

TOP 5 AREAS WHERE MASTERS ATHLETES ARE TRAINING IMPROPERLY

FREE SAMPLE MASTERS PROGRAM



CONQUER

PURPOSE. COMMITMENT. VICTORY.

TRAINING IS THE TARGETED APPLICATION OF STRESS IN ORDER TO ELICIT A SPECIFIC DEMAND.

Within training, there are various parameters that dictate how and when these demands are met within that person. When training is performed in a manner that doesn't adhere to the strength, recovery, and adaptation curve, then progress will quickly cease. We often see this a lot with Masters athletes for a variety of reasons. However, the most prevalent one deals with training programs. Too often, athletes are looking for a quick fix. They go after the next "sure thing" program that they can follow because someone else had success doing it. The thing is, yes, this may work for a few people, however, for those athletes who are looking to continually improve and drive adaptation, this will only work for a short amount of time.

Why might this only work for a short amount of time?

Simply put, genetic differences. Everyone is built differently and everyone requires something different. Let me explain:

MOVEMENT SELECTION.

The movements we select for an exercise should be driven off of people's anatomical differences. We have to choose the movement that will create the right prescription around the stimulus for what needs to be built. Along with that, the movement selection can also be selected around that person's neurological susceptibility and joint integrity. Taking it one step further, that person's imbalances, weak points, and fatigue factors should also dictate what movements are selected



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and when they are put in. If someone has a weak point with different positions of a lift, then they need to train those areas to get stronger around proper movement selection. If someone has a specific fatigue factor with a specific dynamic contraction, then they need to train that movement in a specific way to build capacity there. As you can see, movement selection plays a huge role in development. When you are not following the right program, you will not be hitting what you need to based on who you are and what you need to focus on.

STIMULUS.

As I mentioned above, training comes down to applying the right stimulus at the right time to drive adaptation. Where we see people training improperly also lies with the what, where, and when of the stimulus being applied. Everyone is different, and each person responds differently to the stimulus being presented. What matters here is that if you react too “hard” to the stimulus and it takes a big toll on you, then you will need a longer recovery time or you will get overtrained. On the opposing side, if you don’t respond “enough” to that stimulus, then you will need more in your training to drive your baseline up. When people are training improperly, they are usually on one side or the other here.

IMBALANCES.

Each person has certain imbalances within their body that can lead to movement inefficiencies, movement manipulation, or poor movement. Now, beyond the movement part, these imbalances can and will creep up, and with improper training will lead to injury or burnout. When people are training improperly they often rarely check in or check up on their imbalances and this leads to injuries in the long haul. We see this occur a lot with people who



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do big training programs or just “start up” with someone else’s program, never taking into account where they are from a body standpoint. The most important thing someone can do is to take the time to assess and build around these imbalances over time. This will create a broader landscape for them to grow upon within their training and longevity.

RECOVERY PROTOCOLS.

Inside our bodies is what I like to refer to as a “bank account.” This bank account basically supplies our system with what it needs around the stressors that we put on it throughout the day. Now, we do not have an endless supply. So, if we apply too much stimulus relative to what we have in the account, then we will go into some stage of fatigue or overtraining. Where we see people training improperly often relates to their focus on refilling their internal “bank account” (or lack thereof). The most important thing we can do once we finish training is let our body recover. The thing is, each person needs something slightly different to recover. Or, reach a parasympathetic state to allow their body to recover. A great program for that person will also focus on the athlete’s needing to refill their bank account in order for true recovery to take place.

INTENSITY.

This one aspect of training has done more harm for many people than anything else. Why would I say that? Doesn’t intensity drive adaptation? Yes it does. However, intensity also drives overtraining! Each person requires different amounts of intensity at different times of the training year. What is intense for one person, may not be for another. One of the biggest ways we see people training improperly is when they are applying too



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much intensity, and thus never allowing their bodies to recover. They are constantly driving up their cortisol, chasing the feeling of a “hard” workout and thus crushing their testosterone levels and inching closer and closer to being overtrained. On the flip side, for some Masters athletes, we often see them not training with enough intensity at specific times and thus their rate of progression stagnates. Intensity needs to be applied in a careful manner to allow for its magic to take place. Otherwise, you will misuse it and find yourself like Anakin Skywalker limbless on the hill.

