruster weight should be tough but sustainable, go less than you think	and elbows back	<ul> <li>pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds</li> </ul>	notes:	notes:
NOTNOTNOTNOTNOTNotice of the second of the s	and you can increase as you go, rather than go too heavy and drop weig Row sprint tough but sustainable	h - If you can't do double unders, learn them, if you don't have a skipping rope, do lateral ski hops	- no "chinnin" on the pull-ups, head neutral	AM workout is tough but sustainable     PM workout, leave the ego at the door	TGU is turkish get up, form over speed     KBS shoulder height, strong hip dirve and pop
Nomework         Normality         Andread and and a statistical and a statistis and a statistical and a statistical and a statistis					Nee should hough, should he are pop
With Search Se	W2/D1	W2/D2	W2/D3	W2/D4	W2/D5
With Search Se					
With Sett With Sett 	0M	AM-			A: Frant Wolk Parkell Lunger v 12 14: root 2:20 v 2
Ministry Mini	50min FMOM	20min AMRAP @ 85% effort			+
Mark description     Description     Description     Description     Description       Mark description     Description     Description     Descripiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii	Min 11-20 3-4 Tough Strict HSPU (adjust deficit to challenge	10 Clapping Push-ups 10 GHD Sit-Ups		AM	odd - 50sec Step-Ups w/ 20-30# weighted vest
Mark description     Description     Description     Description     Description       Mark description     Description     Description     Descripiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii	accodingly) Min 21-30 12sec Sled Push Tough but Sustainable	10 Box Jumps 30" 100m Bear Crawl	A: Back Squat @ 2.2.2.2.2; rest 20sec b/t clusters; rest 2:30 x 3 B: Pendlav Rows x 9-11; rest 2min x 3	Run 11min @90% effort Walk 10min	even- 15-20 HR Push-Ups w/ weighted vest
Mark         Mark <th< td=""><td>Min 31-40 4 Tough Enrusters</td><td>10 Ski Jumps over erg</td><td>C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 3 C2: Straight Arm Lat Pull Downs x 9-11: rest 2min x 3</td><td>x 3</td><td>Rest 8min</td></th<>	Min 31-40 4 Tough Enrusters	10 Ski Jumps over erg	C1: AMRAP Wide Grip Pull-Ups (-1); rest 20sec x 3 C2: Straight Arm Lat Pull Downs x 9-11: rest 2min x 3	x 3	Rest 8min
<ul> <li>A manual production of the second seco</li></ul>		PM	D: Accumulate 2minutes in the Hanging L-Sit position	PM	12min EMOM
Additional product of the first				30min Swim @ 21 pace 35min Bike @ Z1 pace	even- 15 Goblet Squats 100# DB
Mark     Mark     Mark     Mark     Mark     Mark       A. Back Arguing 5: 22 Junction     A Back Arguin	+ Accumulate 2:30minutes treading water w/ 20# brick, moderate intervals	a 10# sledge hammer at the low ready position, both hands	8 Wall Walks 8 TGU 1.5pd	35min Jog @ Z1 pace 35min Ruck Walk w/ 40# @ Z1 pace	+
Signification     Sign	······	P			
Market market in the second	notes:				
Thick bench will also by Marcing bench will also by	HSPU: Hand stand push-ups, done against wal				
March         March         March         March         March         March           March         Mar	Thruster weight should be tough but sustainable go less than you think	notes:	- pendlay rows: no hips/back swing involved. Pull from ground each		
Nucl         Nucl         Nucl         Nucl         Nucl         Nucl           A         Nucl         Nucl<	and you can increase as you go, rather than go too heavy and drop weig Row sprint tough but sustainable	<ul> <li>h - moderate pace for ruck march</li> <li>steady pace throughout on AMRAP</li> </ul>	rep to the sternum, and lower back down over 2 seconds - no "chinnin" on the pull-ups, head neutral	<ul> <li>AM workout is tough but sustainable</li> <li>PM workout, leave the ego at the door</li> </ul>	<ul> <li>goblet squats, stay as upright as possilbe, keep DB tight into chest</li> </ul>
Ministry 1000     Ministry 10000     Ministry 10000     Ministry 10000     Ministry 10000     Ministry 100000     Ministry 100000					
AN     <	W3/D1	W3/D2	W3/D3	W3/D4	W3/D5
