

## MEGAN BENZIK'S TRAINING

FROM END OF CROSSFIT GAMES OPEN TO  
BEGINNING OF GRANITE GAMES QUALIFIERS 2016

WRITTEN BY TODD NIEF FOR SOUTH LOOP  
STRENGTH & CONDITIONING

[www.southloopsc.com](http://www.southloopsc.com)



This is Megan Benzik's training program beginning after a deload period after the 2016 CrossFit Games Open leading into the 2016 Granite Games online qualifiers.

Megan finished 31<sup>nd</sup> in the North Central Region in the Open, which put her just out of qualifying individually – athletes through 27<sup>th</sup> place were invited to the North Central Regional.

While this was disappointingly close, I was astonished that she did so well in the Open. Regionals was her goal when we started working together in summer of 2015, but I thought that 2017 was a realistic target. She has the strength and the engine to compete at the individual regional level, but upper body muscle endurance is a limiter for her and the Open tends to have quite a few “gymnastics bottleneck” workouts where competitive athletes are putting in huge volume on chest-to-bar pull-ups, muscle-ups, handstand push-ups, and toes-to-bar. To be totally honest, I expected Meg to finish more around 50<sup>th</sup> in our region – especially since the North Central is so deep in terms of competitive athletes – so she surprised me in her capacity for muscle endurance in those gymnastics movements.

So, after deloading after the Open (which Meg *hates* doing), we started an “offseason” template focused on a few priorities:

- \*Upper body pushing and pulling absolute strength

- \*Upper body pushing and pulling muscle endurance and battery

- \*Improving weightlifting maxes relative to squatting maxes

- \*Speed on weightlifting movements

- \*Skill and positional muscle endurance in gymnastics movements

- \*Build volume in running (great thing to do in the offseason...)

- \*Keep conditioning volume high but avoid too much “digging deep” – keep work simple and build in cyclical pieces to enable self-pacing to keep efforts aerobic

- \*Structural mobility and stability work in shoulder flexion and breathing that we worked together in one-on-one sessions

Meg was interested in doing the Granite Games, but was thinking that she would “just do it” rather than building in a peaking phase for the qualifiers. So, we planned to jump into the qualifier workouts and give them a solid go, but this is much more of an “offseason” template than it is a “peak for a qualifier” template.

The Granite Games qualifiers were much more competitive this year than in years past, and Meg was able to qualify in the top 50 for the “AsRx” division with several individual Regional and CrossFit Games athletes. This is a huge win for her, and is both reflective of her progress as an athlete as well as the differences in results when the characteristics of the tests change – since, while the Granite Games did have high volume gymnastics bottlenecks in their workouts, it wasn't as defining of a characteristic as the testing during the Open.

## A FEW NOTES ON MEG AS AN ATHLETE:

\*She is a “fast adapter” – **she improves in training faster than most, and responds very well to volume**. This isn’t a crazy amount of volume, but it’s a lot of work.

\***She was moving during this time period**, which is a huge stressor and probably took a bit of a toll on her training.

\*She works as a CrossFit coach and personal trainer, so is **able to prioritize her schedule and time to get training done**.

\***She works with a nutrition coach** as well (Mike Kesthely of Driven Performance Labs)

\*She is “talented” for the sport of CrossFit in that **she recovers more quickly than most after maximal or near maximal effort**. She can go at an all out or near all out pace on a rower or an assault bike for 30s-2 min and repeat the same quality of effort on minimal rest. She can also repeatedly lift 90% of her one rep max on minimal rest.

\*Based upon her structure and her “essence,” I anticipate that her maximal sets of bodyweight movements will improve as her absolute pulling and pushing numbers improve, but that her weightlifting numbers will not improve as her squatting and deadlifting numbers improve. **She needs to work on “strength” in the upper body and “speed” in the lower body**.

