

Functional Fitness/HIIT - 4 Days a Week - Version 1

Week 1

Monday/Day 1

-Lift:

Back Squat: 4 sets of 6 reps @ 65-70%

-WOD:

3 rounds for time-

15 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

15 Bar Facing Burpees

(Time Cap: 12 min)

Tuesday/Day 2

-Lift:

Squat Snatch:

6 sets of 3 reps @ 50-65% build up by feel

-WOD:

7 min AMRAP (As Many Rounds as Possible)-

12 Alt DB Power Snatch L1: (50/35) L2: (40/25) L3: (30/20)

9 Toes to Bar (Scale to Hanging Leg Raises)

6/4 Cal Bike

Thursday/Day 4

-Lift:

Power Clean and Push Jerk:

10 min EMOM-

5 Touch n Go Reps @ 40-45%

-WOD:

For Time-

50 cal row

40 Pushups

30 DB Push Press L1: (50/35) L2: (40/25) L3: (30/20)

20 Kettlebell Swings L1: (70/53) L2: (53/35) L3: (45/26)

(Time Cap: 12 min Cap)

Friday/ Day 5

-Lift:

Deadlift: 4 sets of 6 @ 65-70%

-WOD:

Every 2 min for 20 min:

200m run

Week 2

Monday/Day 8

-Lift:

Back Squat: 5 sets of 5 reps @ 70-75%

-WOD:

21-15-9

Box Jumps L1: (30in/24in) L2: (24/20)

Power Cleans L1: (115/75) L2: (95/65) L3: (65/45)

(Time Cap: 10 min)

Tuesday/Day 9

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 6 Bench Press @ 65-75%

Odd: 12 Bent Barbell Rows

-WOD:

8 min AMRAP:

12 Overhead Squats L1: (95/65) L2: (75/55) L3: (55/35)

9 Bar Facing Burpees

6 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

Thursday/Day 10

-Lift:

Clean and Jerk:

6 sets of 3 reps @ 50-65% build up by feel

-WOD:

4 rounds-

25 Wall Balls L1: (20/14) L2: (14/10) L3: (10/8)

400m run

(Time Cap: 20 min)

Friday/Day 11

-Lift:

Deadlift: 5 sets of 5 reps @ 70-75%

-WOD:

3 rounds-

10 Power Snatch L1: (95/65) L2: (75/55) L3: (55/35)

10 Cal Row

10 GHD Situps

(Time Cap: 12 min)

Week 3

Monday/Day 14

-Lift:

Back Squat: 6 sets of 4 @ 75-80%

-WOD:

12 min AMRAP:

15 Pushups

12/9 Cal Row

9 Chest to Bar Pullups (Scale to normal pullups/jumping pullups)

Tuesday/Day 15

-Lift:

Squat Snatch:

2 sets of 3 reps @ 55-65%

4 sets of 2 reps @ 65-75%

-WOD:

4 rounds-

8 Push Jerks L1: (185/125) L2: (135/95) L3: (95/65)

8 Bar Facing Burpees

8 Deadlifts

(Time Cap: 10 min)

Thursday/Day 17

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 5 Strict Press @ 70-80%

Odd: 10 Bent Barbell Rows

-WOD:

10-9-8-7-6-5-4-3-2-1

DB Power Clean L1: (50/35) L2: (40/25) L3: (30/20)

Toes to Bar (Scale to Hanging Leg/Knee Raises)

(Time Cap: 10 min)

Friday/Day 18

-Lift:

Deadlift: 6 sets of 4 reps @ 75-80%

-WOD:

5 rounds-

5 Front Squats L1: (135/95) L2: (115/75) L3: (95/65)

10 Alternating DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)

15 Box Jumps (24/20)

(Time Cap: 18 min)

Week 4

Monday/Day 21

-Lift:

Power Snatch:

10 min EMOM-

4 Touch n Go Reps @ 45-50%

-WOD:

5 rounds for time-

10 overhead squats L1: (95/65) L2: (75/55) L3: (55/35)

10 bar facing burpees

(Time Cap: 13 min)

