

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 4x KB clean & jerk (35) --completed 4x60; holy biceps 3x15 db bench (20s) reverse hypers strict banded pullups	2:00PM @ Victory 10 rounds: 45s sprint, 60s rest 5 Sets: 50' Handstand Walk Row 500m 50' Handstand Walk rest 1:11 30' sets -- completed in 3:13, 2:58, 2:56, 3:17, 2:55 3x10 sa kb snatch (20) 4x5 double kb squat (20s) 4x10 double kb dl (20s)	AM @ Victory Mandarorian - 4 sets, rest 1:1 20 acf bike 25 db bench (35) 25 abmat situps 25 pushups --completed in 4:21, 4:45, 4:48 & 5:00 PM Session AMRAP 9 / RMU Progression W302 1, 2, 3, 4, 5, 6, 7, wall walk (27) 30 doubles (180) Flame Thrower 100 push press (15s) 75 pullups 50 push press (15s) 25 strict pullups --completed in 15:06	10AM @ Victory 4 mile run ~ 38 mins	1:00 @ Victory AMRAP 20 24 double unders 4 DB hang snatch (35) 6 burpee over dumbbell --completed 21x15	Rest - coaching @ Grand View	Rest
7:30 @ Victory EMOM 24 15 cal bike 10 banded pull-ups 15 cal row 10 box assisted ring dips RMU Progression W2D1 Snatch Balance 3-3-2-1-1-1 @ 55-85-85-105-115-115 3:45 @ Victory Pyramid run intervals 4x200, 2x400, 1x800, 2x400, 4x200 Beattie's Mashup: 4 sets 10 pull-ups 10 burpee box get overs 10 pull-ups 10 burpee box get overs 10 pull-ups 10 burpee box get overs --completed in 3:01, 2:55, 2:52, 2:30	11:30 @ Victory Snatch + Hang Snatch + OH Squat @ 85 3 sets, 1 every 7 minutes 150 double unders + 50 wall balls (12) --completed in 4:09, 3:52 & 3:40 Power Clean + Jerk 4-4-3-3 @ 85-95-105-115 Bench Press 5-3-1-5 @ 95-105-115-105 RMU Progression W202 50' HSW + 5 wall walks 75' HSW + 4 wall walks 100' HSW + 3 wall walks 40 minute sauna **level of soreness is 8/10 quads and glutes 8PM @ Victory 3 RFT partner with Caghan 20 cal bike 10 @ Ball Cleans each person --completed in sub 10	11:30AM @ Victory 3 sets, 1 every 7 minutes 150 double unders + 50 wall balls (12) --completed in 4:09, 3:52 & 3:40 Power Clean + Jerk 4-4-3-3 @ 85-95-105-115 Bench Press 5-3-1-5 @ 95-105-115-105 RMU Progression W202 50' HSW + 5 wall walks 75' HSW + 4 wall walks 100' HSW + 3 wall walks 40 minute sauna **level of soreness is 8/10 quads and glutes 8PM @ Victory 3 RFT partner with Caghan 20 cal bike 10 @ Ball Cleans each person --completed in sub 10	7 miles ~ 105 mins	12:30 @ Victory Prep Version of 17.3 3 rounds 6 pullups, 6 Squat Snatches (55) rest 1 min 3 rounds 7 pullups, 5 Squat Snatches (75) rest 1 minute 2 rounds 8 pullups, 4 Squat Snatches (85) rest 1 min 2 rounds 9 pullups, 3 Squat Snatches (95) rest 1 min 1 round 10 pullups, 2 Squat Snatches (105) rest 1 min 1 round 11 pullups, 2 Squat Snatches (115) --completed in 15:25 (subbed pull-ups & hang squat snatch) R3 7x3 Front Squats @ 83% RMU Progression W5D1 EMOM to failure adding 1 rep ring muscle up, then hold to at top of rings to failure	9AM @ Victory EMOM 20 10 bar facing burpees 3 hang power clean + S2OH MIA Complex 3x3 hang PC + FS + S2OH 2x2 hang PC + FS + S2OH 1+1 hang PC + FS + S2OH 7PM @ Victory 5 RFT 6 devils presses (35s) 12 db box step ups (1 35) R3 SRT 6 power snatches (65) 12 box jump overs --completed in 8:35 & 5:47 (17:12)	9PM @ Victory SAUNA 45 mins
12:30 @ CI 3 rounds, 1 min stations max reps wall balls (14) dumbbell snatch (35) box jump (10) dumbbell clean & jerk (35) echo bike cal rest -- 293 reps 3:30 @ Victory 21-15-9 deadlift, burpee ring pullup & kipping HSPU --completed in 13:45 Snatch 1x1 @ 120 (90%)	8:30AM @ CI 3 x AMRAP 5 buy in 40 abmat situps 3 power cleans 124 + 3 bar muscle up attempts --completed 3x1, 3, 3x3 4:00 @ Victory 7 sets (1 every 3 mins) 400m row + 10 DB snatches (even), + 10 DB C&I (odd) --completed 2:20, 2:11, 2:14, 2:12, 2:18, 2:16, 2:20 Threshold Run 3x3 mins mod, 30rest 3x90s fast, 1min rest 3x2 mins mod, 30s rest 3x1 min fast, 30s rest 12 min