

Day 1: Fran (Benchmark)

21-15-9 reps for time of Thrusters (95/65 lbs) & Pull-Ups. Stimulus: Sprint effort, sub-7 min target.

Day 2: Strength + Cash Out

5 x 5 Deadlifts @ moderate-heavy load; then 50 burpees for time. Stimulus: Strength focus with metabolic finisher.

Day 3: EMOM 20

Min 1: 15 Wall Balls, Min 2: 12 Kettlebell Swings, Min 3: 15 Push-Ups, Min 4: Rest. Stimulus: Sustainable aerobic pace.

Day 4: Long Chipper

For time: 50 Cal Row, 40 Box Jumps, 30 Hang Power Cleans (135/95), 20 Bar-Facing Burpees, 10 Ring Muscle-Ups. Stimulus: Midline stamina + full-body capacity.

Day 5: Interval Sprints

8 x 200m Run, rest 1:1. Stimulus: Max effort sprinting, pure intensity.

Day 6: Heavy Day

Work to a 3RM Overhead Squat. Stimulus: Skill under load, balance, and strength.

Day 7: Active Recovery

30-45 min hike, bike, or row at conversational pace + stretching. Stimulus: Low intensity aerobic flush.

Day 8: AMRAP 12

10 Deadlifts (135/95), 15 Push-Ups, 20 Air Squats. Stimulus: Constant movement, moderate load.

Day 9: Hero WOD – Cindy

20-min AMRAP: 5 Pull-Ups, 10 Push-Ups, 15 Air Squats. Stimulus: Gymnastic endurance & consistency.

Day 10: Row + Thruster Ladder

For time: Row 500m + 21 Thrusters, Row 500m + 15 Thrusters, Row 500m + 9 Thrusters. Stimulus: Cardio + leg fatigue under barbell.

Day 11: Sprint Chipper

For time: 21-15-9 of Deadlifts (225/155), Handstand Push-Ups. Stimulus: Fast but heavy gymnastics + strength.

Day 12: EMOM 16

Min 1: 12 Cal Row, Min 2: 8 Burpees, Min 3: 10 Power Cleans (115/75), Min 4: Rest. Stimulus: Interval pacing & barbell cycling.

Day 13: Heavy Front Squat

Work up to 5 x 3 Front Squat across. Stimulus: Midline strength + squat depth.

Day 14: Active Recovery

30 min walk + banded stretches. Stimulus: Restorative aerobic + mobility.

Day 15: AMRAP 15

10 Pull-Ups, 20 Push Press (75/55), 30 Double Unders. Stimulus: Grip endurance + fast barbell cycling.

Day 16: Benchmark – Grace

30 Clean & Jerks for time (135/95). Stimulus: Sprint intensity, unbroken if possible.

Day 17: Row & Squat Test

3 Rounds: Row 500m, 25 Back Squats (135/95). Stimulus: Leg fatigue + cardio test.

Day 18: Gymnastics Focus

EMOM 12: 5-10 Strict Handstand Push-Ups or progressions. Stimulus: Strength in gymnastics.

Day 19: Hero WOD – DT

5 Rounds: 12 Deadlifts, 9 Hang Power Cleans, 6 Push Jerks (155/105). Stimulus: Barbell cycling & grip endurance.

Day 20: Long Grinder

For time: 100 Wall Balls, 80 Kettlebell Swings, 60 Sit-Ups, 40 Burpees, 20 Pull-Ups. Stimulus: Mental toughness & aerobic stamina.

Day 21: Recovery

45 min light row + stretching. Stimulus: Aerobic base building.

Day 22: Sprint Intervals

12 x 100m sprint, rest 90 sec. Stimulus: Pure sprinting power.

Day 23: AMRAP 20

5 Pull-Ups, 10 Push-Ups, 15 Kettlebell Swings, 20 Air Squats. Stimulus: Aerobic capacity + bodyweight volume.

Day 24: Heavy Clean & Jerk

Work to a 1RM. Stimulus: Max power & skill under load.

Day 25: Partner WOD

AMRAP 20: One works while one rests, alternating rounds of 10 Burpees, 15 Wall Balls, 20 Sit-Ups. Stimulus: Shared intensity + teamwork.

Day 26: Gymnastics & Core

10 Rounds: 30 sec L-Sit, 5 Toes-to-Bar, 10 Hollow Rocks. Stimulus: Core endurance + gymnastics skill.

Day 27: Benchmark – Annie

50-40-30-20-10 Double Unders & Sit-Ups. Stimulus: Fast core + coordination.

Day 28: Barbell Endurance

Every 2:00 for 10 Rounds: 3 Power Cleans @ 75%. Stimulus: Strength endurance, repeatability.

Day 29: AMRAP 25

400m Run, 20 Pull-Ups, 30 Push-Ups, 40 Air Squats. Stimulus: Long capacity & muscular stamina.

Day 30: Benchmark Retest – Fran

21-15-9 Thrusters & Pull-Ups. Stimulus: Compare to Day 1, test progress.