Monday	Tuesday	JANUARY Wednesday	Thursday	Friday	Saturday (1)	Sunday
					MIDNIGHT @ Victory Quick play wrestle with Skylar + P Got a couple free HSW pushups Did a couple back flip practices	230PM 1.9 mile run from apt to Victory Core and mobility
					230PM Session @ Victory	
					35 minute walk 40 mins of core and mobility play	
					30 minute sauna	
Monday 8:30AM Session I @ C1	Tuesday 8:30AM Session I @ C1	Wednesday 8:30AM Session I @ C1	Thursday	Friday 6PM Session @ Victory	Saturday	Sunday
8:30AM Session I @ C1 4 RFT 15 cal bike	8:30AM Session I @ C1 40-30-20-10 calorie row	8:30AM Session I @ C1 10 rounds partial legless rope climbs + 200' shuttle	9:30 Session I @ Victory 1.1 mile recovery jog 45 minute sauna (hot af)	4x3 strict press @ 85 + 105?	9PM @ hotel in Hastings 2.6 mile jog	Rest Day - Coaching @ Hastings Open
50 double unders 12 shoulder to overhead (105)	overhead lunges (55) box step ups	got 1 full rope climb, completed in 9:20	43 minute sauna (not ar)	EMOM 12 4 front rack lunges @105		
12 bar facing burpeescompleted in 21:43	completed in 19:57	230PM Session II @ Victory 50 minute run		6 back rack lunges @105		
2:30PM Chiropractor	3:45 recovery with Gary	12 mins easy 9 mins easy-mod		AMRAP 10 9 lunge + thrust @ 55		
3PM Session II @ Victory		9 mins mod 6 mins mod-hard		6 butterfly/kipping pullups 3 wall walks		
5x3 @ 75 Hang Snatch Pull + Hang Pwr Snatch + Snatch 5x3 @ 55 Pwr Clean + Squat Clean + 2 Jerks		3 mins hard 3 mins harder		-rest3- AMRAP 5		
5x3e reverse lunges @ 55/75		-rest 2 mins b/t sets-		9 lunge + thrust @ 55 6 box dips		
EMOM 18 :30s bike @ 70rpm + obstacle attempt (got one)		Accessorybanded pull throughs, reverse hypers, hollow hang, bird dog, plank		50' hs walk		
6 kipping hspu 10 mins mobility + roll out		415PM Chiropractor		**first every butterfly pullups!!		
30 minute sauna (Gary's)		6PM @ Victory EMOM 18				
So minute sudito (Guly 3)		30s bike @ 65rpm 10 C2B pullups				
Monday 11AM Chiropractor	Tuesday 8:30AM Session I @ C1	Wednesday 1230 hike at the Kinni <3 so much needed to get outside	Thursday 8:30AM Session I @ C1	Friday 230PM @ Victory	Saturday 1130AM @ Victory	Sunday Rest
2PM Session @ Victory	3 rounds 10 kipping HSPU	5PM Session @ Victory	EMOM 30 10 butterfly pullups	2 mile jog	EMOM 20 :30 assault bike @ 70rpm	
10 mile run ~ 90 minutesloved this. Ended up being at Victory until like 8.	10 cal echo bike 50' handstand walk	.5 mile jog	12 cal ibke (sub 34) 40 double unders	10 RFT 10 pullups	8 kipping hspu	
	into 3 rounds	AMRAP 30 20 MB hip to shoulder (30)	10 upright swings rest	20 pushups 30 squats completed in 27:35	Accessory 3 rounds 8e St RDI (35)	
	10 strict hspu 10 cal echo bike 50' handstand walk	20 burpees 20 alt sa oh lunges (35) completed 7+40 (480 reps)	11AM Chiropractor	completed in 27:35 830PM Normatec	8e SL RDL (35) 12t step ups	
	cap @ 15. completed 3 rounds + 2 more hsw and bike	completed 7+40 (460 reps)		830PW Normatec		
	6PM Session II @ Victory redid morning session except butterfly pullups + L-sit press					
	gross.					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11AM Chiropractor 215PM @ Victory	8:30AM Session I @ C1 5 RFT 42 double unders	8:30AM Session I @ C1 20 burpee box get overs	5PM @ Victory Asssult bike max 5 Mins	REST from 830 @ C1 Hurt my back again :(	630PM @ Victory 1.5 mile jog, 1 mile walk	Rest
7 mile run - 64 mins	24 db bpx step ups (35)	30 toes to shoulder 40 alt db snatches (20)	2 miles / 74 cals		RMU Progression W2D2	-
7 mile run - 64 mins RMU Test on Box		40 alt db snatches (20) ONE BAR MUSCLE UP (like 17 other attempts) 30 toes to shoulder	2 miles / 74 cals Handstand Stuff		20 HS shoulder taps 7 wall walks	