cooldown jog 2 Sets of 5 RFT, rest 1:1 50' HSW + 10 pistol squats --completed in 5:33 & 5: 39	9AM @ Victory 27-21-15-9 cal bike 9-7-5-3 wall walks --completed 11:37 RMU Progression W5D2 death by wall walks EMOM to failure 6+4 4:15PM @ Victory 4 RFT, rest 1:1 2 rope climbs 80 double unders 4 rope climbs 40 double unders --completed 3:20, 3:32, 4:21, 4:20 4:30PM @ Victory back-squat hvy triple 3 @ 155 1 @ 165 2 x 1 @ 175 (80%) OH squat hvy triple 3 @ 115 + 3 @ 125 1 @ 135, 145 & 150 4X3 snatch pulls @ 125 3x10 SL RDL (35lb) 3x10 strict banded pullups	11AM Chiropractor 1PM @ Victory 34 cal bike (2:05") 300' sled push (45) 48 cal bike (3:30") 200' OH walking lunges (35) 64 cal bike (5:35) 100 American KB swings (35) --completed in 23:34 3:30 Recovery with Gary 4:30PM @ Victory back-squat hvy triple 3 @ 155 1 @ 165 2 x 1 @ 175 (80%) OH squat hvy triple 3 @ 115 + 3 @ 125 1 @ 135, 145 & 150 4X3 snatch pulls @ 125 3x10 SL RDL (35lb) 3x10 strict banded pullups	11:15AM @ Victory 3 sets 30 C2B pullups 30 thunders (65) 3 min recovery row between sets --completed 4:46, 5:13, 7:24 (L/DL time cap was 6e) 12:30 Class @ CI AMRAP 20 500m row + 6 strict press (55) + 6 kipping HSPU + R1 --completed 5 rounds +235m 2-4PM @ CI SRT 3 power clean (145) + 15 GHD (half) R2 R2 5 RFT 3 power clean (145) + 1 peg board R2 SRT 1 peg board + 15 GHD (half) --completed just over 20 mins EMOM 10 1+1+1 snatch DL + snatch high pull + power snatch (up to 105) AMRAP 12, teams of 2 switch every 15 cal bike 30-60-90 ... DB hang snatch (35) DB box step ups (35) --completed through 457 of the round of 60	8:30PM @ Victory 25 mins of flow + 40 mins sauna	9PM from Victory 7.1 mile run outside --completed in 61 mins (8-43 avg pace)
9AM @ Victory 4 sets (1 every 5 mins) 20 cal row 25 wall balls 100 double unders --completed 3:00, 3:02, 3:18, 3:36 **first dips unbroken, 3rd got 90. All wb unbroken 5x1 high hang squat snatch --75-85-95-95-95 5x1 hang squat snatch --95-95-100-105-105 5x1 squat snatch --105-110-115-120-120 10x2 front squat @ 125 3x 2x15 reverse flys, lateral & frontal raises 4:30 @ Victory 21-15-9 strict handstand pushup (on abmat) banded strict pullup pushup --completed in 13:40 20mins spin upstairs	3PM @ Victory AMRAP 18 12 DB shoulder to overhead (35s) 50' front rack lunges 50' handstand walk --completed 6-12 Squat Clean 8x2 every 90s @ 80% --5x2 @ 135, 3x2 @ 145, failed 2 @ 155 Clean Pull 5x2 @ 175 For Time (cap @9) 3x6-9-12-15-18 DB power clean (35s) toes to bar burpee over dumbbell --completed 15+4 burpees at 15 mins, backwards --completed round of 15+6 burpees 40 mins normatec boots	3PM @ Victory EMOM 30 10 cal bike 6 d ball cleans (70) 10 cal bike 6 ring mu transitions 10 cal bike 50' handstand walk Squat Snatch 10 @ 50% (65) 8 @ 60% (75) 6 @ 65% (85) 4 @ 70% (95) 2 @ 80% (105) Back Squat 8 @ 55% 125 6 @ 65% 145 4 @ 75% 165 2 @ 80% 185 5x1 power clean & jerk @ 125	3PM @ Victory 1 mile jog Normatec hips 1 hour sauna	2PM @ Victory Stem & Normatec boots 6:15 @ CI AMRAP 15 3 wall walks 12 dumbbell snatches (35) 15 box jump overs (step down) --completed 9+11, 281 reps	SAM @ Madison bouldering with Kimby :)	7PM @ Victory 4 sets, rest 1:1 18 abmat situps 12 thrusters (65) 6 burpee box jump overs --completed in 1:45, 1:41, 1:39, 1:37 Power Snatch 1x1 85-95-105-110 Front Squats 3x3 125-145-155 (belt at 155) 10 RFT 5 cal bike 5 pullups 5 HSPU --completed in 11:27
March						
Monday	Tuesday (1)	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 @ CI AMRAP 15 3 wall walks 12 dumbbell snatches (35) 15 box jump overs (step down) --completed 9+19, 289 reps 7PM @ Victory 3 sets, rest 1:1 50' HSW 15 T28 50' DB walking lunges (35s) 15T28 50' HSW --completed 3:00, 3:52, 4:16 Clean Pull + Pwr Clean + Clean 4 @ 110 4 @ 115 3 @ 120 3 @ 125 Squat Clean 1x1 125-130-135						