

Endurance | June - August | Training Week 24

Deadlift & Bench Press



	Monday 10-06-19	Tuesday 11-06-19	Wednesday 12-06-19	Thursday 13-06-19	Friday 14-06-19	Saturday 15-06-19	Sunday 16-06-19
Context	Toughness	Quality	Quality	Toughness	Quality	Quality	Benchmark
	Work Capacity	Work Capacity	Speed	Volume - Lactic	Heavy - Alactic	Endurance Durability	Volume - Lactic
Level 1	4 Rounds of 3 minutes 8 Floor Press (kettlebell or dumbbell) 5 Vertical Body Row Slow negative	12 EMOM Alternating 6 DB Squats 6 Stict DB Press	12min EMOM teams of 4 15m Sled Pull Arms 60 sec AMRAP Body Row (Slow) 60 sec AMRAP Pushups 60 sec Rest	4 Rounds of 4 minutes Heavy 6 Deadlift Elevated & Slow 10 Floor Press (kettlebell or dumbbell) Focus on hinge	Single Round 350m Sandbag Walk - Stay as long as possible with nose breathing	No Strength	3 Rounds of 3 minutes 8 Sandbag Partial Deadlift 8+8 Dumbbell Z-Press
Level 2	4 Rounds of 3 minutes 8 Bench Press 4 Slow Chinups (support if needed)	12 EMOM 3 Hang Power Clean	Same	4 Rounds of 4 minutes Heavy 5 Deadlift Heavy 6 Bench Press Leave one in the tank for DL and Bench	Single Round 350m Sandbag Walk - Stay as long as possible with nose breathing		3 Rounds of 3 minutes 8 Sandbag Partial Deadlift 8+8 Dumbbell Z-Press
Level 3	4 Rounds of 3 minutes 8 Bench Press 4 Chinups Weighted	12 EMOM 3x 3 Squat Clean 60%1RM 3x 3 Squat Clean 70% 1RM 3x 2 Squat Clean 80%1RM 3x 1 Squat Clean 90%1RM	Same	4 Rounds of 4 minutes Heavy 5 Deadlift Heavy 6 Bench Press Leave one in the tank for DL and Bench	Single Round 350m Sandbag Walk - Stay as long as possible with nose breathing		3 Rounds of 3 minutes 6 Romanian Deadlift 8+8 Dumbbell Z-Press
Metcon	3 Rounds Each Teams of 3 or 4 20 Sandbag Squats or Wall Ball 15m Sled Rope Pull 30 Sandbag Squats 15m Sled Rope Pull - Helper 1 Brings Rope Back Helper 2 Turns Sled around - Go all out. Do not quit - Squeeze Wall Ball between elbows	4 Rounds for time 250m Running 16 RUS Kettlebell Swing 100m Overhead Carry Plate	3 Rounds AFAP 40 sec Assault Bike 120 sec Rest 40 sec Air Squats 120 sec Rest - Round 1: No focus on breath. Just go! Round 2: Nose in - Nose out Round 3: Nose in - Mouth out	10min AMRAP Burpees Box-over Single Dumbbell Thrusters	20min EMOM about 100m Farmer Carry 12m Reverse Sled Drag 8-12 Dips 8-12 Cal Ski Erg	4-5 Rounds in Flow 500m Running 40 Plank Shoulder Taps 30 One arm Kt Swing 20 Wall Balls - Try to stay in a breathing cycle Nose in - Mouth out Find aggression in Wall Balls and then back to flow state - Use a plate or db if the kettlebell is too heavy - Finish with a winning mindset	Asher WOD Fitness 30 min AMRAP 17 Rus. Kt Swings 17 Pushups 6 Body Rows 400m Run
Metcon Performance	3 Rounds Each Teams of 3 or 4 30 Sandbag Squats 15m Sled Rope Pull 30 Sandbag Squats 15m Sled Rope Pull - Helper 1 Brings Rope Back Helper 2 Turns Sled around - Go all out. Do not quit	4 Rounds for time 350m Running 20 RUS Kettlebell Swing 100m Overhead Carry Plate	3 Rounds AFAP 60 sec Assault Bike 100 sec Rest 60 sec Air Squats 100 sec Rest - Round 1: No focus on breath. Just go! Round 2: Nose in - Nose out Round 3: Nose in - Mouth out - Coach note: Puth the interval 60s/100s Let the Fitness Metcon stop after 40s	10min AMRAP Burpees Box-over Single Dumbbell Thrusters	20min EMOM about 100m Farmer Carry 12m Reverse Sled Drag 8-12 Dips 8-12 Cal Ski Erg	5 Rounds in Flow 700m Running 40 Plank Shoulder Taps 30 One arm Kt Swing Light 20 Wall Balls - Try to stay in a breathing cycle Nose in - Mouth out Find aggression in Wall Balls and then back to flow state - Finish with a winning mindset	Asher WOD Performance 30 min AMRAP 17 Kt Swings 24/16kg 17 Pushups 6 Chest to Bar Pullups 400m Run
Movements	Mono Structural	Push	Pull	Squat	Lift	Combined	Carries & Core
	Assault Bike Running Running	Burpees Handstand Walk Ring Dips Shoulder Taps	Pullups Rope Climbs	Air Squats Dumbbell Squat Front Squat	Dumbbell Clean Kettlebell Snatch Power Clean Sled Pull Harnas	Box Jumps Burpees Box-over Thrusters Wall Balls	Farmer Carry
Cool Down	3 Rounds Prone Dislocate stick with 0,5 - 2,5kg	3 Rounds 8 Jefferson Curl Kettlebell 8-24kg	3 Rounds 20-40sec Side Split Hold Weighted 0-8kg	Couch Stretch 3x 1 min each leg	Hanging Routines	3 Rounds 10 Pancake +20 sec Hold 5-10kg plate	3 Rounds 40 sec Prayer (Lat Tri) Stretch 40 sec Seated Butterfly Weighted