BONUS:

As a bonus, another reason Masters athletes are training improperly is simply that they are doing the wrong program! Too many coaches and athletes chase the most recent “method” of training hoping that it will provide this new doorway into their fitness that they never were able to open up. Newsflash, people, that doesn’t work! If you want results, stick to the principles of what you need to improve and do so in a manner that drives the right adaptation for you while also allowing for recovery and progression.

If you are unsure about where and what you should be doing, we would love to hear from you!

Set up a free consultation with us at conquerathlete.com (or email help@conquerathlete.com) and see how we can help guide you to your greatest potential for success.

—Jason Leydon



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WEEK 1

Week 1	Day 1	Day 2	Day 3
<div><div><div></div><div>Monday</div></div><div><div></div><div></div><div></div></div></div> <div>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</div> <div><div>A) Behind the Neck Snatch Grip Push Jerk</div><div>x3 reps @ 60% x3 reps @ 70% x3 reps @ 80% x2 reps @ 90% x 3 sets</div></div> <div><div>B) 3 position clean.</div><div>ground + top of knee @ 70-75% for 5 sets</div></div> <div><div>C1) Back Squat</div><div>x.5.x1 1 rep x 4 sets @ 80%</div></div> <div><div>C2) Supinated Barbell Bent Over Row.</div><div>x8-10x . 4 sets</div></div> <div><div>D) Workout.</div><div>every 3 minutes x 15 minutes 10 DB thrusters, 50/35# 10 T2B 10 burpees</div></div>	<div><div><div></div><div>Tuesday</div></div><div><div></div><div></div><div></div></div></div> <div>Lateral banded steps x 20/side x2 Lateral banded step overs x 10/side x 2 @ knee height for band Quadruped hip ext. x 10 x2 ...</div> <div><div>A) Power Clean from blocks and pause in catch for 2sec.</div><div>60x3 70x3 (3) 75x3 (3) 80x2 (3)</div></div> <div><div>B) Power Snatch, from blocks and pause in catch for 2 sec.</div><div>60x5 70x5 (3) 75x5 (3)</div></div> <div><div>C1) Single leg Good Mornings.</div><div>x6-8/side x 3</div></div> <div><div>C2) DB press.</div><div>x10x3</div></div> <div><div>C3) Skull Crushers.</div><div>x12-15x3</div></div> <div><div>D) Workout.</div><div>10.9.8..1 UB burpee box jump overs for time, 24/20" 50 double unders after each set.</div></div> <div><div>E) conditioning</div><div>this can be done in the PM as needed 30 minute steady state jog.</div></div>	<div><div><div></div><div>Wednesday</div></div><div><div></div><div></div><div></div></div></div> <div>couch stretch x :30 pigeon pose x :30 Half kneeling ankle flexion x :30 ...</div> <div><div>A) Back Squat.</div><div>5sec. lower 3 reps OT2 minutes for 5 sets @ 70% of BS</div></div> <div><div>B) High Hang Clean.</div><div>x5x3</div></div> <div><div>C) Turkish Get Up.</div><div>60 reps @ 55/35# KB</div></div> <div><div>D) Workout.</div><div>25/19 cal row 7-10 strict HSPU 20 UB wall balls, 20/14# 15 hang power cleans, 115/80 25/19 cal bike erg rest 3:30 bt rounds 5 rounds work on getting the same times each round</div><div>if you don't have a bike erg - sub in 200m run or 16/12 cal aB</div></div>	