AM: AM: 25min AMRAP @ 85% effort 10 Sand Bag Squats L Shoulder 80# 10 Sand Bag Squats L Shoulder 80# 10 Sand Bag Squats L Shoulder 80# 11 Sand Bag Squats L Shoulder 80# 12 Sand Bag Squats L Shoulder 80# 11 Sand Bag Squats L Shoulder 80# 12 Sand Bag Squats R Shoulder 80# 13 Sand Bag Squats R Shoulder 80# 14 Sand Bag Squats R Shoulder 80# 15 Partially Rows X -5; rest 2:30 x 3 10 Sand Bag Squats R Shoulder 80# 10 Sand Bag Squats R Shoulder 80# 11 1:00 Fleavy Pendia; Revo 12 Straight Am Lat Pull Downs X -5; rest 20sec X 4 10 Sand Spirit @ 100% 10 Sand Sand Sand Sand R Shoulder 80# 10 Sand Bag Squats R Shoulder 80# 10 Sand Bag Squats R Shoulder 80# 11 Sand Bag Squats R Shoulder 80# 12 Sand Am Lat Pull Downs X -5; rest 20sec X 4 10 Sand Sand Sand R Sand Sand Sand R Sand Sand R Sand Sand Sand Sand Sand Sand Sand Sand					
AM       Termer's Carry 70#/hand 100ft; rest as needed bit sets         AM       AM:         Somin EMOM       25min AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25min AMRAP         10 Sand Bag Squats L Shoulder 80#       25min AMRAP         10 Sand Bag Squats L Shoulder 80#       25min AMRAP         10 Sand Bag Squats L Shoulder 80#       25min AMRAP         10 Sand Bag Squats L Shoulder 80#       25min AMRAP         10 Sand Bag Squats L Shoulder 80#       A: Back Squat @ 1.1.1.1.1; rest 20sec bit dusters; rest 2:30 x 3         Min 11-20 8 Heavy Penday Rows       Run 200m         Min 21-30 10 Sandbag Orush Press 80#       C1: AMRAP Wide Grip Pul-lub (-1); rest 20sec x 4         Min 31-40 8 Moderate Deadlifts       Rw 250m         Min 41-50 Sheavy Penday Rows       C1: AMRAP Wide Grip Pul-lub (-1); rest 20sec x 4         Min 31-40 8 Moderate Deadlifts       PM         Min 41-60 Shoulder 80#       25 straight Arm Lat Pull Downs x 7-9; rest 2:min x 4         Min 41-50 Shoulder 80#       25 straight Arm Lat Pull Downs x 7-9; rest 2:min x 4         Min 41-60 Shoulder 80#       25 straight Arm Lat Pull Downs x 7-9; rest 2:min x 4         Min 41-60 Shoulder 80#       25 straight Arm Lat Pull Downs x 7-9; rest 2:min x 4       Xin 3         Min 41-60 Shoulder 80#       25 straight Arm Lat Pull Downs x 7-9; rest 2:min x 4	Somin EMOM     Min 1-10 4 Heavy CGBP     Min 1-120 4 Tough Strict HSPU (adjust deficit to challenge     accodingly)     Min 21-30 15sec Backwards Sandbag Drag Hard and Heavy but sustain     Min 31-40 5 Tough Power Cleans     Min 41-50 Sprint 100m @ 90% effort - tough but sustainable     PM     30min Swim @ Z1 pace     * Accumulate 3minutes treading water w/ 20# brick, moderate intervals     notes:     CGBP: is close grip bench press, hands approx. 16" apart	20min AMRAP @ 85% effort 50 Double Unders 200m Run 40 Push-Ups 1 5 Puil-Ups 1 5 Puil-Ups 3 Hour Ruck w/ 75#'s on Gravel Road while 3 Hour Ruck w/ 75#'s on Gravel Road while a 10# sledge hammer at the low ready position, both hands	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-bye; (1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 8-10; rest 2min x 4 D: 10-16 Windshiel Wipers; rest 80sec x 3 Rounds for time w/ 20# Vest: 15 Burpes 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - pendiay rows; no hip5back swing involved. Pull from ground each rep to the stermum, and lower back down over 2 seconds	Walk 10min x 3 PM Jomin Swim @ Z1 pace 40min Ja@ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace notes: - AM workout is tough but sustainable	* fifmin EMOM odd - 50sec Step-Ups w/ 20-30# weighted vest even - 15-20 65sec Step-Ups w/ veighted vest * rest 8min * 12min AMRAP 3 Hang Power Clean 135# 3 Deadlift 135# 6 Hang Power Clean 135# 7 8 9 9 9 9 12 12 * Walk 12min easy pace notes: - 100% effort on 12min AMRAP, go a bit slower at start
AM       AM:       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort       Sets 5 ests         Somi FMOM       25min AMRAP @ 85% effort       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         Somi FMOM       10 Sand Bag Squats L Shoulder 80#       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25min AMRAP @ 85% effort       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25 encle J Mark       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25 encle J Mark       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25 encle J Mark       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sand Bag Squats L Shoulder 80#       25 encle J Mark       Somi