7 mile run - 64 mins  RMU Test on Box completed 19	24 db bpx step ups (35) 6 high hang power clean (85)	40 alt db snatches (20) ONE BAR MUSCLE UP (like 17 other attempts) 30 toes to shoulder 40 alt db snatches (20) 20 burnee box eat overs			20 HS shoulder taps 7 wall walks 30 HS shoulder taps 6 wall walks	
7 mile run - 64 mins RMU Test on Box	24 db bpx step ups (35) 6 high hang power clean (85)completed in 13:20  4PM Session II @ Victory 3RFT 12 c2b	40 alt dis snatches (20) ONE BAR MUSCLE UP (like 17 other attempts) 30 toes to shoulder 40 alt dis snatches (20) 20 burpee box get overscompleted in 17:20			20 HS shoulder taps 7 wall walks 30 HS shoulder taps	-
7 mile nn - 64 mins RMU Test on Box	24 db bps step ups (33) 6 high hang power clean #5) -completed in 13 20  4PM Session II @ Victory 38FT 12 22 10 db sh lunges (20s) 9 burpees 1-3-	40 all db snatches (20)  OWE BAR MUSICE PUBLIE 17 other attempts)  30 toes to shoulder 40 all db snatches (20)  20 burgee box get overs  -completed in 17:20  430°M Session II @ Victory  3RFT - rest 1:1  75th risW			20 HS shoulder taps 7 wall walks 30 HS shoulder taps 6 wall walks 40 HS shoulder taps	
7 mile nn - 64 mins RMU Test on Box	24 db bys tiep ups (33) 6 high hang powe (clean §5) -completed in 13 20 4PM Session II @ Victory 38FT 12 22 b 10 db oh lunges (20s) 9 burpes 18-3 36 22 b 30 db oh lunges (20s)	40 all db snatches (20)  OWE BAR MUSICE PUBLIE 17 other attempts)  30 toes to shoulder 40 all db snatches (20)  20 burgee box get overscompleted in 17:20  430PM SESSION II Ø Victory  3RFT - rest 1:1  75t ht SW  15 cal bible 6 wall walls			20 HS shoulder taps 7 wall walks 30 HS shoulder taps 6 wall walks 40 HS shoulder taps 4 wall walks	
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Ib R. DS 44 bic dustrer (15) 50 double unders 5 box ring digs 10 lateral larges (20)completed just under 16 mins EMDM 9 (RMU WID1) 9 snap arch to support	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  4PM Session II @ Victory 38:T1 12 db 12 db 13 blunges (20s) 9 blunges (20s) 9 blunges (30s)	40 alt db snatches (20)  ONE BAR MUSICE PU (like 17 other attempts)  30 toes to shoulder  40 alt db snatches (20)  20 burpee box get overs  -completed in 17/20  4209M Session il @ Victory  38TF - rest 11  75it 15W			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)	
7 mile nn 64 mins RMU Test on Boxcompleted 19 68FT, R.I br.RDS 4 sh clusters (35) 4 sh clusters (35) 5 box ring qilos 10 lateral langes (20)completed just under 16 mins EMOM 9 (8MM UNIDI)	24 db bpx step ups (35) 6 high hang power (ban (85)completed in 13:20 4764 Seasion II @ Victory 132 c2b 13 db oh lunges (20s) 9 burpnes 8-3 8-3 56 c2b 30 db oh lunges (20s) 27 burpnescompleted around 14mins 38FQ	40 alt db snarches (20)  ONE BAR MUSICE PU Ilies 17 other attempts)  30 toes to shoulder  40 alt db snarches (20)  20 burgee box get overs completed in 17:20  1899916 session il @ Victory  1781 1791  781 1599  15 cal bite  5 wall walks  5 cal bite  5 wall walks			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)	
7 mile nn - 64 mins RMU Test on Boxcompleted 19 GRET, RL IN RD5 44 bic dustres (15) 50 double unders 5 box ring digs 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 sinsp arch to support 9 box digs 3220 db bench	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  4704 Session II @ Victory 337-71 10 db oh lunges (20s) 9 burpnes 8-8- 8-3 56 C2b 30 db oh lunges (20s) 27 burpees —completed around 14mins 38FQ 30 band ha hold 30 bas shouldes thrugs	40 at dis branches (20)  ONE BAR MUSICE PU (like 17 other attempts) 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toespee borg get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 121 73ft rssW 15 cal bits 6 wall walks 15 cal bitscompleted at 20min time cap 45 min sauna			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)	
