

Benchmark Workouts/ Lifts 2016

Workout	Description	Type	Time Domain	modalities	Stimulus	Dates	Dates	Dates	Dates
Bodyweight									
"Cindy"	AMRAP 20min 5 pull ups, 10 push-ups, 15 squats	Time priority	long	gymnastics	capacity to move your Body weight efficiently for a long time				
"Barbara"	20 pull-ups 30 push-ups 40 sit-ups 50 squats, 5 rounds for time - 3 minutes rest between rounds	Time priority	long	gymnastics	capacity to move your Body weight efficiently for a long time				
Triplets									
"Jacky"	For time: 1k row, 50 Thruster 45lbs, 30 pull ups	task priority	short-medium, glycolytic, 6-10min	gymnastics/weightlifting/monostructural	stamina, light weights				
"Helen"	3 rounds 400m run, 21 KB swings, 12 pull	task priority	short-medium, 8-12min	gymnastics/weightlifting/monostructural	stamina, light weights				

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Workout	Description	Type	Time Domain	modalities	Stimulus	Dates	Dates	Dates	Dates
Couplets									
"Fran"	21-15-9 Thruster 95/65lbs and pull ups	task priority	short, glycolytic, 3-6min	weightlifting, gymnastics	high power output over short time, medium weight				
"Elizabeth"	21-15-9 clean 135/95lbs ring dips	task priority	short, glycolytic, 3-6min	weightlifting, gymnastics	high power output over short time, medium weight				
"Diane"	21-15-9 DL 225/155lbs and handstand pushups	task priority	short, glycolytic, 3-6min	weightlifting, gymnastics	high power output over short time, medium weight				
Barbell efficiency									
"Grace"	Clean and Jerk 30 reps for 135 lbs. time	task priority	short, glycolytic, 3-6min	weightlifting	high power output over short time, medium weight, efficient oly				

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Workout	Description	Type	Time Domain	modalities	Stimulus	Dates	Dates	Dates	Dates
"Isabel"	Snatch 30 reps for 135 lbs time	task priority	short, glycolytic, 3-6min	weightlifting	high power output over short time, medium weight, efficiently				
„ZH Total“	with BW 40 DL, 30 back squats, 20 Power clean, 10 Shoulder to overhead	task priority	short-medium, 8-12min	weightlifting	high power output, relation BW/strength				
Monostructural Conditioning									
500m row		task priority	short, glycolytic, 1:15-2min	monostructural					
400m run		task priority	short, glycolytic, 50-120s	monostructural					
2k row		task priority	short-medium, glycolytic-oxidative, 6-10min	monostructural					
5k row/ run		task priority	long, oxidative	monostructural					

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Workout	Description	Type	Time Domain	modalities	Stimulus	Dates	Dates	Dates	Dates
Lifting									
1RM Back squat		task priority	Short, phosphogen	weightlifting	Max load				
1RM Front squat		task priority	Short, phosphogen	weightlifting	Max load				
1RM OH squat		task priority	Short, phosphogen	weightlifting	Max load				
1RM shoulder press		task priority	Short, phosphogen	weightlifting	Max load				
1RM bench press		task priority	Short, phosphogen	weightlifting	Max load				
1RM Dead lift		task priority	Short, phosphogen	weightlifting	Max load				
1RM weighted chin up		task priority	Short, phosphogen	weightlifting	Max load				
1RM clean & jerk		task priority	Short, phosphogen	weightlifting	Max load				
1RM power clean		task priority	Short, phosphogen	weightlifting	Max load				
1RM snatch		task priority	Short, phosphogen	weightlifting	Max load				