Day 4
<input type="checkbox"/> Rest day <div> Rest day </div>



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WEEK 1

Day 5	Day 6	Day 7
<input type="checkbox"/> Friday <div> <div> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </div> <div> A) Close Grip OHSQ. 60x4 70x4 80x4 85x2 (3) % is off snatch. </div> <div> B) Clean + Jerk + Clean. Work up to a good hit in this complex in 5 sets </div> <div> C1) Back Squat. 70% for 3-4 speed reps out of the bottom x4 sets if speed slows then stop set </div> <div> C2) KB high row 6-8/side x 4 sets </div> <div> C3) side lying DB ext. rot. x10/side x4 </div> <div> D) Workout. minute 0-10:00 1700/1500m row minute 10:00 - 20:00 amrap 1.2.3.4.5.6... CTB pull up DB push jerk, 55/35# per hand </div> <div> E) conditioning **do this in pm if you have time. 1k run - holding 80% rest 2 minutes x3 </div> </div>	<input type="checkbox"/> Saturday <div> <div> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </div> <div> A) Snatch grip DL. 80% x 5x4 with 3sec. lower each time </div> <div> B) Clean grip RDL and pause @ knee 5 sec. pause @ knee add bands for tension x4 reps x 4 sets @ 70% on barbell of max clean </div> <div> C1) Bench Press x5x5 </div> <div> C2) Banded Face Pulls x20x5 </div> <div> D1) Sandbag carry 200'x . 2 for max weight </div> <div> D2) Reverse Sled Drag x200' x 2 for max weight </div> <div> E) sprint work. :15 max effort aB rest 3 minutes x5 </div> </div>	<input type="checkbox"/> Rest day <div> <div>Rest day</div> </div>



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WEEK 2

Week 2		+ Day 8		+ Day 9		+ Day 10	
<div><div></div><div>Monday</div></div>	<div><div></div><div></div></div>	<div><div></div><div>Tuesday</div></div>	<div><div></div><div></div></div>	<div><div></div><div>Wednesday</div></div>	<div><div></div><div></div></div>		
<div>Prone i.Y.T x 5/direction x 2</div> <div>SA bottoms up kb press x 10/side x 2</div> <div>KB oh support walk x 50'/side x 2</div> <div>...</div>		<div>Lateral banded steps x 20/side x2</div> <div>Lateral banded step overs x 10/side x 2 @ knee height for band</div> <div>Quadruped hip ext. x 10 x2</div> <div>...</div>		<div>couch stretch x :30</div> <div>pigeon pose x :30</div> <div>Half kneeling ankle flexion x :30</div> <div>...</div>			
<div>A) Behind the Neck Snatch Grip Push Jerk</div> <div>x3 reps @ 60%</div> <div>x3 reps @ 70%</div> <div>x3 reps @ 80%</div> <div>x2 reps @ 90%</div> <div>x1 reps @ 100% (2)</div> <div>x1 rep @ 105% (2)</div>		<div>A) Power Clean from blocks and pause in catch for 2sec.</div> <div>60x3</div> <div>70x3</div> <div>75x3</div> <div>80x2 (4)</div>		<div>A) Frankenstein Front Squat</div> <div>5sec. lower</div> <div>work up to a tough negative w/ still good form on the concentric portion in 4 attempts</div>			
<div>B) 2 position clean.</div> <div>ground + top of knee</div> <div>work up to a tough set in this complex in 5 attempts</div>		<div>B) Power Snatch, from blocks and pause in catch for 2 sec.</div> <div>60x5</div> <div>70x5</div> <div>75x5 (4)</div>		<div>B) Tall Clean pull under.</div> <div>x5x4</div>			
<div>C1) Back Squat</div> <div>x10.x1</div> <div>1 rep x 5 sets @ same weight as last week.</div>		<div>C1) Single leg Good Mornings.</div> <div>x6-8/side x 3</div> <div>add 10 pounds from last week</div>		<div>C) KB windmills.</div> <div>x10/side x 3 sets</div>			
<div>C2) Supinated Barbell Bent Over Row.</div> <div>x8-10x . 4 sets</div>		<div>C2) DB press.</div> <div>x10x3</div> <div>add 10 pounds from last week.</div>		<div>D) Workout.</div> <div>15 DL @ 135/95</div> <div>10 OHSQ @ 135/95</div> <div>15 burpees over the bar</div> <div>10 Bar MU (done in 2-3 controlled sets)</div> <div>15 cal on AB</div> <div>rest 3:30</div> <div>x5 sets</div>			
<div>D) Workout.</div> <div>5.4.3.2.1</div> <div>rope climb</div> <div>DB box step overs, 50/35# per hand @ 24/20" x 10 reps after each climb</div>		<div>C3) Skull Crushers.</div> <div>x12-15x3</div>					
		<div>D) Workout.</div> <div>top of every 5 minutes</div> <div>500m row @ 2K pace</div> <div>then recovery with Nose/mouth breathing on bike erg</div> <div>x5 rounds</div>					