7 mile nn - 64 mins RMU Test on Boxcompleted 19 6RFT, R1 bt RDS 4 No doublen (35) 50 doublen (35) 5 box ring dipin 10 lateral langue (20)completed just under 16 mins EMOMO 8 (RMU W1D1) 9 snap arch to support 9 box dips 9 box dips 9	24 db bpx step ups (33) 6 high hang power clean (85) —completed in 13:20  4PM Session II @ Victory 3817 12 Db 12 Db 13 Db 14 Db 15 Db 16 D	40 alt do snarches (20)  ONE BAR MUSICE PU Ilies 17 other attempts)  30 toes to shoulder  40 alt do snarches (20)  20 burgee box get overs completed in 17:20  439976 session il @ Victory  30FT - est 1.1  55 cal bits  5 val li walks  5 cal bits  5 val li walks  5 cal bits completed at 20min time cap	Handstand Stuff		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)	
7 mile nn - 64 mins RMU Test on Boxcompleted 19 GRET, RL IN RD5 44 bic dustres (15) 50 double unders 5 box ring digs 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 sinsp arch to support 9 box digs 3220 db bench	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  4704 Session II @ Victory 337-71 10 db oh lunges (20s) 9 burpnes 8-8- 8-3 56 C2b 30 db oh lunges (20s) 27 burpees —completed around 14mins 38FQ 30 band ha hold 30 bas shouldes thrugs	40 at dis branches (20)  ONE BAR MUSICE PU (like 17 other attempts) 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toespee borg get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 121 73ft rssW 15 cal bits 6 wall walks 15 cal bitscompleted at 20min time cap 45 min sauna		Fiday	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)	Sunday
7 mile nn - 64 mins MMU Test on Boxcompleted 19 GRET, RLI NR RG 4 Mo Clusters (13) 50 double unders 5 box ring digs 10 lateral lunges (20)completed just under 16 mins EMOM 6 (RMU WID1) 9 driven services (10) 9 driven servic	24 db bps tsp ups (33) 6 high hang power (clean §5)completed in 13:20  4PM Session II @ Victory 3RFT 12:22b 10 db nh unges (20s) 9 burpes 9 burpes 9 burpes 9 burpes 9 burpes 120 db nh unges (20s) 30 db nh unges (20s) 30 db nh unges (20s) 37 burpes 30 db nh unges (20s) 37 burpes 30 db nh unges (20s) 37 burpes 30 db nh unges (30s) 37 por pone lift 38FT, 5 strict sits press (35s), 1 rope pulley	40 at dis branches (20)  ONE BAR MUSICE PU (like 17 other attempts) 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toes to shoulder 30 toespee borg get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 121 73ft rssW 15 cal bits 6 wall walks 15 cal bitscompleted at 20min time cap 45 min sauna	RAMU Progression W201 AB Progression W101 Table Sylvicory 1245 @ Victory 25 mile log	39M ⊕ Victory 2 mile jog	20 Fis shoulder taps 7 vall walls 30 Fis shoulder taps 30 Fis shoulder taps 40 Fis shoulder taps 4 wall walls 30 Split squats (20s) 45min sauna (girls)	
7 mile nn - 64 mins MNU Test on Boxcompleted 19 GRET, R. Ib R. EG. 4 kb clusters (15) 50 double unders 5 box ring digs 10 lateral lunges (20)completed just under 16 mins EMOMA (16MU W1D1) 9 snap arch to support 9 chin ugs 9 box digs 3220 db bench 3410 skullcrushers 8MU Progression W1D1 Mondaly	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M Th 10 db oh lunges (20s) 9 burpees -83 -83 -86 C2b 30 db oh lunges (20s) 27 burpees -completed around 14mins 38FQ 30 bund ha hold 30 hs shoulder shrugs 300 por gone lift SRFI; 5 strict (six press; (35s), 1 rope pulley RMU Progression W1D2  ZME W. Katchy Aglilly Ladders	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	Handstand Stuff  BMU Progression W2D1 AB Progression W1D1 Thereby 1245 © Victory	SPM @ Victory 2 mile jog	20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 wall walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins RMU Test on Boxcompleted 19 68FT, RL IV RDS 64P (ALL RDS 64P	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 38T 15 15 db sh lunges (20s) 9 bupness -83 -83 -86 2b 30 db sh lunges (20s) 27 bupnes —completed around 14mins 38F 15 30 bund hunges (20s) 38 b shoulder shings -30 por pone lift 38F 15 38F 25 38F 2	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table Sylvicory 1245 @ Victory 25 mile log		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 wall walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into-
