

### WARM UP

A) Roller  
legs and back

B) Mobility (non negotiable)  
6-8 per side 90/90 leg lifts  
6-8 cat cow  
6-8 per side knight to hamstring  
6-8 per side thread the needle on each side  
6-8 upward dog to downward dog  
6-8 wrist extension  
6-8 per side seated straight leg raise  
40-60 tibia raises  
30-40 calf raises  
12-16 slow cossack squats  
16-20 wall slides

C) warm up  
2:00 on echo bike  
5 strict pull ups  
5 strict chin ups  
10 push ups  
5 tempo goblet squats  
5 tempo kettlebell good morning  
10 kettlebell swings

### PLYOMETRIC WORK

\*For quality:  
4 sets x 6/side 1 medball slam + 1 medball throw  
\* 1+1:1, slam hard  
- rest :60s between sides -  
4 sets x 5 box jumps  
\* land on box, bounce for next rep  
- rest :60 in between sets -

### OLYMPIC LIFTS

#### SNATCH

5 sets:  
1 High Hang Snatch + 1 Hang Snatch + 1 OHS  
@ 75-80%  
\*rest 2:00-3:00 in between sets -

% of 1rm snatch.

CN:  
Intenta no hacer touch and go, siempre haz una pausa antes de hacer el siguiente rep, concéntrate en ser explosivo y tener buena técnica.

### PRESS AND PULL

4 sets  
1 bench press (8/10 rpe)  
10/10 single arm dumbbell row  
15 push ups (weighted if can)  
\*rest 2:00-3:00 between sets

CN:

- La intención aquí es llegar cerca al fallo en cada set y en cada movimiento.
- Bench press: heavy y pausando arriba.
- Row: heavy pero buena técnica y full rango de movimiento.
- Push ups: si puedo ir con peso en la espalda lo hago, pero debería ser unbroken.

### WORKOUT

Running conditioning:  
25 sets  
1:00 run @ 5k pace -(15-20s)  
rest 0:40 after each set

CN: todos las sesiones de running son basados en tu ritmo de 5km, así que si no sabes cuál es, haz 5km por tiempo y de ahí podemos calcular cuál es tu ritmo.

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### STRENGTH

BACK SQUAT  
find a heavy single  
then  
5 sets x 5 reps @ 70-72.5%  
- rest 2:00-3:00 in between sets -

% of 1rm back squat

CN:  
no quiero que los squats sean rapidos, quiero que se tomen el tiempo para hacer  
ada squat, que cada sentadilla sea explosiva al subir"

### ACCESSORIES:

LOWERBODY  
4 sets  
10 goblet squat (tempo 2:2:0:0) (rpe8/10)  
12/12 single leg box step ups (24in) (rpe 8/10)  
rest 2:00-3:00 between sets

CN:  
goblet squat: llegar cerca al fallo respetando el tempo  
step ups: la caja es alta y el peso no tiene que ser mucho,  
mantener una buena cadencia, ir controlado

### WORKOUT

#### BATTERY WORK

4 sets  
10 wall walks  
100ft dual dumbbell front rack walking lunges (50s/35slb)  
500/450m row  
\*rest 3:00 between sets

CN:  
intention: 8/10 rpe, negative splits, ir mas rapido cada ronda  
goal: sub 25:00 (4:00 per set)  
n3: como escrito  
n2: 8 ww / 45s/30slb  
n1: 6 ww / 40s/25slb"

#### THRESHOLD

Every 2:30 x 12 sets (30:00 total)  
1. 1 round  
15 t2b  
12 bar facing burpees  
9 snatch (135/95lb)  
2. max cal c2 bike in 2:00 of work / :30 of rest

CN:  
intention #1: 8/10, hold splits, stay fast  
intention #2: 7/10, hold same pace, stay moderate but hard  
goal #1: sub 2:00 per set  
goal #2: 35/28 cal c2 bike every 2:00  
nv3: como escrito  
nv2: 12 t2b / 115/80  
nv1: 9 t2b / 45% of 1rm snatch

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### STRENGTH

PUSH PRESS  
find a heavy single  
then  
5 sets x 5 reps @ 67.5-70%  
\*Rest 2:00-3:00 in between sets.

% of 1rm push press

CN:  
quiero que pauses arriba y que no hagas rebound,  
cada rep que sea individual pero sin soltar la barra.