Day 11
<input type="checkbox"/> Rest day <div> <div>Rest day</div> </div>



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WEEK 2

Day 12	Day 13	Day 14
<div> <input type="checkbox"/> Friday <div> </div> </div> <p> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </p> <div> A) Close Grip OHSQ. Heavy single </div> <div> B) Hang Clean + Jerk 60x3 65x3 70x3 singles x 4 sets rest 10 sec. bt. single @ 70% </div> <div> C1) Back Squat. 70% for 3 speed reps out of the bottom x4 sets </div> <div> C2) Max strict pull ups 4 sets </div> <div> D) Workout. 3 rounds 15-12-9-6-3 HSPU KB DL @ 70/55# per hand rst 10 minutes 15-12-9-6-3 CTB pull ups 50' SA KB oh walking lunge @ 55/35# </div>	<div> <input type="checkbox"/> Saturday <div> </div> </div> <p> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </p> <div> A) Snatch grip DL. 90% x 4x4 with 3sec. lower each time </div> <div> B) Clean grip RDL and pause @ knee 5 sec. pause @ knee add bands for tension x3 reps x 4 sets @ 80% on barbell of max clean </div> <div> C1) Bench Press x5x5 </div> <div> C2) Banded Face Pulls x20x5 </div> <div> D1) yoke zercher carry 50' for max weight in 3 attempts. </div> <div> D2) seated hand over hand sled drag. 50' for max weight in 3 attempts </div> <div> E) Single arm farmers walk walk 200m/ switching arm when you need not. each time before you walk, take 3 deep breaths then you must walk while holding breath. </div> <div> F) conditioning 1k run @ 85% rest 2 minutes x4 rounds </div>	<div> <input type="checkbox"/> Rest day <div> </div> </div> <p>Rest day</p>



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WEEK 3

Week 3	Day 15	Day 16	Day 17
<div><div><div></div><div>Monday</div></div><div><div></div><div></div><div></div></div></div> <div>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</div> <div><div>A) Behind the Neck Snatch Grip Push Jerk</div><div>work up to a tough triple in 5 sets.</div></div> <div><div>B) Clean.</div><div>quickly build to 90% then drop down to 70% and hit 1 rep on the :30 for 3 minutes</div></div> <div><div>C1) Back Squat</div><div>x.10.x.1 3 sets for a tough rep in this complex. go off ending weight from last week.</div></div> <div><div>C2) Supinated Barbell Bent Over Row.</div><div>x8-10x . 4 sets</div></div> <div><div>D) Workout.</div><div>10 rounds 3 bar MU 6 high box jumps 9 wall balls, 20/14# rest 1:30 bt. rounds</div></div>	<div><div><div></div><div>Tuesday</div></div><div><div></div><div></div><div></div></div></div> <div>Lateral banded steps x 20/side x2 Lateral banded step overs x 10/side x 2 @ knee height for band Quadruped hip ext. x 10 x2 ...</div> <div><div>A) Power Clean from blocks and pause in catch for 2sec.</div><div>work to a good triple.</div></div> <div><div>B) Snatch DL + low hang power snatch + power snatch.</div><div>60x1+1+1 65x1+1+1 70x1+1+1 (5)</div></div> <div><div>C1) Single leg Good Mornings.</div><div>x6-8/side x 4 same weight as last week.</div></div> <div><div>C2) DB press.</div><div>x10x3 add 10 pounds from last week.</div></div> <div><div>C3) Skull Crushers.</div><div>x12-15x3</div></div> <div><div>D) Workout.</div><div>:60 row holding a pace 5 sec. slower then 1K pace :60 rest x10 rounds</div></div>	<div><div><div></div><div>Wednesday</div></div><div><div></div><div></div><div></div></div></div> <div>couch stretch x :30 pigeon pose x :30 Half kneeling ankle flexion x :30 ...</div> <div><div>A1) barbell back rack bulgarain split squat.</div><div>5/side x 3 sets</div></div> <div><div>A2) Weighted back ext.</div><div>x10x3</div></div> <div><div>B) Turkish Get Up.</div><div>50 reps @ 35/24# every 10 reps do 50 double unders</div></div> <div><div>C) Workout.</div><div>5 rounds 10 OHSQ, 95/65 10 T2B 10 cal on aB 10 PC, 95/65 40/32 cal row rest 3:00 bt. rounds</div></div> <div><div>D) Finisher:</div><div>HSW work 50' in 5' increments 25' out and 25' back. for 5 sets</div></div>	