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bps tep ups (33) 6 high hang power (clean (85)completed in 13:20  47M Session II @ Victory 38FT 12 C2 D 10 db nb lunges (20s) 9 burpees 36 C2b 36 db nb lunges (20s) 27 burpeescompleted around 14mins 38FT 38FQ 38FQ 30 band his hold 30 his shoulder strugs 305 pc prone III 38FT is strict list press (35s), 1 rope pulley RAUU Progression W 102 Tousday  78FW @ Victory Agility Ladders 2 min assault bitle 5 po pulley 8	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table Sylvicory 1245 @ Victory 25 mile log		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 wall walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bpx step ups (33) 6 high hang power clean (85) —completed in 13:20  4PM Session II @ Victory 3BFT 12 22 II db db lunges (20s) 10 db ob lunges (20s) 25 db db lunges (20s) 27 burpees 33 36 23b 30 db ob lunges (20s) 37 burpees —completed around 14mins 38FC 3 30 burd has hold 30 hs shoulder shrups 30 por growel lift 38FT 5 strict list press (35s), 1 rope pulley RMU Progression W102  3PM @ Victory Agillity Landers 120 qualits 130 qua	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table Sylvicory 1245 @ Victory 25 mile log		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bpx step ups (35) 6 high hang power (ban (85) 7-completed in 13:20  #MY Seasion II @ Victory 13:2 db 10 db oh lunges (20s) 9 burpnes 18-3 18-2 db 10 db oh lunges (20s) 9 burpnes 18-3 18-2 db 19 burpnes 18-3 18-3 db 19 burpnes 19 bur	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bpx tep ups (35) 6 high hang power (bean (85) 7-completed in 13:20  4767 Session II @ Victory 137 2 db 13 db oh lunges (20s) 9 bunges 13 2 db 13 db oh lunges (20s) 9 bunges 13 3 db oh lunges (20s) 13 db oh lunges (20s) 14 db oh lunges (20s) 15 db oh lunges (20s) 16 db oh lunges (20s) 17 db oh lunges (20s) 18 db oh lunges (	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bpx step ups (35) 6 high hang power clean (85) —completed in 13:20  #PM Session II @ Victory 304Th 10 db oh lunges (20s) 9 burpees -83 -83 -86 c2b 30 db oh lunges (20s) 27 burpees -42 burpees -43 burpees -44 burpees -45 burpees	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bps tep ups (35) 6 high hang power clean (85)completed in 13:20  4PM Session II @ Victory 331-7 12 CD 12 CD 13 CD 14 CD 15 CD 15 CD 16	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	2a db bps tep ups (35) 6 high hang power clean (85)completed in 13:20  4PM Session II @ Victory 38T-1 12 db db hunges (20s) 9 buppers 13- 13- 15- 15- 15- 15- 15- 15- 15- 15- 15- 15	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MIU Test on Boxcompleted 19 GRFT, R. Lib R. DS 4 kb clusters (35) 50 double unders 5 box ring dips 10 lateral lunges (20)completed just under 16 mins EMOM 9 (RMU WID1) 9 snap arch to support 9 chin ups 9 box dips 3220 db beach 3210 Sallerschers RMU Progression WID1 Monday 11AM Chiropractor 11AM Chiropractor 7 mile run - 68 mins	24 db bps tep ups (35) 6 high hang power clean (85)completed in 13:20  4PM Session II @ Victory 331-7 12 CD 12 CD 13 CD 14 CD 15 CD 15 CD 16	40 alt db snarches (20)  ONE BAR MUSCLE PUBLISH 27 other attempts) 30 toes to shoulder 40 alt db snarches (20) 20 burpee box get overs	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn - 64 mins RMU Test on Boxcompleted 19 GRET, RL ID RDS 44 bic dustres (135) 50 double