

BASE

STRENGTH & LIFTING

ENGINE

MOVEMENT MOBILITY MIDLINE

MONDAY 5 AUG

Clean and Jerk
6x1 Power Clean + Clean and Jerk
@75% of 1rm
000,200,400,600,800,1000

For Time (7-10 min cap)

21-15-9

Front Squats
HSPU
@60/42.5 (135/95)

TUESDAY 6 AUG

Deadlift
5x5
000,300,600,900,1200
*Increasing weight each set

For Time (10-12 min cap)

30 TTb

5 Rounds
12 Push Ups
15 DB Snatch

30 TTb

@25/15 (55/35)

WEDNESDAY 7 AUG

For Time

5k Row

Pull Up

Min 1- 5,10,15,20 Pull Ups
Min 2- 50-75 DU
Min 3- 12 Down Ups

Repeat 4 Rounds

Pulling Under Fatigue

Scale Volume of each movement

THURSDAY 8 AUG

Snatch
EMOM 4 Mins
3 Muscle Snatch
2 min rest
EMOM 4 mins
2 Hang Power Snatch
2 min rest
EMOM 4 mins
1 Full Snatch
*Weight increases each movement
11 Min AMRAP
600m Run
AMRAP
12 Ring Dips
9 Overhead Squats
@52.5/35 (115/75)

FRIDAY 9 AUG

Front Squat
5x3 @80% of 1rm
000,230,500,730,1000
For Time (12-15 min cap)
4 Rounds
20 GHD Sit Ups
2 Rope Climbs
22 SGL Arm DB STOCH
@22.5/15 (50/35)

PEAK

MONDAY 5 AUG

Find 1RM Full Clean

NOTE: Try get this done before BASE program

Also on this day sometime:

1.6 KM/1 Mile run

TUESDAY 6 AUG

30min AMRAP

400m Run (at 1 Mile pace)
50 Sumo deadlift high pull (35/25)
400m Run (at 1 Mile pace)
50 Air Squats

WEDNESDAY 7 AUG

5x3 Clean (3 second pause just below knees)

*Start @70% and increase each set. Focus on tightness in the pause position.

3x3 Speed clean pulls @ 80%-90% of 1RM clean

*Focus on speed off the ground

THURSDAY 8 AUG

3 Rounds not for time

Max ring muscle ups
4 Skin the cats
30 Second hanging L-Sit
100m Heavy farmers carry

*This is for quality not time

FRIDAY 9 AUG

Strength Circuit
Pendlay Row 4x10 (70/50) (155/110)
Bench press 4x12 (70/50) (155/110)
GHD Weighted Back extensions 4x10 (10kg plate)

Rowing intervals
Every 3minutes for 5 Rounds
500m/400m Row

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MONDAY 12 AUG

TUESDAY 13 AUG

WEDNESDAY 14 AUG

THURSDAY 15 AUG

FRIDAY 16 AUG

Clean and Jerk

6x1 Hang Squat Clean + 1 Clean and Jerk

@80% of 1rm

000,200,400,600,800,1000

For Time

3 Rounds

400m Run
21 KB Swings
12 Thrusters

@32/24 (70/53)

@42.5/30 (95/70)

Ring Dip

5x3 Weighted + 7-10 Kipping Dips

Resting 230 between each set

*Weight should stay the same each set

11 Min ARMAP

12 DBL KB Clean and Jerk
8 DBL KB Box Step Overs
200m Run

@24/16 (53/35)

Bench Press

6x3 @80% of 1rm

000,200,400,600,800,1000

For Time (15-17 min cap)

3 Rounds

50 Wall Balls
100 Double Unders

@9/6 (20/14)

15 Min AMRAP

30/22 Calorie Bike
30 Power Cleans
20 Bar Facing Burpees
20 Front Squats
10 C2B Pull Ups
10 Bar Muscle Ups

@52.5/35 (115/75)