Day 18
<input type="checkbox"/> Rest day <div> <div>Rest day</div> </div>



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WEEK 3

Day 19	Day 20	Day 21
<div> <input type="checkbox"/> Friday <div> </div> </div> <p> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </p> <div> A) Snatch + OHSQ. 70-75%OTM for 10 minutes </div> <div> B) Clean + Jerk 60x2 65x2 70x2 80x1.1 x 4 (rest :20/ rest :60) </div> <div> C1) Back Squat. 70% for 4 speed reps out of the bottom x4 sets </div> <div> C2) Barbell bent over row. 3020 tempo x7-9x 4 sets </div> <div> D) Workout. 5 rounds 10 kipping HSPU 15 hang squat cleans @ 95/65 </div>	<div> <input type="checkbox"/> Saturday <div> </div> </div> <p> Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ... </p> <div> A) Snatch grip DL. 95% x 4x4 with 3sec. lower each time </div> <div> B) Clean grip RDL and pause @ knee 5 sec. pause @ knee add bands for tension x4 reps x 4 sets @ same weight as last week </div> <div> C1) Bench Press x5x5 </div> <div> C2) Banded Face Pulls x20x5 </div> <div> D1) Trap bar DL w/ bands. 3 speed singles off the ground w/ a controlled lower for 3 sets @ 65% </div> <div> D2) Prone I.Y.T x6/movement x 3 sets </div> <div> E) OTM 1 = 10-15 CTB pull ups - work on butterfly position if you have it 2 = 15 GHD sit ups 3 = 10 banded russain kb swings 4 = 10 burpees over barbell aFAP 5 = rest x15 minutes </div>	<div> <input type="checkbox"/> Rest day <div> </div> </div> <p>Rest day</p>



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WEEK 4

Week 4	⊕ Day 22	⊕ Day 23	⊕ Day 24
<div><div><div></div><div>Monday</div><div></div></div><div>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</div></div>	<div><div><div></div><div>Tuesday</div><div></div></div><div>Lateral banded steps x 20/side x2 Lateral banded step overs x 10/side x 2 @ knee height for band Quadruped hip ext. x 10 x2 ...</div></div>	<div><div><div></div><div>Wednesday</div><div></div></div><div>couch stretch x :30 pigeon pose x :30 Half kneeling ankle flexion x :30 ...</div></div>	
<div><div><div>A) No Touch Snatch + OhSQ</div><div>60x3 65x3 70x3 x 5 sets</div></div><div><div>B) Clean.</div><div>build up to a tough single then drop down to 70% of that and hit 20 reps for time.</div></div></div>	<div><div><div>A) Hang Power Snatch.</div><div>60x3 65x3 70x3 (3) 75x3 (3)</div></div><div><div>B) Clean Grip RDL.</div><div>8 reps x 4 sets @ 85% of clean 2020 tempo</div></div></div>	<div><div><div>A1) barbell back rack bulgarain split squat.</div><div>5/side x 4 sets same weight as last week</div></div><div><div>A2) Weighted back ext.</div><div>x10x4 same weight as last week</div></div></div>	
<div><div><div>C1) Back Squat</div><div>70-75% for 4 fast reps x 4 sets</div></div><div><div>C2) Supinated Barbell Bent Over Row.</div><div>x8-10x . 4 sets add weight from last week.</div></div></div>	<div><div><div>C1) Snatch lift off and pause @ knee for 3 sec.</div><div>90x3x4</div></div><div><div>C2) DB press.</div><div>10x4 same weight as last week</div></div><div><div>C3) Skull Crushers.</div><div>x12-15x4 same weight and reps as last week</div></div><div><div>D) Workout.</div><div>OTM x 7 rounds minute 1 = 15/12 cal row minute 2 = 15/12 cal AB minute3 = 200m run minute 4 = rest</div></div></div>	<div><div><div>B) 1/4 Front squat.</div><div>90% x 5 100% x 5 105% x 5</div></div><div><div>C) Workout.</div><div>15 hang squat cleans, 115/80# 100 double unders 15 barbell facing burpees 15 T2B 500m ski erg rest 3:30 x5 rounds here switch up order each time and keep all rounds the same.</div></div></div>	