### STRENGTH

PRESS AND PULL  
4 sets  
5 pendlay row (8/10 rpe)  
10 dual dumbbell strict press (tempo 0:1:2:x)  
10 ring rows (0:2:2:x) (weighted if can)  
\*Rest 2:00-3:00 between sets.

CN:  
pendlay: se explosivo, no rebotes la barra, siempre desde cero y lque sea heavy  
press: lo importante es el tempo y si no puedo controlar el peso le bajo  
row: tempo es lo principal y de ahi le puedo subir peso"

### PLYOMETRIC WORK:

\*For quality:  
5 sets x 2 broad jumps continuous  
\* bounce and then land  
- rest :60 in between sets -  
4 sets x 12/side single leg lateral hurdle jumps  
  
\* bounce, no pause, high  
- rest :60 in between sets -

### RUNNING CONDITIONING:

5 sets  
7:30 run @ 5k pace +(20-30s)  
\*Rest 1:30 after each set

CN:  
Todos las sesiones de running son basados en tu ritmo de 5km,  
asi que si no sabes cual es, haz 5km por tiempo y de ahi podemos  
calcular cual es tu ritmo.

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La practica hacer al maestro (: Por eso los jueves elegimos trabajar skills que aun no dominemos. Aca te dejamos algunas ideas pero podes optar por otras tambien (Recomendamos elegir solo una)

Vamos a tomarnos 20-30 minutos libre de intensidad y tiempo para practicar libremente.

Recorda que podes enviar video a tus coaches para recibir feedback.

- Cualquier variante de handstand hold, handstand walk, free hspu.
- Crossover single/double unders
- Triple unders
- Ring muscle ups
- Bar muscle ups
- Pull over en barra

### ENGINE WORK

AMRAP x45  
6 min c2 bike  
6 min row

CN:

la intencion es manejar la zona 2, nos va a ayudar a mejorar nuestro vo2 y promueve la recuperacion

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### STRENGTH

FRONT SQUAT  
find a heavy single  
then  
5 sets x 6 reps @ 65-67.5%  
\*Rest 2:00-3:00 in between sets.

% of 1rm front squat

CN:  
La intencion es tener buena tecnica y aumentar la fuerza en el core, front rack, y tren inferior, siendo rapido y explosivo.

### STRENGTH

DEADLIFT  
find a heavy single  
then  
4 sets x 5 reps @ 70-72.5%  
\*Rest 2:00-3:00 in between sets.  
% of 1rm deadlift

CN:  
quiero que pauses abajo y arriba siempre y que controles el descenso.

### THRESHOLD

10 sets  
20/16 cal echo bike  
20/16 cal row

1:00 of rest in between sets

CN:  
intention: hold a fast pace on each set, stay at the same pace for all sets  
goal: sub 29:00 (sub 2 per set)  
n1-3: como escrito.

### ACCESSORIES

\* Lowerbody:  
4 sets  
12.5m sled push (8/10 rpe)  
rest :30  
12.5m sled push (8/10 rpe)  
12/12 siingle leg split squat (8/10 rpe)  
rest 2:00-3:00 between sets

CN:  
sled push: heavy  
split squat: heavy, pero sin parar

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### OLYMPIC LIFTS

\* Clean and jerk:  
5 sets:  
1 Power Clean + 1 Hang Clean + 1 Jerk  
@ 75-80%  
- rest 2:00-3:00 in between sets -

% of 1rm clean and jerk

CN:  
Intenta no hacer touch and go, siempre haz una pausa antes de hacer el siguiente rep, concéntrate en ser explosivo y tener buena técnica.

### WORKOUT

\* Sport specific  
5 rounds  
10/8 cal echo bike  
10 power cleans (135/95lb)  
100' sandbag carry (200/150lb)

CN:  
Intention: piensa que harías en una competencia, crea un plan y mantente firme, es mejor ir a menos y luego explotar a lo último, que comenzar a bajar el ritmo desde temprano  
goal: sub 12:30  
time cap: 20:00  
n3: como escrito  
n2: 115/80lb / 175/125  
n1: 40% of 1rm power clean / 150/100

### WORKOUT:

\*Sport specific  
21-15-9  
ring muscle ups  
burpee box jump over (24/20in)

CN:

Intention: piensa que harías en una competencia, crea un plan y mantente firme, es mejor ir a menos y luego explotar a lo último, que comenzar a bajar el ritmo desde temprano

goal: sub 9:00  
time cap: 15:00  
n3: como escrito  
n2: 15-11-7 rmu  
n1: 11-8-5 rmu