

170717 EVOLution Program (EVO + Weightlifting)

10min

Warm up: Cardio (run /row / jump rope) / General (knee hug lunge twist / windmills / sit-ups / pushups / air squats / etc.

20min

<p>Monday: AMRAP 12 6 Hang power snatch (60kg+ / 40kg+) 6 HSPU</p>	<p>Wednesday: 3 rounds: (wearing a weight vest) 20 pistols 20 American kb swings (28kg/ 20 kg) 20 burpees</p>	<p>Friday: 5 rounds: 200m sprint max effort Rest as necessary</p>
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<p>Snatch Complex: start pull + hang power snatch + hang snatch + full snatch</p>	<p>Clean & Jerk complex: start pull + hang power clean + hang clean + push press + jerk drive + jerk + full clean & jerk</p>
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<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
<p>Snatch complex warm up: 3x1, increase # ea. round</p> <p>BTN snatch grip strict press: 3x3 @ increase weight ea round BTN snatch grip push press: 3x3 @ increase weight ea round Snatch balance (no heave): 3x3 @ increase weight ea round</p> <p>Snatch: 4x1 @ 85%+</p>	<p>Clean& Jerk complex warm up: 2x1, increase # ea. round</p> <p>Hang high pull (butt squeeze) + hang clean+ jerk: 4-6 rounds x 2 reps</p> <p>Clean& Jerk: 4x1 @ 85%+ (same weight)</p>	<p>Snatch complex warm up: 3x1, increase # ea. round</p> <p>High hip hang snatch + Snatch: 3-4 rounds x 2 reps</p> <p>Snatch: 4-6 rounds x 1 rep, Establish 1 R.M.E.</p>	<p>Clean& Jerk complex warm up: 2x1, increase # ea. round</p> <p>Dead front squat+ jerk drive+ jerk 3-4 rounds x 2 reps, increase # ea. round</p> <p>Clean& Jerk: 4x2 @ 85%+, increase weight, record heaviest 2 rep</p>	<p>Deadlift any style: 1 x10 @ light 5x5 @ medium ?x3 @ establish 3 R.M.E.</p>
<p>Front Squat: 1x10 @ warm up 2x5@ increase weight ea round 5x3 @ (start at approx. 85% of 1 RM increase weight ea. round)</p>	<p>Bench Press: 1 x10 @ light 5x5 @ medium 5x3 @ 90%-95% of 1 RM</p>	<p>AMRAP 12 10 Push press 15 front squat 20 double unders</p> <p><u>Competition</u> Male / Female: 135#+/95#+, DUs <u>Performance</u> Male / Female: 115#+ / 75#+, DUs <u>Fitness</u> Male / Female: ≤ 115# / ≤ 75#, 1:1 tuck jumps</p>	<p>Overhead Squat: 1x10 @ warm up 2x5@ increase weight ea round 5x3 @ (start at approx. 85% of 1 RM increase weight ea. round)</p>	<p>For time: 21-15-9 OH squat Pullups <u>Competition</u> Male / Female: 95#/65#, C2B <u>Performance</u> Male / Female: 95# / 65#, Pull ups <u>Fitness</u> Male / Female: ≤ 95# / ≤ 65#, mod as nec.</p>

170717 Powerlifting / Strongman

30min

<p><u>Day 1</u> 10 rounds: 2 Stone load*, increase stone weight ea round. maintain heaviest stone to complete the rounds 3 stacked green jerk boxes</p>	<p><u>Day 2</u> 10 rounds : 2 tire flips, increase tire size ea. round, maintain heaviest tire size to complete the rounds</p>	<p><u>Day 3</u> Snatch complex warm up: 3x1, increase # ea. round High hip hang snatch + Snatch: 3-4 rounds x 2 reps Snatch: 4-6 rounds x 1 rep, Establish 1 R.M.E.</p>	<p><u>Day 4</u> Clean& Jerk complex warm up: 2x1, increase # ea. round Dead front squat+ jerk drive+ jerk 3-4 rounds x 2 reps, increase # ea. round Clean& Jerk: 4x2 @ 85%+, increase weight, record heaviest 2 rep</p>
<p>20min Front Squat: 1x10 @ warm up 2x5@ increase weight ea round 5x3 @(start at approx. 85% of 1 RM increase weight ea. round)</p>	<p>Bench Press: 1 x10 @ light 5x5 @ medium 5x3 @ 90%-95% of 1 RM</p>	<p>AMRAP 12 10 Push press 15 front squat 20 double unders <u>Competition</u> Male / Female: 135#+/95#+, DUs <u>Performance</u> Male / Female: 115#+ / 75#+, DUs <u>Fitness</u> Male / Female: ≤ 115# / ≤ 75#, 1:1 tuck jumps</p>	<p>Overhead Squat: 1x10 @ warm up 2x5@ increase weight ea round 5x3 @(start at approx. 85% of 1 RM increase weight ea. round)</p>