unders 5 box ring digs 10 lateral langes (20)completed just under 16 mins EMOMA (19MU W1DL) 9 snap arch to support 9 chin ugs 3220 db bench 3410 skullicrushers RMU Progression W1DL 11AMC Offrepractor 3-30PM @ Victory 7 mile nn - 68 mins 615PM Recovery with Gary	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M Th 13 db db hunges (20s) 9 bunpess -83 -83 -86:2b 30 db oh hunges (20s) 30 db oh hunges (20s) 30 db oh hunges (20s) 30 bunpess -83 -83 -86:2b 30 db oh hunges (20s) 30 bund hunges (20s) 30 bund hunges (20s) 30 bund hunges (20s) 30 bund the hold 50 bund the hold	40 alt db snarches (20)  OME BAR MUSCE PU Ilike 17 other attempts)  30 toes to shoulder  30 toes toes  -completed in 1720  30 toes  30 toes	RAMU Progression W201 AB Progression W101 Table State of the Progression W101		20 16 shoulder taps 7 wall walls 30 16 shoulder taps 6 wall walls 40 16 shoulder taps 4 well walls 30 split squats (20s) 45min sauna (girls)	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn - 64 mins RMU Test on Box	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile run - 64 mins RMU Test on Box	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins RMU Test on Boxcompleted 19 GRTF, R. Ib R. DS 4 kb clusters (15) 50 double unders 5 box ring digs 10 lateral larges (20)completed just under 16 mins EMMM g (RMU W1D1) 9 snap arch to support 9 chin ups 10 box digs 3220 db bench 3210 db bench 3210 Millerubers RMU Progression W1D1 Monday 11AM Chiropractor 7 mile run - 68 mins 615PM Recovery with Gary UPMM @ Victory 7 mile run - 68 mins 615PM Recovery with Gary	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile run - 64 mins RMU Test on Box	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn - 64 mins RMU Test on Boxcompleted 19 GRET, RL IN RD5 4 kb clusters (15) 50 double unders 5 box ring dip 10 lateral lunges (20)completed just under 16 mins EMOM6 (16MU W1D1) 5 sonap arch to support 9 chin ugs 9 box dips 3220 db bench 3410 skullcrushers RMU Prognession W1D1 11AM Otherpractor 330PM @ Victory 7 mile nn - 68 mins 615PM Recovery with Gary  UPM @ Victory Sto (jo (30 mins) 38 barhell FR Rev. Lunges into step up (55) AMRAP 8 80 double unders 4 ex 8 clean 8 [erk (15)completed 4-60, holy blceps 3415	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest
7 mile nn64 mins MNU Test on Boxcompleted 19 GRFT, R. Lis R.DS 4 kb clusters (135) 50 double unders 5 box ring dips 10 lateral larges (20)completed just under 16 mins EMMM g (MMU W.ID.1) 9 snap arch to support 9 chin ups 120 db bench 320 db bench 3210 db bench 3210 Millerubers RMU Progression W.ID.1 Monday 11AM Chiropractor 7 mile run - 68 mins 615PM Recovery with Gary Witchey 5K jog (30 mins) 3a6 Bartell FR Rev. Lunges into step up (55) AMRIAP 8 80 double unders 64 de Milerubers 65 de Green Services (65) AMRIAP 8 80 double unders 64 de Milerubers 65 de Green Services (65) AMRIAP 8 80 double unders 64 de Green Services (65) AMRIAP 8 80 double unders 64 de Completed 4+60, holy biceps	24 db bps tep ups (35) 6 high hang power clean (85) —completed in 13:20  47M Session II @ Victory 33M 13	40 alt do snarches (20)  ONE BAR MUSCE PU (like 17 other attempts) 30 toes to shoulder 40 alt do snarches (20) 20 burpee box get overscompleted in 17200 430PM Session II @ Victory 38FT - rest 11 75ft rssW 15 cal bite 6 wall walls 15 cal bitecompleted at 20min time cap 45 min sauna  **first ever bar muscle up!!  Wednesday  SMA @ Victory sauna  **First ever bar muscle up!!	RAMU Progression W2D1 AB Progression W1D1 L245 @ W1D1 L255 @ W1D2	2 mile jog	20 It's shoulder taps 7 - wall walls 30 It's shoulder taps 30 It's shoulder taps 4 wall walks 30 split squats (20s) 45min sauna (girls)  Saturday Rest - La Crosse @ WIAA Girls State	2 mile jog -into- 5 @ 1 minute sprints :30s rest