## A FEW NOTES ON THE TEMPLATE:

\***I included my notation for structuring the training on top of each week**. Here it is below with fewer acronyms:

**Monday** - AM: MAP (aerobic power), low %, rowing PM: Clean & jerk, intense + Deadlift w/ back-offs + Upper push/pull, intense + Grinder

**Tuesday** – Weightlifting, skill, speed + Weightlifting battery, power variations + MAP (maximal aerobic power), mixed w/ cyclical + MAP, running, short

**Wednesday** - AM: MAP, low %, bike PM: Gymnastics, skill + Gymnastics, vol + Core/stability + MAP, low %

**Thursday** - MAP, low %

**Friday** - Weightlifting, skill + Squat, tempo + Gym, intense + Single-arm/Single-leg + Loaded carry

**Saturday** - AM: MAP, mixed PM: Run, vol

\***There is nothing particularly special about this template or this training program**. Meg is an athlete who adapts to training quicker than most and recovers between efforts quicker than most, and she also has many of the aspects outside of the gym dialed in to prioritize her training and her recovery. She would probably do well on almost any program. My goal is to improve her weaknesses by training them in a way appropriate for her while maintaining her strengths.

\***I am more “fluid” with training templates than I used to be**. I used to be much more interested in planning out whole cycles and progressions on a weekly and monthly basis. Now, I’m much looser with that type of planning. I have a “big picture” of what I want, but I write training on a weekly basis and I either modify or stick with my template based upon what I’m seeing in results and what I intuitively think is appropriate for the athlete. In this case, I thought we were getting good progression on some of the gymnastics stuff – particularly in conditioning workouts – so I stuck with it longer than I probably would have otherwise. **I also tend to “test” less since I think I have a better intuition for progression just from seeing training results now**.

\*While there may be pieces of this program that you want to copy or steal – and there are certainly pieces in here that I have copied or stolen from my coach Michael FitzGerald or from some of the many training blogs I follow – this is written specifically for Meg based upon what she is capable of and her feedback to me throughout the training process. **I would not recommend “following” this program, but rather looking at it to extract any principles that might be useful**.

**If you have any questions on notation**, you may find the answer in this glossary: <http://southloopsc.com/glossary>

**If you have questions on the design**, the intention behind the design, or how to apply to your specific situation, contact [todd@southloopsc.com](mailto:todd@southloopsc.com)

WEEK 1 – 4/18/16

Sunday		Monday AM: <i>MAP, low %, rowing</i>  PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Tuesday AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Wednesday AM: <i>MAP, low %, bike</i>  PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>	Thursday AM: <i>MAP, low %</i>	Friday AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	Saturday AM: <i>MAP, mixed</i>  PM: <i>Run, vol</i>
AM:	Off	5 min row @ Z1 + Row 5k @ 75% + 5 min row @ Z1	A. EMOTM 7: 3 tall snatches  B. EMOTM 7: 3 tall cleans  C. Touch-and-go power cleans 2-4-6-8-6-4-2; Rest as needed b/w sets *Prioritize speed and fast cycle time over weight.  D. 2 sets: 1 min AMRAP: wall balls (14 to 10') 1 min airdyne @ 50% 1 min AMRAP: power cleans (55) 1 min airdyne @ 50% 1 min AMRAP: box jumps, step down (20) 1 min airdyne @ 50% 1 min AMRAP: shoulder-to-overhead (55) 1 min airdyne @ 50% 1 min AMRAP: row cals 1 min airdyne @ 50% -Rest 1 min  E. 20 sets: 200m run @ 80% -Rest 30s *Take an additional 5 min rest anywhere you need to.	24 sets: 30s assault bike @ 80% 30s assault bike @ 50%	45 min @ 50-70%: 10 back extensions 1 min assault bike 5 push-ups, hand-release 1 min rowing 10 rotational ball slams	A. E90s for 6 sets: Power snatch + Hang power snatch *Start moderate and build per set.  B. Front squat 8,6,4,2; 32x1 tempo; Rest 2-3 min  C1 Strict weighted dip 3,3,2,2; Rest 60s C2. Strict weighted supinated chin-up 3,3,2,2; Rest 60s  D1. Single-arm DB row 3x10-12/arm; Rest 10s D2. DB bench press 3x10-12; Rest 30s D3. Prowler push 3x100'; Grinder effort; Rest 2 min	3 sets @ progressive effort: 400m row 21 KB swings (55) 12 box jumps, step down (24) -Rest 3 min + (Rest 5-10 min) + 10 min @ 80%: 15 assault bike cals 50 double-unders + (Rest 5 min) + 10 min @ 80%: 15 assault bike cals 10 wall balls (20 to 10') + (Rest 5 min) + 10 min @ 80%: 15 assault bike cals 15 row cals
	PM:	A. Squat clean & split jerk 3,2,2,1,1,1; Building; Rest 2-3 min *Drop the bar between reps.  B. Deadlift Build to a challenging 6 for today - not a max  C. E90s for 4 sets: 6 touch-and-go reps @ 75-80% of today's tough 6  D1. Close-grip bench press 3,3,2,2; 20x0 tempo; Rest 60s D2. Pendlay row 3,3,2,2; 20x0 tempo; Rest 60s  E. 10 min AMRAP: 3 rope climbs (15') 12 front rack step-ups, alternating (95 to 20") 1/arm Turkish get-ups (55) 20 assault bike cals		A. Accumulate 2 min wall-facing handstand hold - try to only have nose and toes on the wall + Accumulate 1 min L-sit on rings - single-leg as necessary + Accumulate 40 glute-ham raises - fraction as necessary  B. EMOTM 12: 1st min: 3-5 bar muscle-ups 2nd min: 3-5 ring muscle-ups 3rd min: 3-5 strict handstand push-ups to deficit 4th min: 3-5 strict press  C. EMOTM 12: 1st: 30-45s waiter's walk, right (tough) 2nd: 30-45s waiter's walk (tough) 3rd: 30-45s hollow hold 4th: 30-45s Sorensen hold  D. 30 min @ 70%: 1 min assault bike 15 supermans 1 min rowing 6 pistols, alternating 1 min step-ups, alternating (20) 30s FLR on rings			10 min run @ 50% -Rest 5 min 10 min run @ 50% -Rest 5 min 10 min run @ 50%

