



Train as a Crew

12 Weeks of Strength & Conditioning For First Responders

From **Lars Bredahl** of CrossFit Kitchener

Week 1	Workout A	Workout B	Notes
Monday	Back squats 5x6 @ 70% of 1RM <ul style="list-style-type: none"> Start a set every 2 min Bent over rows 5x10-12 reps @ 31X1 tempo <ul style="list-style-type: none"> Start a set every 90 sec 	"I go, you go," 4 rounds (each): <ul style="list-style-type: none"> 10 lunges (each leg) 10 pull ups 20 battle ropes (each arm) 	A: Take 3-4 sets to get to your starting weight for squats. Control weight on eccentric portion of bent over rows B: Partner 1 performs a full round; partner 2 begins as soon as partner 1 completes the battle ropes
Tuesday	5 Rounds: <ul style="list-style-type: none"> 5 power cleans Seated L- presses x 6-10 reps 50' dummy drag Start a round every 3 min	20 sets: 30 sec row, 30 sec rest	A: Move from one movement to the next without rest. The faster you get the work done, the more rest you get. B: Maintain steady pace on rower per set
Wednesday	5 min AMRAP: 100m row, 5 burpees <i>REST 3 min</i> 5 min AMRAP: 25 DU's or 50 singles, 15 Russian KBS <i>REST 3 min</i> 5 min AMRAP: 200m run, 15 wall balls		A: Do as many rounds as possible in 5 min for each 5 min AMRAP, rest 3 min between each. If working with a partner or two, start on different AMRAP's and transition.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> 6 deadlifts @ 60-70% of 1RM 10 box jumps Start a round every 2 min "I go, you go": 100' farmers carry x 10 min	For time, in teams of 2 or 3: 100 pull ups 100 sit ups	A: Superset the deadlifts and box jumps, add weight as needed. Choose a weight for FC's that you can do 100' without stopping; switch every 100' with partner. B: Break up the pull ups and sit ups as necessary; work doesn't need to be equal.
Saturday	Bench press 5x6 reps @ 70% of 1RM <ul style="list-style-type: none"> Start a set every 2 min "I go, you go" – 10 Wall balls x 10 sets each	EMOM x 10 <ul style="list-style-type: none"> Odds: 100m sprint Evens: Plank x 30 sec -THEN- 5 min Partner AMRAP: <ul style="list-style-type: none"> P1 - 15 American KBS P2 - Ring support 	A: Get partner to spot on bench press. Switch every 10 reps on wall balls, do 100 each. B: Switch every minute on sprints and planks. Partner 2 holds ring support while partner 1 does KBS, then switch.
Sunday	REST DAY		

Week 2	Workout A	Workout B	Notes
Monday	Back squats 5x6 @ 75% of 1RM <ul style="list-style-type: none"> Start a set every 2 min Bent over rows 5x9-11 @ 31X1 tempo <ul style="list-style-type: none"> Start a set every 90 sec 	"I go, you go," 8 rounds (each): <ul style="list-style-type: none"> 5 pull ups 10 air squats 15 sit ups 	A: Back squat warm up 10 @ bar, 6-8 @ 30%, 4-6 @ 50%; keep form strict on rows. B: Move fast on "I go, you go."
Tuesday	5 Rounds: <ul style="list-style-type: none"> 10 hang power cleans Standing press x 6-10 reps 50' dummy drag Start a round every 3 min	10 sets: 60 sec row, 60 sec rest	A: Do HPCs unbroken; use DB's or BB for presses B: row time is 2x last week, pace accordingly
Wednesday	5 min AMRAP: 100m row, 10 box jumps <i>REST 3 min</i> 5 min AMRAP: 25 DU's or 50 singles, 10 burpees <i>REST 3 min</i> 5 min AMRAP: 200m run, 15 KBS		A: Much like last week, but a different mix of movements; set everything up before you start so you can rest during the rest time.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> 5 deadlifts @ 65-75% of 1RM 10 box jumps Start a round every 2 min "I go, you go": Bar hang x 30 sec, x 10	For time, in teams of 2 or 3: 100 wall balls 20 x 100m sprints	A: Be quick on transition of DL's an BJ's; bar hangs sound easy, but aren't. B: After wall balls, start alternating sprints as fast as possible
Saturday	Bench press 5x5 @ 70% of 1RM <ul style="list-style-type: none"> Start a set every 2 min "I go, you go" – 10x5 (each arm) KB snatch	EMOM x 10 <ul style="list-style-type: none"> Odds: 100' farmers carry Evens: HS hold x 20 sec - <i>THEN</i> - 10 min Partner AMRAP: <ul style="list-style-type: none"> P1 - 15 American KBS P2 - Plank on elbows 	A: Increase weight from last week on bench B: EMOM is a shoulder burner; Partners alternate on 10 min EMOM
Sunday	REST DAY		