Day 25
<input type="checkbox"/> Rest day <div> Rest day </div>



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WEEK 4

⊕ Day 26	⊕ Day 27	Day 28
<input type="checkbox"/> Friday   <p>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</p> <p>A) Snatch + OHSQ. 80%OTM for 10 minutes</p> <p>B) Clean + Jerk 60x2 65x2 70x2 80x2 85x1 90x1 80x2 85x1 90x1</p> <p>C) Barbell bent over row. 3020 tempo x7-9x 4 sets</p> <p>D) Workout. 10 rounds for time of: 5 kipping HSPU 15 UB wall balls, 20/14# 45 sec. row @ 1K pace rest :90 after each round actively walking around</p>	<input type="checkbox"/> Saturday   <p>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</p> <p>A) Snatch grip DL. 100% x 4x4 with 3sec. lower each time</p> <p>B) Dead lift from 2" platform work up to a good single</p> <p>C1) Bench Press x5x5 add 10 pounds from last week</p> <p>C2) KB row. 5/side x 5 3020 tempo</p> <p>D) Prone I.Y.T x8/movement x 3 sets same weight as last week</p> <p>E) OTM x 20 minutes minute 1 = CTB pull ups +2 from last week minute 2 = SB carry in bear hug position x 100' minute 3 = heavy sled push for 100' minute 4 = :20 sprint on rower</p> <p>F) conditioning 800m run @ 85-90% rest 2 minutes x5</p>	<input type="checkbox"/> Rest day   <p>Rest day</p>