AMRAP @ 85% effort       Somi AMRAP @ 85% effort         10 Sandbag Orush Press       80 encle J Mark       80 encle J Mark       NM       Somi AMRAP @ 85% effort         10 Sandbag Orush Press       10 Sandbag Orush Press 80#       A: Back Squat @ 1.1.1.11; rest 20 sec x 4       Wait Nonin @ 90% effort       Somi AMRAP         10 Sandbag Orush Press 80#       02 Encle J R Mark P Wide G I/J rest 20 sec x 4       Wait Nonin @ 90% effort       Somi AMRAP         10 Sandbag Orush Press 80#	Somin EMOM           Min 1-10 4 Heavy CGBP           Min 1-12 0 4 Tough Strict HSPU (adjust deficit to challenge accodingly)           Min 2-13 0 Issec Backwards Sandbag Drag Hard and Heavy but sustains with 31-40 5 Tough bower Cleans.           Min 1-10 5 Tough Dower Cleans.           Min 1-10 Spinit 100m @ 90% effort - tough but sustainable           PM           30min Swim @ 21 pace           *           Accumulate 3minutes treading water w/ 20# brick, moderate intervals           notes:           CGBP: is close grip bench press, hands approx. 16° apart           HSPU: hand stand push up: done against wall	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Back Extensions PM 3 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Puil-Upe (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 8-10; rest 2min x 4 D: 10-16 Winshield Wipers; rest 30sec x 3 3 Rounds for time w! 20# Vest: 15 Burpees 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - pendiay rows: no hip5back swing involved. Pull from ground each rep to the stermum, and lower back down over 2 seconds - no "clinini" on the pull-ups, head neutral	Walk 10min x 3 PM 30min Swim @ Z1 pace 40min J8ke @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door	* filmin EMOM ddd - Solsec Slep-Ups w/ 20-30# weighted vest even- 15-20 HR Push-Ups w/ weighted vest * Rest Bmin * 12min AMRAP 3 Hang Power Clean 135# 3 Deadlitt 135# 6 Hang Power Clean 135# 6 Box Jumps 24* 9 9 9 9 9 9 9 9.
Min T1-20 a Fleavy Fendialy Kows       Kun 200m       Bit Pendialy Kows X - 5r, fest Zimin X 4       Kun I min gayus, entor       b Hano Release Push-ups         Min Z1-30 10 Sandbag Ground Over Shoulder 80#       10 Sandbag Ground Ver Shoulder 80#       10 Sandbag Push Press 80#       C1: AMRAP Wide Group Pul-lubs (-1); rest 20sec X 4       Walk Tomin gayus, entor       9         Min Z1-30 10 Sandbag Ground Over Shoulder 80#       10 Sandbag Push Press 80#       C1: AMRAP Wide Group Pul-lubs (-1); rest 20sec X 4       Walk Tomin gayus, entor       9         Min Z1-30 10 Sandbag Tom Pul-lubs (-1); rest 20sec X       Pul-lubs (-1); rest 20sec X 3       9       9         Min A1-60 Sim Outpers, rest 90sec X 3       Pul-lubs (-1); rest 20sec X 3       9       9         PM	Somin EMOM           Min 1-10 4 Heavy CGBP           Min 1-12 0 4 Tough Strict HSPU (adjust deficit to challenge accodingly)           Min 2-13 0 Issec Backwards Sandbag Drag Hard and Heavy but sustains with 31-40 5 Tough bower Cleans.           Min 1-10 5 Tough Dower Cleans.           Min 1-10 Spinit 100m @ 90% effort - tough but sustainable           PM           30min Swim @ 21 pace           *           Accumulate 3minutes treading water w/ 20# brick, moderate intervals           notes:           CGBP: is close grip bench press, hands approx. 16° apart           HSPU: hand stand push up: done against wall	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Back Extensions PM 3 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Puil-Upe (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 8-10; rest 2min x 4 D: 10-16 Winshield Wipers; rest 30sec x 3 3 Rounds for time w! 20# Vest: 15 Burpees 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - pendiay rows: no hip5back swing involved. Pull from ground each rep to the stermum, and lower back down over 2 seconds - no "clinini" on the pull-ups, head neutral	Walk 10min x 3 PM 30min Swim @ Z1 pace 40min J8ke @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door	* filmin EMOM ddf - Stares Step-Ups w/ 20-30# weighted vest even- 15-20 HR Push-Ups w/ weighted vest * Rest Bmin * 12min AMRAP 3 Hang Power Clean 135# 3 Deadlift 135# 6 Hang Power Clean 135# 6 Box Jumps 24* 9 9 9 9 9 9 9 9.
