| WEEK 1 | DAY 1 | | | | | DAY 2 | | | | | DAY 3 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | WORK | ROUNDS | TOTAL WORK | | | WORK | ROUNDS | TOTAL WORK | | | WORK | ROUNDS | TOTAL WORK |
| | Snatch | @ comp +2kg | 1' L / 1' R | 2x | 8' | Jerks | @ comp +2kg | 1' | 3x | 6' | Longcycle | @ pace +1 | 1' | 8x | 8' @ comp |
| | | @ comp -2kg | 1' L / 1' R | | | | @ comp -2kg | 1' | | | | | *Rest 30"* | | |
| | | | *Rest 1'* | | | | | *Rest 1'* | | | | | | | |
| | Swings M/S | | 4 min | 1x | 4' @ comp | Cleans | @ comp +2kg | 1' | 3x | 6' | Snatch | @ pace | 3' L / 3' R | 1x | 6' @ comp |
| | | | | | | | @ comp -2kg | 1' | | | | | | | |
| **WEEK 2** | **DAY 1** | | | | | **DAY 2** | | *Rest 1'* | | | **DAY 3** | | | | |
| | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** |
| | Snatch | @ comp +2kg | 1' L / 1' R | 3x | 12' | Jerks | @ comp +2kg | 1' | 4x | 8' | Longcycle | @ pace +1 | 1' | 9x | 9' @ comp |
| | | @ comp -2kg | 1' L / 1' R | | | | @ comp -2kg | 1' | | | | | *Rest 30"* | | |
| | | | *Rest 1'* | | | | | *Rest 1'* | | | | | | | |
| | Swings M/S | | 4 min | 1x | 4' @ comp | Cleans | @ comp +2kg | 1' | 3x | 6' | Snatch | @ pace | 3' L / 3' R | 1x | 8' @ comp |
| | | | | | | | @ comp -2kg | 1' | | | | | | *Rest 1'* | |
| **WEEK 3** | **DAY 1** | | | | | **DAY 2** | | *Rest 1'* | | | **DAY 3** | | 1' L / 1' R | 1x | |
| | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** |
| | Snatch | @ comp +2kg | 1' L / 1' R | 2x | 8' | Jerks | @ comp +2kg | 1' | 3x | 6' | Longcycle | @ pace +1 | 1' | 10x | 10' @ comp |
| | | @ comp -2kg | 1' L / 1' R | | | | @ comp -2kg | 1' | | | | | *Rest 30"* | | |
| | | | *Rest 1'* | | | | | *Rest 1'* | | | | | | | |
| | Snatch M/S | | 4 min | 1x | 4' @ comp | Cleans | @ comp +2kg | 1' | 4x | 8' | Snatch | @ pace | 3' L / 3' R | 1x | 10' @ comp |
| | | | | | | | @ comp -2kg | 1' | | | | | | *Rest 1'* | |
| **WEEK 4** | **DAY 1** | | | | | **DAY 2** | | *Rest 1'* | | | **DAY 3** | | 2' L / 2' R | 1x | |
| | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** | | | **WORK** | **ROUNDS** | **TOTAL WORK** |
| | Snatch | @ comp +2kg | 1' L / 1' R | 3x | 12' | Jerks | @ comp +2kg | 1' | 4x | 8' | Longcycle | @ pace | 10' | 1x | 10' TEST |
| | | @ comp -2kg | 1' L / 1' R | | | | @ comp -2kg | 1' | | | | | | | |
| | | | *Rest 1'* | | | | | *Rest 1'* | | | | | *REST 5 min* | | |
| | Snatch M/S | | 4 min | 1x | 4' @ comp | Cleans | @ comp +2kg | 1' | 4x | 8' | Snatch | @ pace | 4' L / 4' R | 1x | 10' TEST |
| | | | | | | | @ comp -2kg | 1' | | | | | 1' L / 1' R | 1x | |

| | COMPLEX 1 | WK 1 | WK 2 | WK 3 | WK 4 |
|---|---|---|---|---|---|
| | SWING | 5 | 6 | 7 | 8 |
| | CLEAN | 5 | 6 | 7 | 8 |
| | SQUAT | 5 | 6 | 7 | 8 |
| | PRESS | 5 | 6 | 7 | 8 |
| | | | | | 10 min |
| | | | | | |
| | COMPLEX 2 | WK 1 | WK 2 | WK 3 | WK 4 |
| | HI-PULL | 10-1 | 10-1 | 10-1 | 10-1 |
| | HALO | 10-1 | 10-1 | 10-1 | 10-1 |
| | ATB2H | 10-1 | 10-1 | 10-1 | 10-1 |
| | FIG 8 2H | 10-1 | 10-1 | 10-1 | 10-1 |
| | | 10 min | best | best | best |

| | HIIT | 60:60 | 60:30 | 60:60 | 60:15 |
|---|---|---|---|---|---|
| | SPLIT JUMPS | 1' | 1' | 1' | 1' |
| | SIT-UPS | 1' | 1' | 1' | 1' |
| | PUSH UPS | 1' | 1' | 1' | 1' |
| | MB SLAM | 1' | 1' | 1' | 1' |
| | ERG | 1' | 1' | 1' | 1' |
| | | 2x each station | Rest 1' repeat circuit | 2x each station | Rest 2' repeat circuit |

| | ANYHOW | 200 (+40) | 240 (+50) | 250 (+50) | 300 (+60) |
|---|---|---|---|---|---|
| | PULLAPARTS | 50 | 60 | 50 | 60 |
| | TRICEPS | 50 | 60 | 50 | 60 |
| | GLADIATOR PRESS | 50 | 60 | 50 | 60 |
| | WALKING LUNGE | 50 | 60 | 50 | 60 |
| | ERG | 40 | 50 | 50 | 60 |
| | MB SLAM / ROPES | | | 50 | 60 |