Tuesday/Day 22

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 5 Bench Press @ 70-80%

Odd: 3-10 Strict Pullups (Scale to Banded Pullups, Ring Rows)

-WOD:

2 rounds-

200m Double KB Farmers Carry L1: (53/35) L2: (45/26) L3: (35/18)

20 Double KB Box Step Overs L1: (53/35) L2: (45/26) L3: (35/18)

10/8 Cal Assault Bike

(Time Cap: 20 min)

Thursday/Day 24

-Lift:

Clean and Jerk:

2 sets of 3 reps @ 55-65%

4 sets of 2 reps @ 65-75%

-WOD:

500m row

400m run

30 Front Squats L1: (135/95) L2: (115/75) L3: (95/65)

400m run

500m row

(Time Cap: 14 min)

Friday/Day 25

-Lift:

Deadlift: 6 sets of 3 reps @ 80-85%

-WOD:

6 min AMRAP:

6 Burpee Box Jump Overs (24/20)
12 DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)
~rest 2 min
6 min AMRAP:
50 Double Unders
12 DB Hang Clean and Jerk L1: (50/35) L2: (40/25) L3: (30/20)

Week 5

Monday/Day 28

-Lift:
Back Squat: 5 sets of 2 @ 85-90%
-WOD:
4 rounds-
250m row
10 Chest to Bar Pullups
12 Double DB Power Cleans (to Floor) L1: (50/35) L2: (40/25) L3: (30/20)
~rest 2 min
(Time Cap: 18 min)

Tuesday/Day 29

-Lift:
Squat Snatch:
2 sets of 3 reps @ 60-70%
3 sets of 2 reps @ 70-80%
3 sets of 1 rep @ 80-90%
-WOD:
30-20-10
Power Clean L1: (95/65) L2: (75/55) L3: (55/35)
Push Press L1: (95/65) L2: (75/55) L3: (55/35)
(Time Cap: 10 min)

Thursday/Day 31

-Lift:
12 min Alternating EMOM (Every Minute on the Minute):
Even: 4 Strict Press @ 75-85%
Odd: 8 Bent Barbell Rows
-WOD:
6 min AMRAP:
5 HSPU
30 Double Unders

Friday/Day 32

-Lift:

Power Clean and Push Jerk:

10 min EMOM-

3 Touch n Go Reps @ 50-60%

-WOD:

5 rounds-

200m run

10 Burpee Box Jump Overs (24/20)

10 Toes to Bar

(Time Cap: 24 min)

Week 6

Monday/Day 35

-Lift:

Back Squat: Work up to a Heavy 1 RM single

-WOD:

5 rounds-

15 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

8 Chest to Bar Pullups

(Time Cap: 13 min)

Tuesday/Day 36

-Lift:

Squat Snatch:

10 min EMOM-

3 Touch n Go Reps @ 50-60%

-WOD:

6 min AMRAP:

8 Ring Dips

7 Shoulder to Overhead L1: (135/95) L2: (115/75) L3: (95/65)

6 Bar Facing Burpees

Thursday/Day 38

-Lift:

Squat Clean and Split Jerk:

2 sets of 3 reps @ 60-70%

3 sets of 2 reps @ 70-80%

3 sets of 1 rep @ 80-90%

-WOD:

For Time:

50 Cal Bike

100 KBS L1: (53/35) L2: (35/26) L3: (26/18)

50 Toes to Bar (Scale to Knee Raises)
100 Box Jumps (24/20)
50 Cal Bike
(Time Cap: 20 min)

Friday/Day 39

-Lift:
Deadlift: Work up to a Heavy 1 RM single
-WOD:
12 min AMRAP:
10 Strict HSPU (Scale to kipping/Box Pike Pushups)
8 Double DB Snatches L1: (50/35) L2: (40/25) L3: (30/20)
6 DB Burpees L1: (50/35) L2: (40/25) L3: (30/20)