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WEEK 5

Week 5		+ Day 29		+ Day 30		+ Day 31	
<div><div></div><div>Monday</div></div>	<div><div></div><div>Tuesday</div></div>	<div><div></div><div>Wednesday</div></div>					
<div>Prone i.Y.T x 5/direction x 2</div> <div>SA bottoms up kb press x 10/side x 2</div> <div>KB oh support walk x 50'/side x 2</div> <div>...</div>		<div>Lateral banded steps x 20/side x2</div> <div>Lateral banded step overs x 10/side x 2 @ knee height for band</div> <div>Quadruped hip ext. x 10 x2</div> <div>...</div>		<div>couch stretch x :30</div> <div>pigeon pose x :30</div> <div>Half kneeling ankle flexion x :30</div> <div>...</div>			
<div>A) No Touch Snatch + OhSQ</div> <div>60x3</div> <div>65x3</div> <div>70x3 x 3 sets</div> <div>75x3 x 3 sets</div>		<div>A) Hang Power Snatch.</div> <div>60x3</div> <div>65x3</div> <div>70x3</div> <div>75x3</div> <div>80x2 (3)</div>		<div>A) Tall muscle clean pull under</div> <div>x3x4</div>			
<div>B1) Back Squat</div> <div>70-75% for 5 fast reps x 3 sets</div>		<div>B) Clean Grip RDL.</div> <div>8 reps x 4 sets @ 90% of clean</div> <div>2020 tempo</div>		<div>B) Pressing Sn balance.</div> <div>x5x4</div>			
<div>B2) Supinated Barbell Bent Over Row.</div> <div>x8-10x 3 sets</div> <div>add weight from last week.</div>		<div>C1) Snatch lift off and pause @ knee for 3 sec.</div> <div>95x3x4</div>		<div>C) 1/4 Front squat.</div> <div>90% x 5</div> <div>100% x 5</div> <div>105% x 5</div> <div>110% x 5</div>			
<div>C) Workout.</div> <div>OtM for 10 minutes</div> <div>2 DL + 2 cleans + 2 thrusters, 155/105</div> <div>rest 5 minutes</div> <div>5.4.3.2.1</div> <div>burpee bar MU</div> <div>30/24 cal on AB</div> <div>rest 5:00</div> <div>x2</div>		<div>C2) DB press.</div> <div>10x4</div> <div>same weight as last week</div> <div>C3) Skull Crushers.</div> <div>x12-15x4</div> <div>same weight and reps as last week</div>		<div>D) Workout.</div> <div>5 rounds</div> <div>20 cal row</div> <div>15 kipping HSPU</div> <div>20 cal row</div> <div>30 wall balls, 201/4#</div> <div>20 cal row</div> <div>rest 5:00 bt. rounds</div> <div>get faster each time</div>			
		<div>D) Workout.</div> <div>OTM x 5 rounds</div> <div>minute 1 = 18/15 cal row</div> <div>minute 2 = 18/15 cal AB</div> <div>minute3 = 18/15 burpees over erg</div> <div>minute 4 = rest</div> <div>**building from last week..</div> <div>**if you couldn't maintain the output last week, then stay @ those numbers again.</div>					







Day 32
<input type="checkbox"/> Rest day <div>Rest day</div>



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WEEK 5

Day 32	Day 33	Day 34
<div> <input type="checkbox"/> Thursday   </div> <p>A) Swimming Day. Pool Workout: 11/29/18 Spend 10-15 min working on "Fingertip Drag Drill" https://www.youtube.com/watch?v=0onbhg7qYYU Focus on high elbow during the recovery portion of your stroke and keeping the arm as relaxed as possible to minimize fatigue.</p> <p>then</p> <p>"Crossfit 300 yd swim" 25 yd swim 21 Dips 25 yd swim 21 Lunges 25 yd swim 21 Push Ups 25 yd Swim 21 Air Squats</p> <p>repeat 25 yd swim and then w/ 15 reps and then 9 reps for a total of 300 yds swimming and 45 reps for each.</p>	<div> <input type="checkbox"/> Friday   </div> <p>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</p> <p>A) Snatch. 60x2 65x2 70x2 80% OTM for 5 minutes 85% OTM for 5 minutes</p> <p>B) Clean + Jerk 60x2 65x2 70x2 80x2 x 4 sets</p> <p>C) Back Squat. 60x1 65x1 70x1 80x1 85x1 90x1 80xamrap @ 2020 tempo</p> <p>D) Workout. 21-15-9 double kb snatch, 35/24# per hand CtB pull ups rest 5:00 x2 sets compare times to each effort</p>	<div> <input type="checkbox"/> Saturday   </div> <p>Prone i.Y.T x 5/direction x 2 SA bottoms up kb press x 10/side x 2 KB oh support walk x 50'/side x 2 ...</p> <p>A) Power Clean from blocks. pause in catch for 3 sec. 60x3 65x3 70x3 75x3 (3)</p> <p>B) Snatch RdL. 80%x4x4</p> <p>C1) Bench Press x6x5 same weight as last week</p> <p>C2) Side lying db ext. rot. 10/side x 5</p> <p>D) OTM x 24 minutes Minute 1 = :40 reverse sled drag Minute 2 = :30 yoke oh support walk Minute 3 = :20 burpee box jumps, 24/20" Minute 4 = :10 sprint on bike</p> <p>E) conditioning :30 max effort bike 4:00 x3</p>

Day 35
<div> <input type="checkbox"/> Rest day   </div> <p>Rest day</p>



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