Week 3	Workout A	Workout B	Notes
Monday	Back squats 7x4 @ 80% of 1RM <ul style="list-style-type: none"> Start a set every 2 min Bent over rows 5x8-10 @ 31X1 tempo Start a set every 90 sec	"I go, you go," 4 rounds (each) <ul style="list-style-type: none"> 10 bodyweight split squats (each leg) 12 pull ups 	A: Use spotter on squats if necessary; don't use momentum on rows. B: Move quickly on "I go, you go."
Tuesday	5 Rounds: <ul style="list-style-type: none"> 5 power snatch Seated L presses x 6-10 reps 50' dummy drag Start a round every 3 min	7 sets: 90 sec row, 90 sec rest	A: Similar to week 1, but with snatches. B: Row time is going up again; learn your pace and keep it.
Wednesday	10 min AMRAP: 400m run, 10 pull ups, 10 wall balls <i>REST 5 min</i> 10 min AMRAP: 400m row, 10 ring dips, 10 box jumps		A: First part is running, second part is rowing; don't get them mixed up; 10 min AMRAP's this week.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> 4 deadlifts @ 70-80% of 1RM 10 box jumps Start a round every 2 min "I go, you go," 5 rounds (each): Bar hang x 30 sec + 100' farmers carry	For time, in teams of 2 or 3: 100 Back extensions 100 Leg raises	A: Weight on deadlifts is going up! Combine the bar hangs and farmers carry this week. B: Sets of 10 only, help out your partner on leg raises by pushing their feet.
Saturday	Bench press 5x4 @ 75% of 1RM <ul style="list-style-type: none"> Start a set every 2 min "I go, you go" – 10x5 (each arm) KB clean & press	EMOM x 10 <ul style="list-style-type: none"> Odds: 100' Farmers carry Evens: FLR x 30-40 sec With a partner for 10 min straight: <ul style="list-style-type: none"> P1 - 200m row P2 - 15 push press @ 50% 	A: Set up with partner for bench, spot and push each other; challenge each other on KB work. B: FLR = front leaning rest on rings with feet elevated; push press should be unbroken; rows should be hard.
Sunday	REST DAY		

Week 4	Workout A	Workout B	Notes
Monday	Back squats 10x3 @ 85% of 1RM <ul style="list-style-type: none"> Start a set every 2 min Bent over rows 5x7-9 @ 31X1 tempo <ul style="list-style-type: none"> Start a set every 90 sec 	5 sets (90 sec rest between): <ul style="list-style-type: none"> 12 pull ups 20 battle ropes 5 sets (2 min rest between): <ul style="list-style-type: none"> 8-12 GH raises 8-12 good mornings 	B: GH raises and good mornings are to be super-setted; these are accessory work.
Tuesday	5 Rounds: <ul style="list-style-type: none"> 10 hang power snatch Standing press x 6-10 reps 50' Dummy drag Start a round every 3 min	5 sets: 2 min row, 2 min rest	A: Much like last week, but snatches are from the hang.
Wednesday	10 Min AMRAP: 50 DU's or 100 singles, 10 KBS, 10 burpees <i>REST 5 min</i> 10 min AMRAP: 200m run, 5 burpees, 5 pull ups		A: Another pair of 10 min AMRAP's this week; pace out accordingly; test next week should be near 10 min.
Thursday	REST DAY		
Friday	5 Rounds (2 min rest between): <ul style="list-style-type: none"> Deadlifts x 3-4 reps @ 80-85% of 1RM Sled push x 15 sec "I go, you go": 5x20 KBS (each partner)	In teams of 2 or 3: <ul style="list-style-type: none"> 100 pull ups each Perform in sets of 10, switch each set Once everyone is done, run 2k (race style)	A: Pick a weight for the KBS you can hang onto for 20 straight reps; this will test the grip. B: Pull ups are all even, then race to the finish on the run.
Saturday	Bench press 5x3-4 @ 80% of 1RM <ul style="list-style-type: none"> Start a set every 2 min "I go, you go" – 10 min AMPRAP: 1 TGU each arm	EMOM x 10 <ul style="list-style-type: none"> Odds: 30 sec HS hold Evens: 10 Burpees 10 min Partner AMRAP: <ul style="list-style-type: none"> P1 - 10 cal on bike P2 - 10 hang clean and press with DB's 	A: Switch every 2 reps on TGU's (1 per arm); keep going for 10 min straight. B: Keep speed up on bike; chose a DB you can hang onto for 10 reps.
Sunday	REST DAY		