3x1 min Weighted Plank

Rest 1 min between sets

Snatch

6x1 Snatch Deadlift + 1 Snatch @70% of 1rm

000,200,400,600,800,1000

For Time (8-10 min cap)

30-20-10
DBL DB Snatch

15 TTB After each round

@20/12.5 (45/30)

MONDAY 12 AUG

TUESDAY 13 AUG

WEDNESDAY 14 AUG

THURSDAY 15 AUG

FRIDAY 16 AUG

Power clean 5x3 Start @70% and increase each set

Halting clean deadlift 4x3 @90% of clean

*Focus on maintaining tightness in the pause

Heavy clean pulls 3x2 @100%-105% of clean

*Focus on maintaining tightness off of the ground

8 Rounds
25 Cal Row or Bike
400m Run (1 Mile pace)
Rest 3min

*After every second round rest an additional 2 minutes for 5minutes total. The pace should increase every 2 rounds.

Strength Circuit

Pendlay Row 4x10 (70/50)
(155/110)

Romainian Deadlift 4x12 (70/50)
(155/110)

GHD Weighted Back Extentions
4x10 (10kg plate)

4 Rounds not for time:

5 Strict pull-ups
+ 5 pull-ups (butterfly or kip)
+ 5 chest to bar pull-ups (butterfly or kip)
+ Max effort Bar muscle ups

then

Max effort strict handstand pushups
+ Max effort kipping handstand push-ups

For time: 21-15-9

Hang power cleans (80/50)
(175/115)

Front rack walking lunge
(21metres - 15metres - 9metres)
(80/50) (175/115)

BASE

STRENGTH & LIFTING

MONDAY 19 AUG

Pull Up
6x3 Weighted pull up + 3-5 Non Weighted Strict
Resting 2 mins between sets

For Time (12-15 min cap)

10 Rounds
12 DB Snatch
3 Ring Muscle Up
@22.5/15 (50/35)

ENGINE

MOVEMENT MOBILITY MIDLINE

TUESDAY 20 AUG

21 Min AMRAP

4 Rounds
of
5 Pull Ups
10 Push Ups
15 Squats
+
400m Run

TTB

4 sets

20 Second Hollow + Max set TTB
(Cap 15 reps)

Resting 2 mins between sets

WEDNESDAY 21 AUG

Clean and Jerk
EMOM 5 mins
2 Squat Cleans @60% of 1rm
Rest 2 Mins
EMOM 5 Mins
1 Clean and Jerk @75% of 1rm

For Time (7 min cap)

50 DBL DB Hang Clusters
@25/15 (55/35)

THURSDAY 22 AUG

Tempo Deadlift
7x2 @60% of 3rm
000,130,300,430,600,730,900
11 Min AMRAP
10 Deadlift
10 Bar Facing Burpees
75 Double Unders
@100/70 (225/155)

FRIDAY 23 AUG

15 Min AMRAP

50 GHD Sit Ups
50 HSPU
50/40 Cal Row
50 Wall Balls
@9/6(20/14)

Pull Up

4 sets

10 Push Ups + ME Pull Ups

Rest 230 between sets

PEAK

MONDAY 19 AUG

Clean (3 second pause above knees) 5x3
*Start @70% and increase each set. Focus on tightness in the pause position.
Halting clean deadlift 5x3 @90% of clean
*Focus on tightness in the pause position.
Speed clean pulls 5x2 @80%-90% of clean
*Focus on speed off the ground

TUESDAY 20 AUG

Strength Circuit
Pendlay Row 4x10 (70/50) (155/110)
Bench press 4x12 (70/50) (155/110)
GHD Weighted Back Extension 4x10 (10kg plate)

WEDNESDAY 21 AUG

4 Rounds for time
25 DBL DB SHTOH (22.5/15) (50/33)
20 Cal Row
15 Burpee box jump overs (60/50) (24/20)
Rest 2min

THURSDAY 22 AUG

Every 5min for 6 Rounds
600m Run
(80%-90% of 1 Mile pace)