WEEK 2 – 4/25/16

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM: <i>MAP, low %, rowing</i>	AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	AM: <i>MAP, low %, bike</i>	AM: <i>MAP, low %</i>	AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	AM: <i>Run, vol</i>
		PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>		PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>			PM: <i>MAP, mixed</i>
AM:	Off	5 min row @ Z1 + 2000m row @ 80% -Rest 90s 1000m row @ 85% -Rest 60s 2000m row @ 80% + 5 min row @ Z1	A. EMOTM 7: Snatch panda pull + Muscle snatch x2  B. EMOTM 7: Clean panda pull + Muscle clean x2  C. E30s for 5 min: 2 touch-and-go power cleans *Tough but fast.  D. 2 sets: 1 min AMRAP: thrusters (55) 1 min airdyne @ 50% 1 min AMRAP: 3 toes-to-bar + 3 ball slams (20) 1 min airdyne @ 50% 1 min AMRAP: box jump overs, no rebound (20) 1 min airdyne @ 50% 1 min AMRAP: power snatches (55) 1 min airdyne @ 50% 1 min AMRAP: burpees, 6" target 1 min airdyne @ 50% -Rest 1 min  E. 8 sets: 30s run @ 85% 30s walk + (Rest 5 min) + 8 sets: 200m run @ 90% 30s walk	20 min assault bike @ 80% + Rest as needed + 2 mile airdyne @ 85%	45 min @ 50-70%: 15s support on rings in external rotation 1 min assault bike 15 double-unders 1 min rowing 15s FLR on rings	A. E90s for 6 sets: 3 touch-and-go power snatches *Start moderate and build per set.  B. Front squat 7,6,5,4; 32x1 tempo; Rest 2-3 min  C1 Strict weighted dip 3,2,2,1; Rest 60s C2. Strict weighted supinated chin-up 3,2,2,1; Rest 60s  D1. Single-arm DB row 3x8-10/arm; Rest 10s D2. DB bench press 3x8-10; Rest 30s D3. Reverse sled drag 3x100'; Grinder effort; Rest 2 min	15 min run @ 50% -Rest 5 min 15 min run @ 50%
PM:		A. Squat clean & split jerk 3,2,2,1,1,1; Building; Rest 2-3 min *Drop the bar between reps. **Shoot for each set slightly heavier than last week.  B. Deadlift Build to a challenging 5 for today - not a max  C. E90s for 4 sets: 5 touch-and-go reps @ 75-80% of today's tough 6  D1. Close-grip bench press 3,2,2,1; 20x0 tempo; Rest 60s D2. Pendlay row 3,2,2,1; 20x0 tempo; Rest 60s  E. 10 min AMRAP: 1 legless rope climb (15') 2 rope climbs - use legs (15') 3 strict handstand push-ups to deficit 15 assault bike cals		A. Accumulate 200' handstand walking + Accumulate 1 min L-sit hold hanging from pull-up bar - single-leg as necessary + Accumulate 20/leg weighted pistols  B. For time: 10 burpee muscle-ups 20 strict handstand push-ups 10 bar muscle-ups  C. Accumulate 3 min stir-the-pot + Accumulate 3 min/side side plank + Accumulate 3 min Sorensen hold  D. 30 min @ 70%: 1 min assault bike 50' bear crawl 1 min rowing 30 backwards single-unders 1 min step-ups, alternating (20) 30s superman hold			3 sets @ progressive effort: 20 assault bike cals 20 DB walking lunges (35/hand) 8 burpees, 8" jump -Rest 3 min + (Rest 5-10 min) + 10 min @ 80%: 15 assault bike cals 15 Russian KB swings (70) + (Rest 5 min) + 10 min @ 80%: 15 assault bike cals 10 clean & jerks (95) - drop each rep + (Rest 5 min) + 10 min @ 80%: 15 assault bike cals 10 power snatches (95) - drop each rep