Min 41-50 50m Sprint @ 100%         D: 12-18 Windshield Wipers; rest 90sec x 3 + 3.30 Hour Ruck w/ 75#'s on Gravel Road while         9           PM         3:30 Hour Ruck w/ 75#'s on Gravel Road while         3:Rounds with 20# Vest: 2 min Stein Stein Controls         90min Stein @ 21 page         12	Somin EMOM Min 1-10 4 Heavy CGBP Min 1-120 4 Tough Strict HSPU (adjust deficit to challenge accodingly) Min 2-130 15sec Backwards Sandbag Drag Hard and Heavy but sustains Min 41-69 Sprint 100m @ 90% effort - tough but sustainable         PM 30min Swim @ Z1 pace * Accumulate 3minutes treading water w/ 20# brick, moderate intervals         nete: CGBP: is close grip bench press, hands approx. 16° apart HSPU: hand stand push up: done against wall         W4/D1         AM 50min EMOM 50min EMOM	20min AMRAP @ 35% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Puil-Ups 3 Hour Ruck w/ 75#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP W4/D2 AM: 2001 AMRAP @ 35% effort 10 Sand Bag Squits L Shoulder 80# 25 Double Unders 10 Sand Bag Squits L Shoulder 80# 25 Double Unders	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Puil-Uper (-1; rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 8-10; rest 2min x 4 D: D-16 Windheid Wipers; rest 30sec x 3 3 Rounds for time w! 20# Vest: 15 Burpees 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - pendlay rows: no hip5/back swing involved. Pull from ground each rep to the stermum, and lower back down over 2 seconds - no *chimain* on the pull-ups, head neutral W4/D3 A: Back Souat @ 11.11.11; rest 20sec bit clusters; rest 2-30 x 3	Walk 10min x 3 PM Somin Swim @ 21 pace 40min Jog 21 pace 40min Ruck Walk w/ 40# @ 21 pace 40min Ruck Walk w/ 40# @ 21 pace notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door W4/D4	* fimin EMOM dod - Osacs Step-Ups w/ 20-30# weighted vest odd - Soacs Step-Ups w/ 20-30# weighted vest * Rest Bmin * 2min AMRAP 3 Iang Drees 8 Box Jumps 24* 6 Hang Power Clean 135# 5 Box Jumps 24* 9
PM + PM 12 PM 3:00 Hour Ruck w/ 75#'s on Gravel Road while 3 Rounds with 20# Vest: 30min Swim @ Z1 pace 12 Sprin Swim @ Z1 pace 2 2 minutes Continue Step Une 18" with 20# DB's 30min Biks @ Z1 pace 12	Somin EMOM         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-20 4 Tough Strict HSPU (adjust deficit to challenge accodingly)         Min 2-30 5 Tough Power Cleans         Min 41-50 Sprint 100m @ 90% effort - tough but sustainable         PM         30min Swim @ Z1 pace         Accumulate 3minutes treading water w/ 20# brick, moderate intervals         notes:         CGBP: is close grip bench press, hands approx. 16" apart         HSPU: hand stand push up: done against wall         W4/D1	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Back Extensions PM 3 Hour Ruck w/ 75#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP W4/D2 AM: 25min AMRAP @ 85% effort 10 Sand Baq Squats L Shoulder 80# 20 Double Unders 20 Double Under 20 D	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-Uper (-1); rest 20ec x 4 C2: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 D: 10-16 Winden Grip Pull-Uper States x 3 Rounds for time wi 20# Vest: 15 Burgees 15 Thuskers 95# 15 Thuskers 95# 16 Thuskers 95# 16 Thuskers 95# 17 Thuskers 95# 17 Thuskers 95# 18 Thuskers 95# 19 Thuskers 95	Walk 10min X 3 PM 30min Swim @ Z1 pace 40min Bike @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace 40min Ruc	<pre>     time EMOM     dod = 50sec Step-Ups w/ 20-30# weighted vest     weighted vest     weighted vest     vest     rest Smin     t</pre>
