

JANUARY							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (1)	Sunday	
					MIDDNIGHT @ Victory Quick play wrestle with Skylar + P Got a couple free HSW pushups Did a couple back flip practices 230PM Session @ Victory 35 minute walk 40 mins of core and mobility play 30 minute sauna	220PM 1.9 mile run from apt to Victory Core and mobility	
8:30AM Session I @ C1 4 RFT 15 cal bike 50 double unders 12 shoulder to overhead (105) 12 bar facing burpees --completed in 21:43 2:30PM Chiropractor 3PM Session II @ Victory 5x3 @ 75 Hang Snatch Pull + Hang Pwr Snatch + Snatch 5x3 @ 55 Pwr Clean + Squat Clean + 2 Jerks 5x2 reverse lunges @ 55/75 EMOM 18 :30s bike @ 70rpm + obstacle attempt (got one) 6 kipping hspu 10 mins mobility + roll out 30 minute sauna (Gary's)	8:30AM Session I @ C1 45-30-20-10 calorie row overhead lunges (55) box step ups --completed in 19:57 3:45 recovery with Gary	8:30AM Session I @ C1 10 rounds partial legless rope climbs + 200' shuttle --got 1 full rope climb, completed in 9:20 230PM Session II @ Victory 50 minute run 12 mins easy 9 mins easy-mod 9 mins mod 6 mins mod-hard 3 mins hard 3 mins harder --rest 2 mins b/t sets- Accessory --banded pull throughs, reverse hypers, hollow hang, bird dog, plank 4:15PM Chiropractor 6PM @ Victory EMOM 18 :30s bike @ 65rpm 10 C2B pullups	9:30 Session I @ Victory 1.1 mile recovery jog 45 minute sauna (hot af) 8:30AM Session I @ C1 EMOM 30 10 butterfly pullups 12 cal lbke (sub 34) 40 double unders 10 upright swings rest 11AM Chiropractor	8PM Session @ Victory 4x3 strict press @ 85 + 105? EMOM 12 4 front rack lunges @105 6 back rack lunges @105 AMRAP 10 9 lunge + thrust @ 55 6 Butterfly Kipping pullups 3 wall walks -rest- AMRAP 5 9 lunge + thrust @ 55 6 box dips 50' hs walk **first every butterfly pullups!!	9PM @ hotel in Hastings 2.6 mile jog	Rest Day - Coaching @ Hastings Open	
11AM Chiropractor 2PM Session @ Victory 10 mile run -- 90 minutes --loved this. Ended up being at Victory until like 8.	8:30AM Session I @ C1 3 rounds 10 kipping HSPU 10 cal echo bike 50' handstand walk into 3 rounds 10 strict hspu 10 cal echo bike 50' handstand walk --cap @ 15. completed 3 rounds + 2 more how and bike 6PM Session II @ Victory redd morning session except butterfly pullups + L-sit press gross.	1230 hike at the Kinn +3 so much needed to get outside 5PM Session @ Victory .5 mile jog AMRAP 30 20 MB hip to shoulder (30) 20 burpees 20 alt sa oh lunges (35) --completed 7-40 (480 reps)	8:30AM Session I @ C1 EMOM 30 10 butterfly pullups 12 cal lbke (sub 34) 40 double unders 10 upright swings rest 11AM Chiropractor	230PM @ Victory 2 mile jog 10 RFT 10 pullups 20 pushups 30 squats --completed in 27:35 830PM Normatec	1130AM @ Victory EMOM 20 30 assault bike @ 70rpm 8 kipping hspu Accessory 3 rounds Be SL RDL (35) 12t step ups	Rest	
11AM Chiropractor 215PM @ Victory 7 mile run - 64 mins RMU Test on Box --completed 19 6RFT, R1 by RDS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20) --completed just under 16 mins EMOM 9 (RMU W1D1) 9 snap arch to support 9 chin ups 9 box dips 3x20 db bench 3x10 skullcrushers RMU Progression W1D1	8:30AM Session I @ C1 5 RFT 42 double unders 24 db bpx step ups (35) 6 high hang power clean (85) --completed in 13:20 4PM Session II @ Victory 3RFT 12 c2b 10 db oh lunges (20s) 9 burpees +S- 36 c2b 30 db oh lunges (20s) 27 burpees --completed around 14mins 3RFT 30 band ho hold 30 hs shoulder shrugs 30s pvc prone lift 3RFT: 5 strict bit press (35s), 1 rope pulley RMU Progression W1D2	8:30AM Session I @ C1 20 burpee box get overs 30 toes to shoulder 40 alt db snatches (20) ONE BAR MUSCLE UP (like 17 other attempts) 30 toes to shoulder 40 alt db snatches (20) 20 burpee box get overs --completed in 17:20 430PM Session II @ Victory 3RFT - rest 1:1 75R HSW 15 cal bike 6 wall walks 15 cal bike --completed at 20min time cap 45 min sauna **first ever bar muscle up!!	5PM @ Victory Assult bike max 5 Mins 2 miles / 74 cal Handstand Stuff RMU Progression W2D1 AB Progression W1D1	REST from 830 @ C1 Hurt my back again :[630PM @ Victory 1.5 mile jog, 1 mile walk RMU Progression W2D2 20 HS shoulder taps 7 wall walks 30 HS shoulder taps 6 wall walks 40 HS shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)	Rest	
11AM Chiropractor 3:30PM @ Victory 7 mile run - 68 mins 6:15PM Recovery with Gary	3PM @ Victory Agility Ladders 2 min assault bike 50 pullups 100 pushups 150 squats 2 mins assault bike RMU Progression W3D1 3x5 false grip pullups 4x max heel ring dips Accessory 3x5 strict C2B pullups Reverse flys RDLs Baby box jumps 6PM Normatec + Sauna RMU Progression W3D1	9AM @ Victory sauna	12:45 @ Victory 2.5 mile jog 1.5 sauna	3PM @ Victory 2 mile jog	Rest - La Crosse @ WIAA Girls State	6PM @ Victory 2 mile jog into- 5 @ 1 minute sprints :30s rest 5 @ :30s sprint, :30 rest	
February							
Monday	Tuesday (1)	Wednesday	Thursday	Friday	Saturday	Sunday	
8PM @ Victory 5k jog (30 mins) 3x6 barbell FR Rev. Lunges into step up (55) AMRAP 8 80 double unders 4e KB clean & jerk (35) --completed 4+60; holy biceps 3x15 db bench (20s) reverse hypers strict banded pullups							