WEEK 3 – 5/2/16

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM: <i>MAP, low %, rowing</i>	AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	AM: <i>MAP, low %, bike</i>	AM: <i>MAP, low %</i>	AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	AM: <i>Run, vol</i>
		PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>		PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>			PM: <i>MAP, mixed</i>
AM:	Off	3 min row @ Z1 + 6000m row @ 80% + 3 min row @ Z1	A. EMOTM 7: Tall snatch x2 + High hang squat snatch x2  B. EMOTM 7: High hang clean panda pull + Tall clean + High hang muscle clean  C. Touch-and-go high hang power clean Build to a tough set of 10 *Try to cycle this "grid style" from the high hang  D. 5 sets @ 85-90%: 1 min assault bike -Rest 1 min 1 min wall balls (14 to 10') -Rest 1 min  E. 14 sets: 30s run @ 90% -Rest 30s 25 double-unders 6 burpees -Rest 30s	8 sets: 30 double-unders -Rest 15s 30s FLR on rings -Rest 15s + (Rest as needed) + 16 sets: 30s assault bike @ 90% 30s assault bike @ 50%	45 min @ 50-70%: 1 min assault bike 20s support on rings in external rotation 1 min FLR on rings 1 min backwards single-unders 20s handstand hold - free-standing if possible 1 min row	A. E90s for 6 sets: High hang power snatch + Above-the-knee power snatch + Below-the-knee power snatch + Overhead squat *Start moderate and build per set.  B. Front squat 6,5,4,3; 32x1 tempo; Rest 2-3 min  C1 Strict weighted dip 3,1,2,1; Waveload; Rest 60s C2. Strict weighted supinated chin-up 3,1,2,1; Rest 60s  D. EMOTM 9: 1st: 30s AMRAP double DB rows 2nd: 30s AMRAP double KB see-saw press 3rd: 30s farmer's walk - as heavy as possible	20 min run @ 50% -Rest 3 min 10 min run @ 50%
PM:		A. Squat clean & split jerk 3,2,1,3,2,1; Waveload; Rest 2-3 min *Drop the bar between reps.  B. E2min for 6 sets: Sets 1-3: 5 touch-and-go reps - tough but fast Sets 4-6: 8 touch-and-go reps - tough but fast  D1. Close-grip bench press 3,1,2,1; Waveload; 20x0 tempo; Rest 60s D2. Pendlay row 3,1,2,1; Waveload; 20x0 tempo; Rest 60s  E. 10 min AMRAP: 5 strict press (75) 10 assault bike cal 5 burpee box jumps (30) 10 assault bike cal 5 strict chest-to-bar pull-ups 10 assault bike cal		A. Accumulate 100-150' backwards handstand walking + Accumulate 90s L-sit hold hanging from pull-up bar - single-leg as necessary + Accumulate 15-20 free-standing handstand push-ups  B. 7 min AMRAP: 1->5 unbroken ring muscle-ups + (Rest 7 min) + 7 min AMRAP: 1->5 unbroken kipping handstand push-ups (5" deficit)  C. Accumulate 10 min plank  D. 30 min @ 70%: 3 min assault bike 1 min step-ups, right leg (20) 1 min step-ups, left leg (20) 3 min row - damper @ 1 1 min burpees, no push-up 1 min single-unders			3 sets @ progressive effort: 20 row cal 10 power cleans (95) - drop each rep 6 bar-facing burpees -Rest 3 min + (Rest 5-10 min) + 10 min @ 80%: 15 assault bike cal 5 wall balls (20) 5 deadlifts (135) + (Rest 5 min) + 10 min @ 80%: 15 assault bike cal 5 toes-to-bar 5 front squats (95) + (Rest 5 min) + 10 min @ 80%: 15 assault bike cal 5 box jumps, no rebound (30) 5 power cleans (95)