FRIDAY 23 AUG

For time:
15-12-9
Bar Muscle Ups
Every break 60m Heavy Slam ball carry (75/60) (135/165)
*Carry in front of chest only
*Scale with C2B pull ups (30/24/18)

BASE

STRENGTH & LIFTING

MONDAY 26 AUG

Snatch
 6x1 Hang Snatch + 1 Full Snatch
 @70-75% of 1rm
 000,200,400,600,800,1000

For Time (12-15 min cap)

ENGINE

6 Rounds
 10m HS Walk
 5 Power Snatch
 @52.5/35 (115/70)

TUESDAY 27 AUG

Front Squat
 5x2 @85% of 1rm
 000,230,500,730,1000

12 Min AMRAP

125 Double Unders
 2 Rounds
 12 DBL DB Front Squats
 10 HSPU
 @22.5/15 (50/35)

WEDNESDAY 28 AUG

17 Min AMRAP

50/40 Cal Row
 40 Push Ups
 30 DBL DB Box Step Overs
 20 TTB
 10 Burpee Box Jump Over Over
 @25/15 (55/35)

5x15 Second Hanging L-sit

Rest remainder of minute each round

THURSDAY 29 AUG

Clean and Jerk
 8x1 Clean and Jerk @85-90% of 1rm
 000,200,400,600,800,1000,1200,1400

For Time (10-12 min cap)

60 DBL KB Clean and Jerk
 Every break 8 Pull Ups
 @24/16 (53/35)

FRIDAY 30 AUG

Pull Up
 8x2 Weighted Pull Ups
 000,130,300,430,600,730,900,1030
 *work at weight can complete reps

For Time (15 Min cap)

400m Run
 30 GHD Sit Ups
 15 Deadlifts
 @80/52.5 (175/115)

MOVEMENT MOBILITY MIDLINE

PEAK

MONDAY 26 AUG

12min EMOM
 1 clean with 3 second pause below knees staright into clean pull + 1 Clean
 NOTES: This is a pause into a clean pull - not pause into a clean. Then followed by a drop - reset - clean

TUESDAY 27 AUG

3x400m Run@90% of 1 mile pace (Rest 2min)
 4x300m Run@90% of 1 mile pace (Rest 90 seconds)
 5x200m Run@90% of 1 mile pace (Rest 60 seconds)

WEDNESDAY 28 AUG

For time:
 30 GHD Sit ups
 30 Double DB shoulder to overhead (25/17.5) (55/35)
 30m Double DB front rack walking lunges (25/17.5) (55/35)
 30 Handstand Push ups
 30m Double DB front rack walking lunges (25/17.5) (55/35)
 30 Double DB shoulder to overhead (25/17.5) (55/35)
 30 GHD Sit ups

THURSDAY 29 AUG

Strength Circuit
 Pendlay Row 4x10 (70/50) (155/110)
 Bench press 4x12 (70/50) (155/110)
 GHD Weighted Back (weighted) 4x10 (10kg plate)

FRIDAY 30 AUG

Deadlift
 5x5@80%

BASE

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MONDAY 2 SEP

For Time (20-25 min cap)

1.2k Run

10 Rounds

4 HSPU
8 Pull Ups
12 Air Squats

HSPU

5 Sets

15 KB Swings + Max set strict
HSPU (cap 15 reps)

Rest 2 mins between sets

*KB swings unbroken

TUESDAY 3 SEP

Snatch

8x1 Full Snatch @75-80% of 1rm

000,200,400,600,800,100,1200,
1400

AMRAP

5 Rounds

2 Mins on 1 Min Off

50 Double Unders
ME Squat Snatch

@42.5/30 (95/65)

WEDNESDAY 4 SEP

Bench Press

5x10

000,300,600,900,1200

*Start at 50% of 1rm, increase
weight each set

For Time (12 min cap)

2 Rounds

50 Burpees to target
25m DBL DB Regional Standard
Lunges

@25/15 (55/35)