170717 CrossFit York Program

10 min: Warm up – Cardio / General/ Specific
<p>Skill: OH squat</p> <p>Day 1: PVC pipe overhead squat w/ palms open and facing up (focus on opening the armpits, external shoulder rotation)</p> <p>Day 2: single & double kb overhead squat 2-4 rounds x 4-6 reps of each style, increase weight as form allows</p> <p>Day 3: barbell (PVC pipe) overhead squat, BTN press from the bottom of the squat, barbell overhead duck walks, explore all movements to highest skill level, add weight as form allows</p>
5 min : WOD prep & specific warmup

<p>Monday Day 1 skill (10 min)</p> <p>(as on 170123) AMRAP 25 3-6-9-12-15-18 (continue to add 3 reps until time expires)</p> <p>Pull-ups Ring Dips V-Ups</p> <p><u>Competition</u> Male / Female: Ring muscle ups (no bar mu) instead of pullup+ring dip</p> <p><u>Performance</u> Male / Female: Rx'd</p> <p><u>Fitness</u> Male / Female: 2:1 jumping pullup & jumping ring dip</p>	<p>Tuesday Day 2 skill (10 min)</p> <p>(as on 170508) 800 run 40 kb swings & 40 abmat situps 600 run 30 kb swings & 30 abmat situps 400 run 20 kb swings & 20 abmat situps 200 run 10 kb swings & 10 abmat situps</p> <p><u>Competition:</u> Male: 24kg+ Female: 20 kg+</p> <p><u>Performance:</u> Male: 20kg Females: 16kg</p> <p><u>Fitness:</u> Male: ≤ 20 kg Female: ≤ 16kg</p>	<p>Wednesday</p> <p>Snatch complex warm up: 3x1, increase # ea. round</p> <p>High hip hang snatch + Snatch: 3-4 rounds x 2 reps</p> <p>Snatch: 4-6 rounds x 1 rep, Establish 1 R.M.E.</p> <p>Then: AMRAP 12 10 Push press 15 front squat 20 double unders</p> <p><u>Competition</u> Male / Female: 135#+/95#+, DUs</p> <p><u>Performance</u> Male / Female: 115#+ / 75#+, DUs</p> <p><u>Fitness</u> Male / Female: ≤ 115# / ≤ 75#, 1:1 tuck jumps</p>	<p>Thursday Day 3 skill (10 min)</p> <p>Team WOD AMRAP 25 min <u>Team:</u> 2 / 3</p> <p>Wall ball 50 / 75 Box jump overs 50 / 75 Partner over burpees 50 / 75</p> <p><u>Competition</u> Male: 20#-10', 30" Female: 14#-9', 20"</p> <p><u>Performance</u> Male: 20#-10', 24" Female: 14#-9', 20"</p> <p><u>Fitness</u> Male: ≤ 20#- ≤ 10', ≤ 24" Female: ≤ 14#-≤9', ≤ 20"</p>	<p>Friday</p> <p>Deadlift any style: 1 x10 @ light 5x5 @ medium ?x3 @ establish 3 R.M.E.</p> <p>Then: For time: 21-15-9 OH squat Pullups</p> <p><u>Competition</u> Male / Female: 95#/65#, C2B</p> <p><u>Performance</u> Male / Female: 95# / 65#, Pull ups</p> <p><u>Fitness</u> Male / Female: ≤ 95# / ≤ 65#, mod as nec.</p>
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5-10 min : cool down / mobility – coach's choice