WEEK 4 – 5/9/16

Sunday		Monday AM: <i>MAP, low %, rowing</i>  PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Tuesday AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Wednesday AM: <i>MAP, low %, bike</i>  PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>	Thursday AM: <i>MAP, low %</i>	Friday AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	Saturday AM: <i>Run, vol</i>  PM: <i>MAP, mixed</i>
AM:	Off	5 min row @ Z1 + 2 sets: 500m row @ 85% -Rest 30s 1000m row @ 85% -Rest 60s 2000m row @ 85% -Rest 2 min + 5 min row @ Z1	A. No feet squat snatch Build to a tough 1.1.1 for today *Reset each rep.  B. No feet squat clean Build to a tough 1.1.1 for today  C. 2 sets: E30s for 3 min: 1 tough power clean -Rest 3 min EMOTM 3: 2 touch-and-go power cleans @ tough weight -Rest 3 min  D. 5 sets @ 85-90%: 1 min assault bike -Rest 1 min 1 min Russian KB swings (60) -Rest 1 min  E. 15 sets @ 85-90%: 200m run 20 double-unders 5 burpees -Rest 60s	30 sets: 30s assault bike @ 90% 30s assault bike @ 50%	45 min @ 50-70%: 5 min row - damper @ 1 5 min assault bike 5 min AMRAP: 20 step-ups, alternating (20) 10/arm single-arm KB overhead squats - light	A. EMOTM 7: Muscle snatch + High hang muscle snatch + Tall snatch *Focus on speed on turnover and actively pulling yourself into receiving position.  B. Front squat 5,1,3,1; 5 and 3 @ 32x1 tempo - 1s no tempo; Rest 2-3 min  C. Strict weighted ring dip Build to a challenging triple for today and hold support on rings for 10s after  D. Strict weighted pull-up Build to a challenging triple for today and hang from the bar for 10s after  E. Yoke carry 5x100'; Tough; Rest 60s	25 min run @ 50% -Rest 5 min 15 min run @ 50%
	PM:	A. Split jerk + Squat clean Build to a tough single for today *Do a split jerk from the rack. Drop the bar, then do a squat clean.  B. Deadlifts - touch-and-go 10,8,10,5; Waveload; Rest 2 min  C1. Close-grip bench press Build to a tough triple for today C2. Pendlay row Build to a tough triple for today  D1. Close-grip bench press Hit a tough five for today D2. Pendlay row Hit a tough five for today  E. 10 min AMRAP: 4-8-12-16...DB snatch, alternating (70) 4-8-12-16...burpee box jumps (30) 4-8-12-16...assault bike cals		A. Accumulate 5 strict ring muscle-ups - film this + Accumulate 2 min L-sit hold on parallelles + Accumulate 90s free-standing handstand hold - no shuffling of hands + Try doing free-standing HSPU into handstand walk into free HSPU etc  B. 5 min AMRAP: 1-2-3-4...strict chest-to-bar pull-ups 1-2-3-4...strict handstand push-ups -Rest 5 min 5 min AMRAP: 3-6-9-12...kipping chest-to-bar pull-ups 3-6-9-12...kipping handstand push-ups  C. Accumulate 5 min Sorensen hold  D. 30 min @ 70%: 8 glute-ham raises 10 row cals 10 hollow rocks 10 row cals 10 burpees, no push-up 10 row cals 10 overhead walking lunges (35) 10 row cals			5 sets @ progressive effort: 500m row 10 box jumps, step down (20) 10 burpees, 6" target 10 wall balls (14 to 10') -Rest 3 min + (Rest 5-10 min) + 10 min @ 80%: 10 Russian KB swings (55) 10 assault bike cals 50 double-unders 10 assault bike cals + (Rest 5 min) + 10 min @ 80% 6 power cleans (75) - drop each rep 20 walking lunges 100' farmer's walk (55/hand) 300m row

