



## 17.5 Performance Template

### Pre Hab

Banded Shoulder Distraction Left and Right (30 seconds each side)  
Wrist Stretch Left and Right (30 seconds each side)  
Crossover Symmetry Iron Scap Protocol

### GPP Warm Up (10 mins)

*3 Rounds*  
300 Meter Row  
10 Shoulder Dislocates (O/U)  
8 Goblets Squats (Tempo with a 3 Sec Pause at Bottom) (24/16)  
5 Barbell Strict Press (Tempo with a 3 Sec Pause at Top)  
20 Plate Jumps  
5 Squat Jumps

## **Skills**

Thrusters: Focus on breathing and lockout of each rep. In fact, you shouldn't drop the bar from the top. But instead control it down.

Double Unders: Pick a steady and relaxed pace where breathing and efficiency is primary. Never work to failure and break well before that.

## **Primer Workout**

EMOM 6:

Alternating Ascending Reps

Min 1: Thrusters 7/8/9

Min 2: Double Unders 25/30/35

## **Barbell WOD Points Of Performance: Thruster**

- 1) Rack the barbell in a high elbowed, front squat position.
- 2) Strong squat to the bottom, knees out with your chest up.
- 3) Drive through your heels, exploding out of the bottom and finish the movement by pressing to locked out elbows.
- 4) Return to next repetition by absorbing weight comfortably in your front rack position by bending hips / knees.

## Strategy

### Beginner CrossFit Athletes

- If the Thruster is the limiter, break this into two sets if you expect to fail at the lockout near or around 80-90 reps (The Tenth Round).
- If Double Unders are the limiter, try and break into three sets or something manageable that allows you to keep a steady rhythm and allow you to finish under the cap.

### Intermediate CrossFit Athletes

- Thrusters try and go unbroken, make sure that you are breathing at the top of the movement.
- Double Unders: Focus on 1 break a set.

### Advanced CrossFit Athletes

- Everything is UB.
- Do not Press in either movement as the metabolic repercussions can and will be felt in Du misses which are costly in terms of time.
- We are looking for splits just around 1 min and hold the entire workout to 12 mins tops.

### Elite CrossFit Athletes

- This is a go workout. Sar and Katrins pacing was GO!
- If you watched the last two sets closely you could see Sarah press in the 8th frame on Thrusters. While she caught Katrin she then missed the Dus and left the door open for Katrin who also had a misstep but help a steady pace and got the win.
- Their rounds averaged around 40 secs a round. 18 secs a set of 9 Thrusters and 23 secs a DU Set. You will see someone go under 6 on this workout. But is Sub 5 Possible??

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