Week 5	Workout A	Workout B	Notes
Monday	Back squats: 5 @ 60%, 4 @ 75%, 3 @ 80%, 2 @ 85%, 1 @ 90 %, 1 @ 95%, 1 @ 100-102% Bent over rows: 8-8-8-8; find an 8RM @ 31X1 tempo <ul style="list-style-type: none"> Rest 90 sec between sets 	50 pull ups for time, in sets of 10 max 10 sets, in teams of 2 or 3: <ul style="list-style-type: none"> 20 battle ropes (each arm) 50' dummy drag 	A: Find a new 1RM on the back squats; - maintain tempo on rows
Tuesday	Power clean 1-1-1-1 (find 1RM) Power snatch 1-1-1-1 (find 1RM) Standing press 1-1-1-1 (find 1RM)	1 Attempt: 500m row for time	A: Add weight each set, go to failure, give sufficient rest to give maximal effort B: Pace on row should be hard from the start, but don't crash early
Wednesday	For time: <ul style="list-style-type: none"> 400m run 20 each: dips, pull ups, box jumps, burpees, KBS, wall balls 100 DU's 		A: Chipper style; move from 1 movement to the next, break up as needed, and don't stop until complete.
Thursday	REST DAY		
Friday	Deadlifts 5x3, building to a 3RM <ul style="list-style-type: none"> Rest 2 min between sets "I go, you go" (5 rounds each): <ul style="list-style-type: none"> 10 box jumps "I go, you go" (4 rounds each): <ul style="list-style-type: none"> 15 sit ups, 15 back extensions 	In teams of 2 or 3, 5 rounds for time (each): <ul style="list-style-type: none"> 10 HPC @ 60% 10 cal on AD 	A: Take 3-4 warm up sets before getting serious on deadlifts; cycle through partner work quickly, keep intensity high. B: HPC's are ideally unbroken, but challenging; go straight onto bike sprints, then switch. The more partners, the higher the intensity will remain.
Saturday	Bench Press 5x3, building to a 3RM <ul style="list-style-type: none"> Rest 2 min between sets Build to a 3RM TGU each arm <ul style="list-style-type: none"> Reps must be back to back 	10 rounds for time, with a partner: <ul style="list-style-type: none"> 10 burpees 10 pull ups Switch after each complete round 10 minutes on rower or AD for max cal <ul style="list-style-type: none"> With a partner, switch as needed 	A: Max out on bench press and TGU's. B: Keep pace high on burpees and pull ups; quick transition on final piece.
Sunday	REST DAY		

Week 6 (Deload)	Workout A	Workout B	Notes
Monday	3x10 wall squats, rest 2 min between sets 3x10 body rows, rest 2 min between sets 50 TGU's @ easy pace, NOT heavy		A: Just an easy day and week to recover and move.
Tuesday	5 sets: • 10 power cleans @ 50% of 1RM • 250m row Rest 2 min between sets		A: Sets should be done at aerobic pace, smooth and steady.
Wednesday	3x400m run @ 80%, rest 2 min between sets 3x20 sec of DU's, rest 40 sec between sets 3x200m row @ 80%, rest 1 min between sets		A: Some light aerobic work to get you sweating and moving.
Thursday	REST DAY		
Friday	With your crew, switch every 2-3 min for 40-60 min: • Easy pace bike • Foam roll • Stretches • Rotator/core work		A: Switch frequently, move constantly for time given.
Saturday	Row @ 70% effort for 30 min, switch every 250m		A: Don't make it competitive; sweat, breathe, maintain comfortable pace, feel better at the end.
Sunday	REST DAY		

