

Muscle | March - May | Training Week 16

Weighted Lunges & Rope Climbs



	Monday 15-04-19	Tuesday 16-04-19	Wednesday 17-04-19	Thursday 18-04-19	Friday 19-04-19	Saturday 20-04-19	Sunday 21-04-19
Context	Benchmark	Quality	Toughness	Quality	Quality	Toughness	Quality
	Volume - Lactic	Speed	Work Capacity	Work Capacity	Work Capacity	Endurance Durability	Heavy - Alactic
Level 1	8-12 min EMOM Alternate exercises 4+4 Strict DB Press 6 Body Row	4 Rounds of 3 minutes 10 Dumbbell Farmer Lunges 8+8 Dumbbell Z Press - If needed use plates to sit on	4 Rounds of 3 minutes 8 Stiffleg Deadlift 4 sec Negative 2-3 Rope Ups	3 Rounds 10 Good Morning 24m Walking Lunges AHAP 1 minute Rest	12 min Alternating EMOM (=4 rounds) 30-40 sec Rack Support 8 Dumbbell Box Squats 60 sec Rest (do some stick OHSQ)	No Strength	No Strength
Level 2	8-12 min EMOM Alternate exercises 6 Push Press 6 Body Row	4 Rounds of 3 minutes 10 Dumbbell Front Rack Lunges 8+8 Dumbbell Z Press	4 Rounds of 3 minutes 8 Stiffleg Deadlift 4 sec Negative 8 Rope Pullups or Jump-up + Slow Negative	3 Rounds 10 Good Morning 30m Walking Lunges AHAP 1 minute Rest	12 min Alternating EMOM (=6 rounds) 3 Power Snatch 30sec Ring Support Vertical no rest		
Level 3	8-12 min EMOM 2+2 Jerk First half (light) 1+1 Jerk Last half (heavy) Build-up weight slowly to 90%	4 Rounds of 3 minutes 10 Overhead Barbell Lunges 8+8 Dumbbell Z Press	4 Rounds of 3 minutes 1-2 Legless Rope Climbs 8 Stiffleg Deadlift 4 sec Negative	3 Rounds 10 Good Morning 34m Walking Lunges AHAP 1 minute Rest	12 min Alternating EMOM (=6 rounds) 3 Squat Snatch 30sec Ring Support Vertical RTO no rest		
Melton	Jackie For time: Row, 800 m 40 Thrusters, 15/10kg 30 Jumping Pull-ups	4 Rounds Each Alternate Full Round with Buddy 6 m Run 8 Kettlebell Squats 10 Russian Kettlebell Swings 12 Half Burpees 6 m Run Back	4 min EMOM 10 Box Jumps 10 Jumping PU --- 30 sec rest after 4 min 4 min EMOM 10 Box Step Up 10 Knee Raises --- 30 sec rest after 4 min 4 min EMOM 10 Box Step Up 10 Jumping PU	15min EMOM 1 minute per station 2x 8m Heavy Sled 8 Heavy DB Squats 8/7 Cal Assault Bike ---	21-15-9 Reps for Time Hang DB Muscle Snatch Knee Raises	For Time 1500m Row 1500m Run (6x 250m) 50 cal Assault Bike 50 Half Burpees (box) --- Partition the exercises as needed	Buddy WOD - Both Run, Split Reps Buy-in 250m Sandbag Carry 20 Thrusters 20 Thrusters 30 DB Push Press 30 DB Push Press 40 DB Squats 40 DB Squats 60 Buddy Wall Balls 60 Pushups Buy-out 250m Sandbag Carry --- Run 250m after each exercise Sub with Rowing each 200m
Melton Performance	Jackie For time: Row, 1000 m 50 Thrusters, 20/15kg 30 Pull-ups	4 Rounds Each Alternate Full Round with Buddy 6 m Run 8 Kettlebell Clean 10 One arm Rus Ket. Swings 12 Burpees 6 m Run Back --- Full Round with left arm Full Round with right arm	4 min EMOM 14 Box Jumps 8 Chest to Bar Pullups --- 30 sec rest after 4 min 4 min EMOM 12 Box Step Over 10 Toes2Bar --- 30 sec rest after 4 min 4 min EMOM 10 Burpees Box Hop Over 30" 8 Bar Muscle-ups scale is Body Row	15min EMOM 1 minute per station 2x 8m Heavy Sled 6 Front Squats 80/60/40kg (Rack) 12/9 Cal Assault Bike --- Use the Back of the Rack for FSQ	21-15-9 Reps for Time Power Snatch Toes2Bar	For Time 2k Row 2k Run (6x 250m) 60 cal Assault Bike 60 Burpees (box) --- Partition the exercises as needed	Buddy WOD - Both Run, Split Reps Buy-in 250m Buddy Carry 10 Handstand Pushups 20 Wall Walk 30 Ring Dips 40 DB Push Press 50 One Dumbbell OHSQ 60 One A. DB Thrusters 22.5/15kg 70 Buddy Wall Balls 80 Pushups Buy-out 250m Buddy Carry --- Run 350m after each exercise
Cool Down	3 Rounds 30 sec Hanging 30 sec Couch Stretch R 30 sec Couch Stretch L	3 Rounds 40 sec Prayer (Lat Tri) Stretch 40 sec Seated Butterfly Weighted	3 Rounds 8 Jefferson Curl Kettlebell 8-24kg	3 Rounds 10 Pancake +20 sec Hold 5-10kg plate	3 Rounds 20-40sec Side Split Hold Weighted 0-8kg	Couch Stretch 3x 1 min each leg	Hanging Routines
Skills							
Links							