

8/23/21 MONDAY (WEEK 4)

Squat Day!

Overhead Squat 3x3

- 1) 0:00-6x30%
- 2) 2:00-6x40%
- 3) 4:00-5x50%
- 4) 6:00-5x60%
- 5) 8:00-4x70%
- 6) 10:00-4x80%
- 7) 13:00-3x85-90%
- 8) 16:00-3x85-90%
- 9) 19:00-3x85-90%

Sets 7/8/9 are at the same weight and should be sub-maximal in load.

Perform front squat if OHS presents ROM issues.

PART 2

AMRAP 14

-14 Overhead Squats

-14 Pull-Ups

115/85, Chest to Bar

95/65, Pull-Ups

75/55, Pull-Ups or ass. Pull ups

65/45, Assist. Pull-Ups

55/35, Ring rows

If needed, perform Front or Back Squats from the ground and score as modified.

This is going to be much more brutal than it appears.... Keep under control and smooth at a comfortable pace for the first half.... Once this catches up to you, productivity will stop and you will suffer. Keep cool for the first half and if you feel that you can turn it up then, great! But, if you come out too hot, things will not go your way.

8/24/21 TUESDAY (WEEK 4)

Clean Day!

Complex:

-1 Power Clean

-1 Squat Clean (touch and go)

0:00-Three complexes, at 30%

2:00-Three complexes, at 40%

4:00-Two complexes, at 50%

6:30-Two complexes, at 60%

9:00-One complex, at 70%

12:00-One complex, at 80%

15:00-One complex, at 85-90%

18:00-One complex. at 85-100%

For the early sets with multiple complexes, perform as quick individual complexes. Power Clean, touch and go Squat Clean, drop it, deep breath, reset, go.

PART 2

AMRAP 15

At the 0:00, 5:00 and 10:00, perform a run that will take you about 2:00

When you return from your run, begin the AMRAP. Stop where you are at the 5:00 and 10:00 marks, go run, then come back and pick up where you left off.

The run is a buy-in and does NOT count for your score. Your score is Rounds and Reps, which is one cumulative score, because you pick up where you left off.

AMRAP:

-10 Power Cleans 135/95

-10 Burpees to Target

-50 Double Unders

500 meters; AMRAP as written... If you can do, DO IT!

400 meters, 115/85, 40 DUs

400 meters, 95/65, 30 DUs

400 meters, 75/55, 20 DUs or 60 sec of Jump Rope Practice

300 meters, 55/35, 10 DUs or 60 sec of Jump Rope Practice

ALL BARBELLS CONTROLLED TO THE GROUND! 30 sec wall-sit of shame for dropped barbells.

8/25/21 WEDNESDAY (WEEK 4)

Endurance Day!

The movements should be HARD and the TGU should be HEAVY, requiring you to take breaks and stay under control.

This is a long duration without "allocated rest" but the nature of the intended difficulty will self-regulate breaks... or you won't do very well.

So, take your time and execute your movements.

40 minute AMRAP

-20 Toes to Bar

-2 Turkish Get-Ups (heavy)

-20 Box Jump Overs (high)

-2 Turkish Get-Ups

-20 Wallballs (hard)

-2 Turkish Get-Ups

70/53, 30/24, 25/20

Toes close to Bar, 53/35, 24/20, 20/14

K290, 35/26, 20/18, as able ball w/ full squat

Toes to KB, 35/26, 20/18 step up and over, as able wallball w/full squat

Toes to KB, as able KB, 18/12 step up and over, as able wallball

8/26/21 THURSDAY (WEEK 4)

Shoulder to Overhead Day!

Push Jerk 5RM

-From the floor (Clean it up)

0:00-5x30%

2:00-5x40%

4:00-5x50%

6:00-5x60%

8:00-5x65%

10:30-5x70%

13:00-5x75-80%

16:00-5x75-90%

19:00-5x80-100%

AMRAP 10

-10 Thrusters

-10 Burpees to Plate

*****ALL BARBELLS CONTROLLED TO THE GROUND*****

115/85

105/75

95/65

75/55

55/35

8/27/21 FRIDAY (WEEK 4)

Squat Day!

Back Squat 4x2

-4x2 at the same weight

-Same or just under your 3 Rep Max

0:00-5x30%

2:00-5x40%

4:00-4x50%

6:00-4x60%

8:00-3x70%

10:00-3x80%

12:30-2x85-90%

15:00-2x85-90%

18:00-2x85-90%

21:00-2x85-90%

Last volume day before a 1RM test, which is coming soon. Get in the successful work and condition the movement and your legs!

PART 2

EMOM 10

Even minute: Devil Squat Cleans

Odd minute: Challenging Pulls

You will have 45 seconds to work at each element, and then take a mandatory 15 seconds off to transition. It is NOT expected for you to work non-stop for all 45 seconds, but it is your allotted time to work.

Your score is TOTAL REPS for all of the sets. Strive for consistency.

50/35, Bar Muscle Ups

40/30, Chest to Bar

35/25, Pull-Ups

30/20, Asst Pull-Ups

As needed DB, Ring rows

Devil Sq Cleans

Step 1) Burpee w/ DBs in hand

Step 2) *****Stand*****, swing DBs to shoulder, and squat

Step 3) Stand tall and finish in the front rack

Note step 2... no Burpee to Curl in the bottom of the squat... Stand out of the Burpee to Clean them.

As always, control your DB at all times and no drops!

As always, if you are able to do certain gymnastics and not weight, or heavy weight and not gymnastics, feel free to mix standards and score as modified.