	Somin EMOM         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-20 4 Tough Strict HSPU (adjust deficit to challenge accodingly)         Min 2-30 5 Tough Power Cleans         Min 41-50 Sprint 100m @ 90% effort - tough but sustainable         PM         30min Swim @ Z1 pace         * Accumulate 3minutes treading water w/ 20# brick, moderate intervals         notes:         CGBP: is close grip bench press, hands approx. 16" apart         HSPU: hand stand push up: done against wall         W4/D1         W4/D1	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Back Extensions PM 3 Hour Ruck w/ 75#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP W4/D2 AM: 25min AMRAP @ 85% effort 10 Sand Baq Squats L Shoulder 80# 20 Double Unders 20 Double Under 20 D	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-Uper (-1; rest 20ec x 4 C2: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C2: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C3: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C3: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C3: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C3: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 C3: Straight Arm Lat Pull-Uper Arm Arm Arm Arm Arm Arm Arm Arm Arm Ar	Walk 10min X 3 PM 30min Swim @ Z1 pace 40min J0g Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace • AM workout is tough but sustainable • AM workout is tough but sustainable • PM workout, leave the ego at the door W4/D4	<pre>* fimin EMOM ddf = 50sec Step-Ups w/ 20-30# weighted vest ddf = 50sec Step-Ups w/ weighted vest ** Rest Smin * * ** ** ** ** ** ** ** ** ** ** ** *</pre>
a rue seuge namme a une row reauy 21minutes Awray Double Onders 4 offinin Jog (92 / 1 pace + 40min Jog (92 / 1 pace + 40m	Somin EMOM         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-10 4 Heavy CGBP         Min 1-20 4 Tough Strict HSPU (adjust deficit to challenge accodingly)         Min 2-30 5 Tough Power Cleans         Min 41-50 Sprint 100m @ 90% effort - tough but sustainable         PM         30min Swim @ Z1 pace         * Accumulate 3minutes treading water w/ 20# brick, moderate intervals         notes:         CGBP: is close grip bench press, hands approx. 16" apart         HSPU: hand stand push up: done against wall         W4/D1         W4/D1	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Puil-Ups 15 Back Extensions PM 3 Hour Ruck w/ 75#s on Gravel Road while carrying a 10# sidge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP W4/D2 AM: 25min AMRAP @ 85% effort 10 Sand Bag Squats L Shoulder 80# 25 Double Unders 10 Sand Bag Squats L Shoulder 80# Run 200m 10 Sand Bag Squats R Shoulder 80# Row 250m	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-Uper (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 D: 10-16 Winde Grip Pull-Uper St 30sec x 3 Rounds for time wi 20# Vest: 15 Burpees 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - pendiay rows: no hips/back swing involved. Pull from ground each endition of the pull-ups, head neutral W4/D3 A: Back Squat @ 1.1.1.1.1; rest 20sec bit clusters; rest 2:30 x 3 B: Pendiay Rows x 7-9; rest 2min x 4 C2: Straight Arm Lat Pull Downs x 7-9; rest 2min x 4 C2: Straight Arm Lat Pull Downs x 7-9; rest 2min x 4 D: 12-16 Winde Grip Pull-Uper (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 7-9; rest 2min x 4 D: 12-16 Winde Grip Pull-Uper (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 7-9; rest 2min x 4 D: 12-16 Winde Winders; rest 20sec x 3	Walk 10min X 3 PM Somin Swim @ Z1 pace 40min J0g Z1 pace 40min J0g Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace notes: - AM workout is tough but sustainable - PM workout, leave the ego at the door W4/D4 AM Run 13min @90% effort Walk 10min X 3 PM	<pre>* fimin EMOM odd = Solace Step-Ups w/ 20-30# weighted vest odd = Solace Step-Ups w/ weighted vest ** Rest Bmin ** ** ** ** ** ** ** ** ** ** ** ** **</pre>
	Somin EMOM         Min 1-10 4 Heavy CGBP         Min 1-120 4 Tough Strict HSPU (adjust deficit to challenge accodingly)         Min 2-130 15sec Backwardt Sandbag Drag Hard and Heavy but sustains the strict of the s	20min AMRAP @ 85% effort 50 Double Unders 2000 Run 40 Push-Ups 15 Double Unders 15 Back Extensions PM 3 Hour Ruck w/ 75#'s on Gravel Road while carrying a 10# sledge hammer at the low ready position, both hands notes: - moderate pace for ruck march - steady pace throughout on AMRAP W4/D2 AM: 25min AMRAP @ 85% effort 10 Sand Bag Squats L Shoulder 80# 20 Sande Durdeys D Sande Shoulder 80# Run 200m 10 Sandbag Push Press 80# Row 250m PM 10 Sandbag Push Press 80# Row 250m	B: Pendlay Rows x 8-10; rest 2min x 3 C1: AMRAP Wide Grip Pull-Uper (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 6-10; rest 2min x 4 D: 10-16 Winde Grip Pull-Uper st 30sec x 3 Rounds for time wi 20# Vest: 15 Burpees 15 Thrusters 95# notes: - re-rack the bar between back squat clusters - re-rack the bar between back squat clusters - penday rows: no hip5/back swing involved. Pull from ground each rep to the stermum, and lower back down over 2 seconds - no "chinan" on the pull-ups, head neutral W4/D3 A: Back Squat @ 1.1.1.1.1; rest 20sec bit clusters; rest 2:30 x 3 B: Penday Rows x 7-3; rest 2min x 4 C2: Straight Arm Lat Pull Downs x 7-3; rest 2min x 4 D: 12-18 Winde Grip Pull-Upe (-1); rest 20sec x 4 C2: Straight Arm Lat Pull Downs x 7-3; rest 2min x 4 D: 12-18 Winde Grip Pull-Upes 16% rest 2min x 4 D: 12-18 Winde Grip Pull-Upes t18 with 20# DB's	Walk 10min X 3 PM Somin Swim @ Z1 pace 40min Jog Z1 pace 40min Jog Z1 pace 40min Ruck Walk w/ 40# @ Z1 pace notes: - AM workout is tough but sustainable - AM workout, leave the ego at the door W4/D4 MA AM Run 13min @90% effort W4/D4 AM Somin Swim @ Z1 pace 45min Skie @ Z1 pace 45min Skie @ Z1 pace 45min Skie @ Z1 pace	<pre>* fimin EMOM dot = 50sec Step-Ups w/ 20-30# weighted vest odd = 50sec Step-Ups w/ weighted vest ** Rest Smin ** ** ** ** ** ** ** ** ** ** ** ** **</pre>

W9/D1	W9/D2	W9/D10	W9/D11	W9/D12
			notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout	notes: - steady pace through out on the step ups - set of wallballs ends when they stop being quick and powerful
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: Wid Pull-Ups X 3; rest 2min x 3-4 C2: Wid Dips X 3; rest 2min x 3-4 C2: Wid Dips X 3; rest 2min x 3-4 C2: Wid Dips X 3; rest 2min x 3-4 D: 26 x 4-count Futter Kicks; rest 60sec x 3 *	Run 200m Rest 10min	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 Cz: AMRAP Capping Push-Ups; rest 40sec x 3 * 5 Unbroken TGU L 1pd; rest 0sec 5 Unbroken TGU L 1pd; rest 0sec x 3	× 5	A: Barbell Front Rack RFESS @ 3010 x 6-8; rest 90sec bit 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 Pul-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Bails 20#/101t; rest 70sec x 5 * Omin Jog @ Z1 pace
W8/D1	W8/D2	W8/D3	W8/D4	W8/D5