Week 7	Workout A	Workout B	Notes
Monday	4 Rounds: <ul style="list-style-type: none"> 5-6 power cleans x 5-6 reps, rest 10 sec 5 reverse med ball toss, rest 2 min 4 Rounds: <ul style="list-style-type: none"> 8-12 OH split squats (each leg) rest 30 sec btwn legs 10 box jumps x 10, rest 2 min 	EMOM x 10 <ul style="list-style-type: none"> Odds: 10 feet elevated push ups Evens: 10 body rows 	A: Do med ball tosses with partner, add weight as necessary on lifts. B: Adjust EMOM movements to make manageable.
Tuesday	In teams of 2 or 3, 5 rounds for time (each): <ul style="list-style-type: none"> 5 hang power snatch 100' farmers carry 	20 Rounds on Rower/Bike/Treadmill: <ul style="list-style-type: none"> 1 min aerobic pace 1 min rest 	A: 1 partner works at a time. B: Your choice of available equipment for aerobic work; 1 person works while the other rests, switch every minute.
Wednesday	Weighted dips 4x5-6 <ul style="list-style-type: none"> Start a set every 90 sec 3 Rounds: <ul style="list-style-type: none"> 10-12 standing barbell curls, rest 30 sec 12-15 EZ curl bar triceps extensions, rest 1 min 	"I go, you go": 6 Rounds Each <ul style="list-style-type: none"> 10 wall balls 10 hollow rocks 	A: Weighted dips if you can, if not use bodyweight. B: Don't start wall balls until hollow rocks are complete.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> 5-6 back squats, rest 1 min 5-6 weighted pull ups, rest 2 min 3 Rounds: <ul style="list-style-type: none"> 10-15 Swiss ball leg curls, rest 1 min 8-10 bent over barbell rows, rest 1 min 	4 Rounds: 10 sec sprint, rest 1:50	A: Build up weight as needed on squats and pull ups. B: Sprints can be running or on a bike.
Saturday	5 min AMRAP @ 80-90%: 100m row, 15 KBS <i>REST 3 min</i> 5 min AMRAP: 30 DU's OR 60 singles, 5 burpees <i>REST 3 min</i> 5 min AMRAP: 200m run, 10 wall balls		A: Start partners at different stations; work through each, try to keep steady pace. Record number of rounds and reps.
Sunday	REST DAY		

Week 8	Workout A	Workout B	Notes
Monday	4 Rounds: <ul style="list-style-type: none"> 4-5 power cleans, rest 10 sec 5-6 reverse med ball toss, rest 2 min 4 Rounds <ul style="list-style-type: none"> 7-10 OH split squats (each leg), rest 30 sec btwn legs 10 Box jumps, rest 2 min 	EMOM x 12 <ul style="list-style-type: none"> Odds: 10 clapping push ups Evens: 10 body rows 	A: Adjust loads from last week to get right rep range.
Tuesday	In teams of 2 or 3, 5 rounds for time (each): <ul style="list-style-type: none"> 4-5 hang power snatch 100' farmers carry 	14 Rounds on Rower/Bike/Treadmill <ul style="list-style-type: none"> 90 sec aerobic pace 90 sec rest 	A: Just like last week, but add weight if possible to snatches and farmers carries. B: Like last week, alternate every set.
Wednesday	Weighted dips 4x5-6 <ul style="list-style-type: none"> Start a set every 90 sec 3 Rounds: <ul style="list-style-type: none"> 9-11 standing barbell curls, rest 30 sec 10-12 EZ curl bar triceps extensions, rest 1 min 	"I go, you go": 6 Rounds Each <ul style="list-style-type: none"> 10 wall balls 10 mountain climbers (each side) 	A: Changes to reps, challenge yourself.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> 4-5 back squats, rest 1 min 4-5 weighted pull ups, rest 2 min 3 Rounds: <ul style="list-style-type: none"> 12-15 Swiss ball leg curls, rest 1 min 7-9 bent over barbell rows, rest 1 min 	5 Rounds: 10 sec sprint, rest 1:50	A: Keep form tight on leg curls, don't just rush through. B: Do the sprints together to increase intensity.
Saturday	6 min AMRAP @ 80-90%: 150m row, 5 burpees <i>REST 3 min</i> 6 min AMRAP: 30 DU's OR 60 singles, 15 KBS <i>REST 3 min</i> 6 min AMRAP: 200m run, 15 sit ups		A: Start partners at different stations; just like last week, but slight switches on time and movements.
Sunday	REST DAY		

