

Week #3

Day #1	8-8-8-8-8	<u>WOD</u>	Day #1	(Rest 4 min between)	2 rounds of:
Strength	<u>WOD</u>	8 min AMRAP	Strength	<u>WOD</u>	50 Double Unders (150 Singles)
Weighted Squats (hand weights)	15 min AMRAP	25 Lunges	(Go Heavier)	6 Rounds of:	400 m run
5-5-5-5-5-5-5	10 Jumping Squats	25 Bear Crawl (bum up)	3-3-3-3-3-3	20 Dips (2 chairs, elevated, arm strength)	Day #6
<u>WOD</u>	10 Pull ups	25 Spider Crawl	<u>WOD</u>	20 Pushups	Strength
4 Rounds of:	10 Weighted Lunges	Day #6	21-15-9	20 Sit Ups	10 AMRAP
40 Jumping Jacks	10 Pushups	Strength	Jumping Squats	20 sec Plank	Burpees
40 Double Unders (double jump rope)	Day #4	Hand Release Pushups	Push Ups	Mountain Climbers	<u>WOD</u>
40 Sit ups	Strength	10-8-6-8-10	Mountain Climbers	Sit Ups	10 rounds
Day #2	Front Squat	<u>WOD</u>	Day #2	Strength	10 Pushups
Strength	(Go Heavier with weights)	10 min AMRAP	Strength	Front Squat (Go Heavier)	10 Sit ups
Pull Ups	5-5-5-5-5	10 Wall Balls	Pushups	5-5-5-5-5	10 Lunges
8-8-8-8	<u>WOD</u>	10 Burpees	25-25-25-25-25	<u>WOD</u>	
(Rest 2 min between)	5 Rounds of:	10 Pullups	(Rest 2 min between)	Run 2 miles	
<u>WOD</u>	15 Pushups	Day #5	<u>WOD</u>	Day #5	
Run 2 miles	30 sec Plank	4 Rounds of:	4 Rounds of:	Strength	
Or	15 sit ups	30 Lunges (30 Feet)	30 Lunges (30 Feet)	10 Min EMOM (every minute on minute) alternate	
Bike 6 Miles	Day #5	30 Burpees	30 Burpees	10 Pushups	
Day #3	Strength	30 Bear Crawl (30 Feet)	30 Bear Crawl (30 Feet)	15 Air Squats (squat without weights)	
Cleans (pull bar from floor to collar bone)	Overhead Squat w/ PVC Pipe	15-15-15	Day #3	<u>WOD</u>	
	15-15-15		Strength		
			2 x 800 Meter Sprints		

Week #4

Week #5

Day #1

Strength
Weighted Squats
12-12-12-12

WOD

75 Wall Balls (soccer ball, but heavier, bouncing it above on the wall)

50 Pushups

Day #2

Strength

Burpee Pullups

10-8-6-4-2

WOD

Run 2 miles

or

Bike 6 miles

Day #3

Strength

Clean & Jerk (squat with pole, to collar bone, then above head)

8-6-4-6-8

WOD

4 rounds of:

10 Jumping Back & Forth (over pillow on floor)
40 Mountain Climbers

10 Spider Crawl

40 Sit Ups

Day #4

Strength

Front Squat

15-10-5 (rest 10 sec. in between each)

WOD

21-15-9

One Arm Snatch (kettle bell in one hand from ground to sky)

Pushup

Jumping Squat

Day #5

Strength

Overhead Squat w/ PVC Pipe

15-15-15

WOD

4 rounds of:

200 m Run
20 Pushups

Day #6

Strength

Weighted Push Ups (something on back)

12-10-8-6-4

WOD

12 min AMRAP (as many reps as possible)

30 sec Plank

15 Dips (2 chairs elevated, or feet on floor with hands on chair backwards)

15 Pushups

15 Air Squats

Week #6

Day #1

Strength
Weighted Squats (holding weights in hands)

15-15-15-15

WOD

8 rounds of:

20 Air Squats (squat with no weight)

30 sec Wall Sits

20 Lunges

20 Bear Crawl

Day #2

Strength

Pull Ups

15-15-15

(Rest 2 min between)

WOD

Run a 5k

Or

Bike a 10k

Day #3

Strength

Cleans (bar from floor to chest and down)

10-10-10-10-10

WOD

20 min AMRAP (as many reps as possible)

20 Weighted Lunges

20 Burpees

Day #4

Strength

Front Squat (bar in front of chest, squatting up and down)

15-13-11-9

WOD

8 Rounds of:

10 Jumping Back & Forth (over pillow)

20 Pushups

40 Double Unders

Day #5

Strength

Overhead Squat w/ PVC Pipe

8-8-8-8-8

WOD

4 rounds of:

100 m sprint

25 wall balls (bouncing ball on wall)

Day #6

Strength

Hand Release Pushups (on edge of couch or counter, push off with hands in air, then down)

8-8-8-8-8

WOD

Run a 10k