THURSDAY 5 SEP

For Time (12-15 min cap)

3 Rounds

50 Goblet Squats
7 Ring Muscle Ups
10 Hang Power Cleans

@24/16 (53/35)
@80/52.5 (175/115)

TTB

5 Sets

5 Strict TTB + 5-10 Kipping TTB

Rest 2 mins between sets

FRIDAY 6 SEP

Clean and Jerk

20 Mins to find 1rm

For Time (9-12 min cap)

7 Rounds

15 Pull Ups
3 Front Squats

@80/52.5 (175/115)

PEAK

MONDAY 2 SEP

Snatch (retest: Compare to
4/07/19)

Find 1 RM
Over Head Squat

Every 2min for 6 rounds
3 overhead squat

NOTE: Start moderate and
Increase load each round

TUESDAY 3 SEP

Aerobic capacity

3 Rounds

1km Run
3min REST

WEDNESDAY 4 SEP

Strength Circuit

4 x 10 Double KB Bench Press
(32/24) (70/52)

4 x 10 Single arm heavy DB bent
over row

4 x max effort ring dips

NOTE: If you don't have strict ring
dips then perform max deficit
push ups or push ups

20min EMOM

1: 15-18 Thrusters (35/25) (75/55)

2: 6-10 Strict HSPU

THURSDAY 5 SEP

Deadlift

3x5@70% of 1RM
3x3@75% of 1RM

FRIDAY 6 SEP

Monostructural 6 Rounds

30 cal Row

Rest 1min between rounds

BASE

STRENGTH & LIFTING

MONDAY 9 SEP

Deadlift

3x3 @80% of 3rm
2x7 @55% of 3rm

000,230,500,730,1000

ENGINE

3 Rounds

18 DBL KB Deadlift
14m HS Walk
12 TTB

@32/24 (70/53)

TUESDAY 10 SEP

For 21+ min cap

3k Row
1.6k Run

4x15 V ups + 45 Second Plank

Rest 90 seconds between sets

WEDNESDAY 11 SEP

Snatch

20 Mins to find 1rm

9 Min AMRAP

30 Air Squats
7 Power Snatch

@52.5/35 (115/75)

THURSDAY 12 SEP

Front Squat

5x1 @90% of 1rm
1x10@65% of 1rm

000230,500,730,1000,1300

11 Min AMRAP

7 TTB
5 Deadlift
3 Hang Power Clean
1 Hang Squat Clean

@70/47.5(155/105)

FRIDAY 13 SEP

AMRAP 15 mins

50 Bar Facing Burpees
50 STOH
50/40 Calorie Bike
50 KB snatch

@42.5/30 (95/75)
@24/16 (53/35)

Pull Up

Death By Pull Ups

Start at 2 + 2 reps per round

MOVEMENT MOBILITY MIDLINE

PEAK

MONDAY 9 SEP

4 Rounds

20 Cal Bike or row (If you have a bike use the bike)
15 Chest to bar pull-ups

REST 5min

NOTE: This is max effort each round with full recovery.

TUESDAY 10 SEP

Weightlifting

Every 2min for 7 Rounds

1 Clean + 1 Clean + 1 Jerk

NOTE: Not touch and go
NOTE: Increase weight each round

WEDNESDAY 11 SEP

Strength Circuit

4 x 10 Double KB Bench Press (32/24) (70/52)
4 x 10 Single arm heavy DB bent over row
4 x Max effort Strict pull-ups

NOTE: If you have no strict pullups then max effort ring rows

20min EMOM

1: 10-12 burpee box jump overs
2: 6-10 Strict HSPU

THURSDAY 12 SEP

4 Rounds

600m Run (90%-95% effort)

2min REST

NOTE: This is faster than 1 mile pace

FRIDAY 13 SEP

Deadlift

3x5@72.5% of 1RM
3x3@77.5% of 1RM

NOTE: Slightly heavier than last week