Week 9	Workout A	Workout B	Notes
Monday	4 Rounds: <ul style="list-style-type: none"> • Power cleans: 5, 4, 3, 3, rest 10 sec • 6 reverse med ball tosses, rest 2 min 4 Rounds: <ul style="list-style-type: none"> • 6-9 OH split squats (each leg), rest 30 sec btwn legs • 10 box jumps, rest 2 min 	EMOM x 14 <ul style="list-style-type: none"> • Odds: 10-12 feet elevated push ups • Evens: 10-12 pull ups 	A: Box jumps should be challenging, but manageable.
Tuesday	In teams of 2 or 3, 5 rounds for time (each): <ul style="list-style-type: none"> • 5, 4, 3, 3, 3 hang power snatch • 100' farmers carry 	10 Rounds on Rower/Bike/Treadmill <ul style="list-style-type: none"> • 2 min aerobic pace • 2 min rest 	A: Set up more than 1 bar if necessary to challenge each person appropriately; as reps drop, add weight. B: As time goes up, learn pacing.
Wednesday	Weighted dips: 5, 4, 3, 3 reps <ul style="list-style-type: none"> • Start a set every 90 sec 3 Rounds: <ul style="list-style-type: none"> • 8-10 standing barbell curls, rest 30 sec • 9-11 EZ curl bar triceps extensions, rest 1 min 	"I go, you go": 6 Rounds Each <ul style="list-style-type: none"> • 12 Wall balls • 12 T2B 	B: Note changes to movements and reps on last part.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> • 3-4 back squats, rest 1 min • 3-4 weighted pull ups, rest 2 min 3 Rounds: <ul style="list-style-type: none"> • 15 Swiss ball leg curls, rest 1 min • 6-8 bent over barbell rows, rest 1 min 	6 Rounds: 10 sec sprint, rest 1:50	A: Add weight if hitting upper range on lifts; pull hard, control descent on bent over rows.
Saturday	7 min AMRAP @ 80-90%: 200m row, 15 sit ups <i>REST 3 min</i> 7 min AMRAP: 50 DU's OR 100 singles, 10 wall balls <i>REST 3 min</i> 7 min AMRAP: 200m run, 15 KBS		A: Start partners on different stations; subtle changes, times getting longer; can you maintain the pace?
Sunday	REST DAY		

Week 10	Workout A	Workout B	Notes
Monday	4 Rounds: <ul style="list-style-type: none"> • Power cleans: 4, 3, 3, 2, rest 10 sec • 6-7 reverse med ball tosses, rest 2 min 4 Rounds: <ul style="list-style-type: none"> • 5-8 OH split squats (each leg), rest 30 sec btwn legs • 10 box jumps, rest 2 min 	EMOM x 16 <ul style="list-style-type: none"> • Odds: 10-12 clapping, feet-elevated push ups • Evens: 10-12 pull ups 	B: Angle of body on push ups might not be as steep as they were without clapping.
Tuesday	In teams of 2 or 3, 5 rounds for time (each): <ul style="list-style-type: none"> • 4, 3, 3, 2, 2 hang power snatch (add weight each set) • 100' farmers carry 	7 Rounds on Rower/Bike/Treadmill: <ul style="list-style-type: none"> • 3 min aerobic pace • 3 min rest 	A: 1 partner works at a time. B: Stay loose and keep moving between sets; if the rest feels too long, work harder.
Wednesday	Weighted dips: 4, 3, 3, 2 reps <ul style="list-style-type: none"> • Start a set every 90 sec 3 Rounds: <ul style="list-style-type: none"> • 7-9 standing barbell curls, rest 30 sec • 8-10 EZ curl bar triceps extensions, rest 1 min 	"I go, you go": 6 Rounds Each <ul style="list-style-type: none"> • 15 Wall balls • 15 Hollow rocks 	Increase to reps on I go, you go, decrease on other movements.
Thursday	REST DAY		
Friday	5 Rounds: <ul style="list-style-type: none"> • 2-3 back squats, rest 1 min • 2-3 weighted pull ups, rest 2 min 3 Rounds: <ul style="list-style-type: none"> • 6-10 1-leg Swiss ball leg curls, rest 1 min • 5-7 bent over barbell rows, rest 1 min 	7 Rounds: 10 sec sprint, rest 1:50	A: Back squats should be near 90% of expected max; try single leg ball curls, but for less reps.
Saturday	8 min AMRAP @ 80-90%: 250m row, 10 sit ups, 5 burpees <i>REST 3 min</i> 8 min AMRAP: 50 DU's OR 100 singles, 10 wall balls, 10 KBS <i>REST 3 min</i> 8 min AMRAP: 200m run, 5 KB snatch (each arm), 10 lunges (each leg)		A: Start partners on different stations; more time, more movements, rest remains the same,
Sunday	REST DAY		