WEEK 5 – 5/16/16

Sunday		Monday AM: <i>MAP, low %, rowing</i>  PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Tuesday AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Wednesday AM: <i>MAP, low %, bike</i>  PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>	Thursday AM: <i>MAP, low %</i>	Friday AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	Saturday AM: <i>Run, vol</i>  PM: <i>MAP, mixed</i>
AM:	Off	6000m row *Start at moderate/slow pace. Increase pace every 1000m.	A. Power snatch w/ 1s pause below-the-knee 5x1.1; Rest 60s *Keep load light and fast.  B. Power clean w/ 1s pause below-the-knee 5x1.1; Rest 60s *Keep load light and fast.  C. 5 min AMRAP: Shoulder-to-overhead (155) *Use blocks. Push jerk or split jerk.  D. 10 sets: 200m run 15 wall balls (14 to 10') -Rest 1 min + 10 sets: 200m run 10 burpees -Rest 1 min	20 sets: 30s assault bike @ 90% 30s assault bike @ 50% *Faster pace than last week.	45 min @ 50-70%: 1 min single-arm DB squat snatch, light 1 min air squats - one rep every 3s 1 min assault bike 1 min hollow hold 1 min assault bike	A.Snatch balance 5x1.1; Rest 60s *Actively push yourself into the bottom position.  B. Front squat 5,5,3,3; 20x0 tempo; Building; Rest 2 min  C1. Strict weighted bar dip 3x10; Rest 60s C2. Strict weighted supinated chin-up 3x10; Rest 60s  D. Yoke carry 4x150'; Tough; Rest 60s	30 min run @ 50% -Rest 5 min 15 min run @ 50%
	PM:	A. Push jerk + Split jerk Build to a tough complex for today.  B. Deadlift Build to a tough 1.1.1.1.1 for today then do 3x5 touch-and-go at 80-85% of today's tough set  C. EMOTM 12: 1st: 5 tough close-grip bench press 2nd: 5 tough Pendlay rows 3rd: 5 tough strict weighted ring dips 4th: 5 tough strict weighted pull-ups *Add one rep each time through - 6 reps the second time, 7 reps the third time.  D. 5 min AMRAP: Strict handstand push-ups *37 is your best.		A. Accumulate 10 strict ring muscle-ups + Accumulate 90s L-sit on rings + Practice pull-overs on a straight bar  B. 7 min AMRAP: 3-6-9-12...bar muscle-ups 3-6-9-12...power cleans (95) -Rest 5 min 7 min AMRAP: 1-2-3-4...rope climbs (15') 3-6-9-12...power cleans (95)  C. Accumulate 5 min double KB front rack carry  D. 30 min @ 70%: 10 glute-ham raises 500m row 10 burpees over-the-erg, no push-up 500m row 100' farmer's walk - moderate 500m row			10 min AMRAP: 10 box jumps, step down (20) 50 double-unders + Rest as needed + 10 min AMRAP: 15 assault bike cals 15 row cals + Rest as needed + 10 min AMRAP: 10 DB snatch, alternating (55) 100' farmer's walk (55/hand) 200m run