Week 7

Monday/Day 42

-Lift:
Back Squat:
2 sets of 5 @ 70%
3 sets of 3 @ 80%
-WOD:
3 rounds-
20 DB Front Rack Reverse Lunges L1: (50/35) L2: (40/25) L3: (30/20)
100 Double Unders
(Time Cap: 12 min)

Tuesday/Day 43

-Lift:
12 min Alternating EMOM (Every Minute on the Minute):
Even: 3 Strict Press @ 80-85%
Odd: 6 Bent Barbell Rows
-WOD:
Rowing Sprints-
8 rounds-
250m/200m row
~ rest 90 min

Thursday/Day 45

-Lift:
Squat Clean and Split Jerk:
Work up to a heavy Single 1RM Clean and Jerk
-WOD:

"Kelly"

5 rounds for time:

400m run

30 Box Jumps (24/20)

30 Wall Balls L1: (20/14) L2: (14/20) L3: (10/8)

(Time Cap: 30 min)

Friday/Day 46

-Lift:

Deadlift:

2 sets of 5 @ 70%

3 sets of 3 @ 80%

-WOD:

5 rounds for time-

10 1 arm DB hang clean & jerk L1: (50/35) L2: (40/25) L3: (30/20)

8 Push-ups

6 Pullups (scale to jumping pullups)

(Time Cap: 12 min)

Week 8

Monday/Day 49

-Lift:

Back Squat:

2 sets of 4 @ 75%

3 sets of 2 @ 85%

-WOD:

9 min AMRAP:

20 Double DB Deadlifts L1: (50/35) L2: (40/25) L3: (30/20)

16 Double DB Box Step Overs (53/35) (24/20)

Tuesday/Day 50

-Lift:

Squat Snatch:

Work up to a heavy Single 1RM Squat Snatch

-WOD:

Open WOD 12.2:

AMRAP in 10 minutes (Scale weights according to 1RM)

30 Snatches (75/45) ~30%

30 Snatches (135/75) ~ 55%

30 Snatches (165/100) ~65%

Max Snatches (210/120) ~85%

Thursday/Day 52

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 3 Bench Press @ 80-85%

Odd: 3-10 Strict Pullups

-WOD:

For Time:

25 Toes to Bar

50 KB Swings L1: (53/35) L2: (45/26) L3: (35/18)

25 Toes to Bar

50 KB Swings

25 Toes to Bar

(Time Cap: 12 min)

Friday/Day 53

-Lift:

Deadlift:

2 sets of 4 @ 75%

3 sets of 2 @ 85%

-WOD:

5 rounds ea for time: (all out sprints)

15/10 Cal Bike

200m run

~rest 2 min

(Time Cap: 14 min)

Week 9

Monday/Day 56

-Lift:

Back Squat:

2 sets of 5 @ 75%

3 sets of 3 @ 85%

-WOD:

3 rounds-

20 Double DB Box Step Overs L1: (50/35) L2: (40/25) L3: (30/20)

20 Double DB Power Cleans L1: (50/35) L2: (40/25) L3: (30/20)

20 Toes to Bar

(Time Cap: 18 min)

Tuesday/Day 57

-Lift:

12 min Alt EMOM:

Even: 3 Squat Snatch @ 65-75%

Odd: 4-10 Burpee Box Jump Overs

-WOD:

7 min AMRAP:

10 Overhead Squats L1: (95/65) L2: (75/55) L3: (55/35)

8 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

30 Double Unders

Thursday/Day 59

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 2 Strict Press @ 85-90%

Odd: 5 Bent Rows

-WOD:

For Time-

30/20 cal row

50 Wall Balls (20/14)

30 HSPU (Scale to Box Pike HSPU, Pushups)

50 Wall Balls

(Time Cap: 14 min)

Friday/Day 60

-Lift:

Every 3 min for 15 min:

2 Squat Clean + 4 Front Squat @ 65-75% of C&J

-WOD:

3 rounds-

400m run

~rest 90 sec

200m run

~rest 1 min

(Time Cap: 20 min)

Week 10

Monday/Day 63

-Lift:

12 min Alt EMOM:

Even: 2 Squat Snatch @ 70-80%

Odd: 4-10 Bar Facing Burpees

-WOD:

2 rounds-

21 DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)

150 Double Unders

9 Ring Muscle Ups (Scale to C2B, BMU, Pullups, Ring rows)

(Time Cap: 14 min)

Tuesday/Day 64

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 2 Bench Press @ 85-90%

Odd: 3-10 Strict Pullups (Scale to Ring Rows, Banded)

-WOD:

Death by BFB + Thruster-

Min 1:

1 BFB + 1 Thruster L1: (95/65) L2: (75/55) L3: (55/35)

Min 2:

2 BFB + 2 Thrusters

Min 3:

3 BFB + 3 Thruster

....until the reps cannot be completed in the minute

(Athletes will complete a minimum of 7 rounds, regardless of missing times)

(Time Cap: 16 min)

Thursday/Day 66

-Lift:

Every 3 min for 15 min:

2 Squat Clean + 2 Front Squat @ 70-80% of C&J

-WOD:

Power Clean Elizabeth:

21-15-9

Power Clean L1: (135/95) L2: (115/75) L3: (95/65)

Ring Dips (add band if needed or toes on ground)

(Time Cap: 12 min)

Friday/Day 67

-Lift:

Deadlift:

2 sets of 4 @ 75-80%

3 sets of 2 @ 85-90%

-WOD:

For Time:

3 rounds ea for time:

15/10 Cal Bike
7 Devil's Press L1: (50/35) L2: (40/25) L3: (30/20)
12 Double DB Box Step Ups (24/20)
~rest 2 min
(Time Cap: 16 min)

Week 11

Monday/Day 70

-Lift:

Back Squat:

2 sets of 3 @ 80-85%

2 sets of 2 @ 85-90%

2 sets of 1 @ 90-95%

-WOD:

For Time:

60 Single DB Box Step Ups L1: (50/35) L2: (40/25) L3: (30/20)

40 DB Alt Power Snatch

20 Lateral Burpee Box Jump Overs

(Time Cap: 12 min)

Tuesday/Day 71

-Lift:

12 min Alt EMOM:

Even: 2 Squat Snatch @ 75-85%

Odd: 5-15 Box Jump (24/20)

-WOD:

For Time:

45 Push Press L1: (95/65) L2: (75/55) L3: (55/35)

200m run

30 Push Press

200m run

15 Push Press

200m run

(Time Cap: 12 min)

Thursday/Day 73

-Lift:

Work up to a 1 RM Squat Clean

-WOD:

15-12-9

HSPU

Box Jump Overs (30/24)

~rest 1 min

25 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

1000m row

(Time Cap: 15 min)

Friday/Day 74

-Lift:

Deadlift:

2 sets of 3 @ 80-85%

2 sets of 2 @ 85-90%

2 sets of 1 @ 90-95%

-WOD:

Bike Sprints:

3 rounds-

30/20 Cal Bike all out (or max cal in 2 min)

~rest 3 min

Week 12

Monday/Day 77

-Lift:

Work up to a heavy single on Back Squat

-WOD:

4 rounds-

16 Reverse Single Arm OH DB Lunges L1: (50/35) L2: (40/25) L3: (30/20)

16 DB Alt Power Snatch

(Time Cap: 10 min)

Tuesday/Day 78

-Lift:

Work up to a 1RM Squat Snatch

-WOD:

For Time:

60/40 Cal Row

50 Bar Facing Burpees

40 Toes to Bar

(Time Cap: 16 min)

Thursday/Day 80

-Lift:

Work up to a 1 RM Bench Press

~then~

-25% for 3 sets of 3

-WOD:

12 min AMRAP:

200m run

15 Pushups

10 KBS L1: (70/53) L2: (53/45) L3: (45/35)

5 Ring Dips

Friday/Day 81

-Lift:

10 min Alt EMOM:

Even: 3 Touch n Go Power Cleans @ 65-75%

Odd: 5-10 Bar Facing Burpees

-WOD:

10 min AMRAP:

9 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

35 Double Unders