15min Bike @ Z1 pace		Accumulate 30 TGU 1-1.5pd for quality reps, 2 unbroken per hand alternatin	notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout	15min Jog @ Z1 pace notes: - steady pace through out on the step ups - set of wallballs ends when they stop being quick and powerful
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: Wtd Pull-Ups X 4, rest 2min x 3-4 C2: Wtd Dips X 4, rest 2min x 3-4 D: 23 X 4-count Flutter Kicks; rest 60sec x 3	8 Jumping Lunges 10 Wail-Bails 2#/10ft Run 200m Rest 10min x 2 PM	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 + content of 2014 4.5 cf cf contents and powerful; rest 40sec x 3	PM Bike 8minutes @ 90% effort Walk 7minutes	A: Barbell Front Rack RFESS @ 3010 x 8-10; rest 90sec b/t legs x 3/leg B: Step-Jp Step-Jpowns 18' wi 25# Vest AMRAP in 8minutes @ 90% effort C1: 40% of Max Shi-Ups; rest 15sec x 4-5 C3: 40% of Max Shi-Up; rest 15sec x 4-5 C3: 40% of Max Full-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 55sec x 5
W7/D1	W7/D2	W7/D3	W7/D4	W7/D5
			notes: - at least 6 hours between end of AM workout and start of PM workout - tough but sustainable pace throughout	notes: - steady pace through out on the step ups - set of wallballs ends when they stop being quick and powerful
AM 8 Push-Ups/ 8 sit-Ups/ 8 Squats Swim 50m @ 90% effort Tread Water Source w/ 20# Brick Rest Zmin 1 M PM A Back Squat x 5, rest 3min x 3-4 B: Push Press X 5, rest 3min x 3-4 C2: Wid Dips X 5; rest 3min X 3-4 Tomin Bike @ Z1 pace	AM: 10min AMRAP @ 90% effort 6 Push-Ups 25m Farmer's Walk L Hand 65# 25m Farmer's Walk K Hand 65# 25m Farmer's Walk K Hand 65# 3 Pull-Ups 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-Dye; rest 40sec x 3 + Accumulate 30 TGU 1-1.5pd NOT for time	x 5	A: Barhell Front Rack RFESS @ 2010 x 10.12; rtst 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 C3: 33% of Max Pul-Ups; rest 15sec x 5 C3: 33% of Max Pul-Ups; rest 15sec x 5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 45sec x 5 * 10min Jog @ Z1 pace
W6/D1	W6/D2	W6/D3	W6/D4	W6/D5
A min a row rush ress in formates + Run 10km as fast as possible	12 Burpee Pull-Ups Row 350m	+ Run 400m for best possible time	Valk 4:30min x 3	notes: - lots of carbs and protein after this (tubers, white rice, fruit) then go to bed for
WARNING: Saturday will be a 1 day mini selection beginning at 2am and ending at 10pm A: Find a 1RM Push Press in 10minutes	5 Rounds for Time: 5 Wall-Walks	A: Find a 1RM Back Squat in 10minutes B: AMRAP Military Standard Puli-Ups; 1 attempt C: AMRAP Military Standard Stu-Ups; 1 attempt D: AMRAP Military Standard Stu-Ups in Zminutes; 1 attempt	PM Warm-Up: 200m SandBag Carry 80# * Walk 4:30min X3 * Rest 10min * 45sec Burpees AFAP	* 8 Rounds 10 Deadlins 95# 10 Push Press 95# 10 Ring Rows 10 Toes to Bar * 7 Km Run Home 2000 12km Ruck March 90#
			AM Run 1km @ 80% effort Walk Sminutes x 3	0200 20 Junin AMRAP 20 Junin AMRAP 10 SR-Ups 10 SR-Ups 10 Squats (no going back to bed after this, and no naps today) 0800 11 and Out x 3 Tread Water 60seconds w/ 20# Brick Swim 200m x 4 1400 7km Run to Gym *
W5/D1	W5/D2	W5/D3	W5/D4	W5/D5
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	- moderate pace for ruck march - steady pace throughout on AMRAP	<ul> <li>- pendlay rows: no hips/back swing involved. Pull from ground each rep to the sternum, and lower back down over 2 seconds</li> <li>- no "chinnin" on the pull-ups, head neutral</li> </ul>	- AM workout is tough but sustainable - PM workout, leave the ego at the door	notes: - 100% effort on 12min AMRAP,