WEEK 6 – 5/23/16

Sunday		Monday AM: <i>MAP, low %, rowing</i>  PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Tuesday AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	Wednesday AM: <i>MAP, low %, bike</i>  PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>	Thursday AM: <i>MAP, low %</i>	Friday AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	Saturday AM: <i>Run, vol</i>  PM: <i>MAP, mixed</i>
AM:	Off	8000m row @ 75% *Every 2000m, get off and do 50' handstand walk	A. Power snatch + Below-the-knee power snatch + Above-the-knee power snatch 5x(1+1+1); Rest 60s *Keep load light and fast.  B. 5 sets: 60s AMRAP: 2 unbroken hang power cleans (155) -Rest 90s  C. 5 sets: 400m run 100' farmer's walk - tough -Rest 2 min + 14 sets: 200m run @ 80% -Rest 30s 100' double KB overhead carry - moderate -Rest 60s	26 sets: 30s assault bike @ 90% 30s assault bike @ 50% *Same pace as last week	45 min @ 50-70%: 1 min assault bike 1 min row 1 min FLR on rings 1 min bear crawl 1 min sled push - light	A. Behind-the-neck push press + Overhead squat + Snatch balance Build to a tough complex for today, then do 3x(1+1+1) @ 80% of today's tough set  B. Front squat 5,1,3,1; 20x0 tempo; Waveload; Rest 2 min  C1. Strict weighted bar dip 10,8,6; Rest 60s C2. Strict weighted pronated pull-up 10,8,6; Rest 60s  D1. Glute-ham raise 4x8; 40x0 tempo; Rest 60s D2. DB step-ups 4x16, alternating; Rest 60s D3. Reverse sled drag 4x100'; Tough; Rest 2-3 min	45 min run @ 50%
PM:		A. Push press + Push jerk + Split jerk Build to a tough complex for today.  B. Sumo deadlift Build to a tough touch-and-go set of 6 for today  C1. Press Build to a 3RM C2. Strict weighted supinated chin-up Build to a 3RM  D. 4 sets: 5 strict pull-ups 7 burpee box jumps (24) 9 assault bike cal 7 burpee box jumps (24) 5 strict pull-ups -Rest 4 min		A. L-sit on parallettes 5x30-60s; Rest as needed + 10 min backwards roll to support practice *Use low rings ** <a href="https://www.youtube.com/watch?v=N1VJbJZXqBg">https://www.youtube.com/watch?v=N1VJbJZXqBg</a>  B. 3 sets: 1->5 unbroken chest-to-bar pull-ups 10 wall balls (14 to 10') 15 assault bike cal 10 wall balls (14 to 10') 1->5 unbroken toes-to-bar -Rest 3 min + 3 sets: 1->5 unbroken kipping handstand push-ups to deficit 10 Russian KB swings (55) 15 assault bike cal 10 Russian KB swings (55) 1->5 unbroken kipping handstand push-ups to deficit -Rest 3 min  C. 40 min @ 70%: 100' farmer's walk (70/hand) 40 cal rowing 200' walking lunges 50 cal assault bike 30 hollow rocks 50 single-unders			10 min AMRAP: 30 double-unders 15 power snatches (55) + Rest as needed + 10 min AMRAP: 10 push-ups, hand-release 20 walking lunges 30 row cal + Rest as needed + 10 min AMRAP: 3-6-9-12-15...toes-to-bar 3-6-9-12-15...front squats (95) 3-6-9-12-15...row calories - moderate pace on this