Week 11	Workout A	Workout B	Notes
Monday	Power clean: build to a 3RM in 5 sets Reverse med ball toss @ 14lbs: record furthest distance OH split squats: build to a 6RM/leg	EMOM x 20 • Odds: 12 Push ups • Evens: 12 Pull ups	A: Record weights, distances, and see what progress you've made. B: Bolume on pull ups and push ups is a test; can you hang on?
Tuesday	Hang power snatch: build to a 3RM in 5 sets	Row 500m for time - 1 attempt, all out <i>-Rest as needed-</i> Run 3k for time	Looks simple, but each piece will take its toll.
Wednesday	Weighted dips: build to a 3RM in 5 sets Standing BB curls: build to a 8RM in 4 sets EZ curl bar triceps extensions: build to a 8RM in 4 sets	3 Rounds for time: • 15 wall balls • 10 T2B REST 5 min, repeat	A: Dips are a good challenge; see where you upper body pushing strength is. B: Go hard for 3 rounds, cheer on your partner; either go together or separately.
Thursday	REST DAY		
Friday	Back squats: build to a 1RM in 5 sets Weighted pull ups: build to a 1RM in 4-5 sets Bent over rows: build to a 6RM in 3-4 sets	100m sprint, 3 attempts for best time	A: Rest as needed between sets; see where these movements have come over the past several weeks.
Saturday	4 Rounds For Time: • 250m row • 15 KBS • 200m run • 15 wall balls • 50 DU's OR 100 singles • 15 Burpees		A: No breaks today; keep moving, record time.
Sunday	REST DAY		

Week 12 (Deload)	Workout A	Workout B	Notes
Monday	3 Rounds: <ul style="list-style-type: none"> • 5 Power cleans @ 60% of 3RM • 10 Push ups • 10 Box jumps Rest 2 min between rounds	3 Rounds: <ul style="list-style-type: none"> • 10 lunges (each leg) • 10 pull ups Rest 2 min between rounds	Nothing should make you feel too bad; use appropriate loads and pacing.
Tuesday	30 min recovery bike ride at easy pace (HR around 100)	15 min of stretching and foam rolling	Down week; take time to feel better and come back hungry.
Wednesday	5 Rounds (easy pace): <ul style="list-style-type: none"> • 5 dips (unweighted) • 10 BB curls @ 60% of 8RM • 10 triceps extensions @ 60% • 10 wall balls • 10 hollow rocks 		A: Rest about 20 sec between each movement and 90 sec between each round; don't ever get to redline.
Thursday	REST DAY		
Friday	3 Rounds: <ul style="list-style-type: none"> • 10 back squats @ 40%, rest 1 min • 6-10 pull ups, rest 2 min 3 Rounds <ul style="list-style-type: none"> • 10 Swiss ball leg curls, rest 1 min • 10 Bent over barbell rows @ 50% of 6RM, rest 1 min 	3k jog at easy pace	Loads are easy; this shouldn't be overly taxing, time to recover.
Saturday	Row 250m row, rest 1 min, x 3 Run 200m, rest 1 min, x 3 DU's x 30 sec, rest 1 min, x 3	15 min foam roll/stretch	End of a busy cycle; today is just about moving and loosening up.
Sunday	REST DAY		