x 13 PM A: Back Squat x 2, rest 3min x 4 B: Push Press x 2; rest 3min x 4 C: Wild Dill yos x 2; rest 3mix 4 C: Wild Dill yos x 2; rest 3mix 4 D: 29 x 4-count Flutter Kicks; rest 60sec x 3 +	AM: 10min AMRAP @ 90% effort 10 Sian Balls 10 Back Extensions Run 200m Rest 10min x 2 PM 3 hour Ruck Walk w/ 90# Ruck and 10# Sledgammer @ easy pace	AM Bike 35min @ 21 pace 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 C2: AMRAP Clapping Push-Ups; rest 40sec x 3 6 Unbroken TGU L 1pd; rest 0sec 6 Unbroken TGU R 1pd; rest 60sec x 3	PM Bike 8minutes @ 90% effort Walk 5minutes x 3	A: Barbell Front Rack RFESS @ 3010 x 4-6; rest 90sec b/t legs x 3/leg B: Step JD Step-Downs 15* w/ 25# Vest AMRAP in 10minutes @ 90% effort C1: 80% of Max Sti-Ups; rest 15sec x 4-5 C2: 80% of Max Sti-Ups; rest 15sec x 4-5 C4: Big Unbroken Set of Wall-Balls 20#/10ft; rest 90sec x 5 * 20min Jog @ Z1 pace notes: - steody pace through out on the step ups - set of wallballs ends when they stop being quick and powerful
W10/D1 - Tuesday	W10/D2 - Wednesday	W10/D3 - Friday	W10/D4 -Saturday	W10/D5 - Sunday
AM Build to a 1RM Back Squat; rest as needed AMRAP Push-Ups; 1 attempt AMRAP Pull-Ups; 1 attempt AMRAP Pull-Ups; 1 attempt AMRAP Sit-Ups in 2 minute; 1 attempt PM	AM Bike 45minutes @ Z1 pace PM Bike 60seconds @ 90% effort Waik 60 seconds @ 90% effort Waik 60 seconds 6 F Run 60seconds @ 90% effort Waik 60 seconds x 5	MINI SELECTION - Day 3 1600 30mule Grinder 15 Wall Walks 40 Ring Rows 30 Sandbag Ground to Shoulder 80# 20 Burpee Broad Jumps 10 Bak Extensions 2000 Run 8km @ 90% effort 1000-020 Sleep	MINI SELECTION - Day 2 2000 2014 2014 2015	MINI SELECTION 0200 Jog G0mi @ easy pace 0800 15 Squats 15 Sit-Ups Hold top of Push-Up Position for 45sec Swim 75m @ 90% effort *1 Accumulate 3min Treading Water with 20# Brick for time 1400 Sum Run to Gym with Backpack Row 250m 100m Backwards Sandbag Drag 150lbs Row 250m 50m Jops Row 250m *5 km Run Home with Backpack 1900 16km Ruck March 90# 2200-0200 Step
B: Build to a tough 2RM Back Squat in 10min C: Run 200m @ 95% effort; Walk 45seconds x 6 + 10min Bike @ Z1 pace	W11/D2 AM 30min Jog @ Z1 pace - every Sminutes perform 7 powerful PM 60min Ruck Walk w/ 90# @ Moderate Pace	W11/D3 EMOM 14min odd. 5 Heavy Thrusters odd. 5 Heavy Thrusters even- 50% AMRAP Pull-Ups + Barbel Front Rack RFESS @ 31X1 x 10-12; rest 90sec bit legs x 3/leg + 10min AD @ Z1 pace	x 5 Walk 6min Run 2min @ 90% effort Walk 2min x 5	W11/D5 AM 30min Swim @ Z1 pace PM A1: AMRAP Sit-Ups 30secs/ Rest 30sec x 4 A2: AMRAP PR Soulat 30sec/ Rest 30sec x 4 A3: AMRAP INF Push-Ups/ Rest 30sec x 4 A4: AMRAP INF glows @ 1010 Rest 30sec x 4 B: Sprint 100m @ 99% effort/ Walk 2:30 x 4
W12/D1	W12/D2	W12/D3	W12/D4	W12/D5
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 Wild Pull-Ups @ 21X1 x 5-6; rest 3min x 3-4 10 min AMRAP @ 90% effort 10 Push-Ups 57mi-Ups 57mi-Ups 57mi-Ups 75mi-Ups 70mi 20minutes Walk L Arm 70# Zom Farmer's Walk L Arm 70# Run 200m		EMOM 14min odd- 5 Heavy Thrusters even- 50% AMRAP Pull-Ups * Barbell Front Rack RFESS @ 31X1 x 8-10; rest 90sec b/t legs x 3/leg	Run 2min @ 95% effort Waik 2min X 4 4 Walk 6min	AM Swim 50m @ 90% effort Tread Water 20# Brick 20seconds Rest 60sec × 5 PM 1: AMRAP Sit-Ups 30secs/ Rest 30sec x 4 A2: AMRAP Haush-Ups Rest 30sec x 4 A3: AMRAP Haush-Ups Rest 30sec x 4 A3: AMRAP Haush-Ups Rest 30sec x 4 A3: AMRAP Haush-Ups Rest 30sec x 4 A5: Applied 98% effort/ Wate 2:30 x 4