

# Training at Home - Week 13

	Monday   23-03-20	Tuesday   24-03-20	Wednesday   25-03-20	Thursday   26-03-20	Friday   27-03-20	Saturday   28-03-20	Sunday   29-03-20
Context	<b>Building</b>	<b>Mental Toughness</b>	<b>Testing</b>	<b>Building</b>	<b>Mental Toughness</b>	<b>Building</b>	<b>Mental Toughness</b>
	<b>Work Capacity</b>	<b>Heavy - Alactic</b>	<b>Volume - Lactic</b>	<b>Heavy - Alactic</b>	<b>Work Capacity</b>	<b>Volume - Lactic</b>	<b>Work Capacity</b>
Warmup	<b>2 rounds</b> - 3/3 dynamic greatest stretch - 3 prone swimmers - 6/6 backpack rows		<b>3 Rounds</b> 5+5 Greatest Stretch 5 Pause Squats 5 Pause Narrow Squats 5+5 Lunges			<b>2 rounds</b> - 5 prayer to cobra stretch - 15/15" side plank - 5 squats	
Strength and Skill	<b>5 min Buddy AMRAP</b> 1 Go You Go 5 Push Ups --- 2 min Rest		<b>Skill</b> For Quality 3 Set of Pistols  10 Glute Bridges 10 Slow Narrow Squats 10 Pole Pistol Squats 5+5 Scale With Skier Squats		<b>6 Min Amrap</b> 10 Push Ups 10 Shoulder Taps 10 Bicep Curls To Overhead		<b>Skill</b> 3 Sets 40sec Handstand - Level 2 20sec Rest
Metcon Fitness	<b>6 min Amrap</b> 5 Inchworms With Push Up 10 Burpees 15 Squats  <b>2 Min Rest</b>  <b>3 min Amrap</b> 10 Mountain Climbers 10 Backpack Rows		<b>5 Rounds For Time</b> 20 Chair Step Ups 20 Sit Ups		<b>For Time</b> 50 Jumping Jacks 50 Lunges 50 Squats	<b>8 Min AMRAP</b> 20 Book Thrusters 15 Burpees 10 Sit Ups	<b>3 Hollow Rocks To Seated Position</b> Handstand Hold Chest To Wall (Fitness: Pike Hold Legs On Chair) Strict Press (Book/kb) 3 Rounds:  20 Book Ground To Overhead 10 Book Squat Cleans
Metcon Performance	<b>6 min Amrap</b> 5 Inchworms With Push Up 10 Burpees 15 Squats Weighted  <b>2 Min Rest</b>  <b>3 min Amrap</b> 10 Mountain Climbers 10 Backpack Rows Heavy		<b>5 Rounds For Time</b> 20 Chair Step Ups Weighted 20 V-ups		<b>For Time</b> 100 Double Unders 50 Lunges 50 Squats		
Challenge	Complete 1000 sit-ups this week	Take your shirt off while holding a plank	Find a place where you can do an active hang 3 sets of max seconds				
Cool Down			Hip & Ankle Mobility				
Links	Live on Youtube <a href="https://youtu.be/g-SlX3Dkzk0">https://youtu.be/g-SlX3Dkzk0</a>  Live on Zoom <a href="https://zoom.us/j/617635635">https://zoom.us/j/617635635</a>	Live on Youtube <a href="https://youtu.be/MZe8n9SezKo">https://youtu.be/MZe8n9SezKo</a>  Live on Zoom <a href="https://zoom.us/j/617635635">https://zoom.us/j/617635635</a>	Live on Youtube <a href="https://youtu.be/4UJcsD6ZIM">https://youtu.be/4UJcsD6ZIM</a>  Live on Zoom <a href="https://zoom.us/j/617635635">https://zoom.us/j/617635635</a>	Live on Youtube <a href="https://youtu.be/Q1RwaUUVZ8">https://youtu.be/Q1RwaUUVZ8</a>  Live on Zoom <a href="https://zoom.us/j/617635635">https://zoom.us/j/617635635</a>	Live on Youtube <a href="https://youtu.be/AN0fM52R-OM">https://youtu.be/AN0fM52R-OM</a>  Live on Zoom <a href="https://zoom.us/j/617635635">https://zoom.us/j/617635635</a>	Live on Youtube <a href="https://youtu.be/KSD77rddBuw">https://youtu.be/KSD77rddBuw</a>	Live on Youtube <a href="https://youtu.be/YdAf8QZ_IF">https://youtu.be/YdAf8QZ_IF</a>