WEEK 7 – 5/30/16

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM: <i>MAP, low %, rowing</i>	AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	AM: <i>MAP, low %, bike</i>	AM: <i>MAP, low %</i>	AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	AM: <i>Run, vol</i>
		PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>		PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>			PM: <i>MAP, mixed</i>
AM:	Off	Off	2 sets: 500m row @ 90% -Rest 90s 1000m row @ 80% -Rest 90s 2000m row @ 75% -Rest 90s	8 sets: 30 double-unders -Rest 15s 30s plank -Rest 15s + 16 sets: 30s assault bike @ 90% 30s assault bike @ 50%	45 min @ 50-70%: 150' suitcase carry, right arm 1000m row 150' suitcase carry, left arm 1 mile assault bike	A. EMOTM 8: Behind-the-neck split jerk *Start moderate and build per set.  B. EMOTM 8: 20s front rack hold - very heavy  C. Accumulate 3 min support on rings and 3 min hold in bottom of a ring dip  D1. Glute-ham raise 5x8; 40x0 tempo; Rest 60s D2. Farmer's walk 5x100'; Rest 60s D3. Yoke carry 5x100'; Tough; Rest 2-3 min	Murph w/ vest
PM:			A. Power clean + Push jerk + Split jerk Build to a tough complex for today.  B. Touch-and-go deadlifts 1 AMRAP set @ 275  C1. Press Build to a 2RM C2. Strict weighted supinated chin-up Build to a 2RM  D. 5 sets @ progressive pace: 3 strict pull-ups + 3 chest-to-bar pull-ups - unbroken 8 burpee box jump overs (24) 6 toes-to-bar 8 burpee box jump overs -Rest 4 min	A. L-sit on rings 5x10-20s; Rest as needed + 10 min strict bar muscle-up practice * <a href="https://www.youtube.com/watch?v=YxBf7Vgh4Lc">https://www.youtube.com/watch?v=YxBf7Vgh4Lc</a>  B. 3 sets @ 85%: 1 bar muscle-up 5 power snatches (55) 2 bar muscle-ups 10 power snatches (55) 3 bar muscle-ups 15 power snatches (55) -Rest 3 min + 3 sets: 50' handstand walk 20 pistols, alternating 50' handstand walk 10 DB snatch, alternating (65) -Rest 3 min  C. 50 min run @ 50%			

WEEK 8 – 6/6/16

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM: <i>MAP, low %, rowing</i>	AM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper</i>	AM: <i>MAP, low %, bike</i>	AM: <i>MAP, low %</i>	AM: <i>Oly, skill + Squat, tempo + Gym, int + Single-arm/Single-leg + Loaded carry</i>	AM: <i>Run, vol</i>
		PM: <i>Clean &amp; jerk, int + DL w/ back-offs + Upper push/pull, int + Grinder</i>	PM: <i>push/pull, int + Grinder</i>	PM: <i>Gym, skill + Gym, vol + Core/stability + MAP, low %</i>			PM: <i>MAP, mixed</i>
AM:	Off	6000m row *Every 1000m, get 1s faster. Start @ 70% effort.	A. EMOTM 7: 3 touch-and-go high hang power snatches *Keep load below 80% and move fast.  B. For time: 10 power snatches (105) 8 power snatches (115) 6 power snatches (125) 4 power snatches (135) 2 power snatches (145) *11 min cap.  C. 16 sets @ 90%: 30s run 30s walk + 10 sets @ 90%: 30s row -Rest 30s	20 sets: 30s assault bike @ 90% -Rest 30s 30s row @ 90% -Rest 30s	45 min @ 50-70%: 50'arm bottoms-up KB waiter's walk 50'arm bottoms-up KB front rack carry 50 single-unders 50' handstand walk 50 good mornings (35) 50 row cals	A. EMOTM 8: Mins 1-4: Behind-the-neck push jerk Mins 5-8: Behind-the-neck split jerk *Start moderate and build per set.  B. Granite Games Qualifier #1	60 min run @ 50%
	PM:	A. EMOTM 10: 1st: 1 split jerk 2nd: 1 power clean *Set up two bars. Start moderate and build per set.  B. 5 sets @ 90%: 5 touch-and-go deadlifts - tough weight 200m run -Rest 60s  C. 5 sets @ progressive pace: 3 strict toes-to-bar + 6 toes-to-bar - don't come off the bar 9 assault bike cals 9 front squats (125) 9 assault bike cals -Rest 4 min		A. L-sit on rings - shoot for external rotation and shoulders off of rings 5x10-20s; Rest as needed + 10 min strict bar muscle-up practice *You were super close last time. See if you can work on that wrist transition on parallel bars.  B. For time: 30 burpee bar muscle-ups + (Rest as needed) + For time: 40 DB snatch, alternating (70)  C. 3 sets: 10 min run @ 80% 5 min run @ 50%			15 sets @ 90%: 500m row 10 burpees over-the-erg 10 front rack walking lunges (75) -Rest 2 min + (Rest 10 min) + 20 min @ 80%: 20 assault bike cals 30 DB thrusters (20/hand) 20 assault bike cals 30 box jumps, step down (20) 20 assault bike cals 30 Russian KB swings (70)