

Training 1

Weightlifting/Strength:

Snatch Pull + Power Snatch + Hang Snatch

1. Find today's technical heavy 1+1+1
2. 1 set at 90-95% of the complex
3. 2 sets at 85-90% of the complex

Single Leg Deadlift

3 x 5+5

As heavy as form allows. Use 2x DBs. Focus on keeping the lower back in extension and work the hamstrings.

Gymnastics:

Gymnastics Skill Development:

6 min EMOM:

- Min 1: 30 sec Rope hang*
- Min 2: 40 sec Toes to rope*
- Min 3: 5 Rope anchor [Video](#)

* alternate hand on top

Gymnastics Conditioning:

2 rounds for time:

- 3 Rope climbs 15ft / [Rope lowering Video](#)
- 20m HSW / [4 Wall walks](#)
- 10 BMU / [Burpee pull-ups](#)
- 2 Rope climbs 15ft
- 15m HSW / [3 Wall walks](#)
- 8 BMU / [Burpee pull-ups](#)
- 1 Rope climb 15ft
- 10m HSW / [2 Wall walks](#)
- 6 BMU / [Burpee pull-ups](#)

Rest 10 min between rounds.

Each round has a 10 min time cap.

Accessory:

3 rounds for quality:

- 20 Straight arm lat pulldowns [Video](#)
- 10-15 Reversed flies [Video](#)
- 10-15 Cuban rotations [Video](#)

Repeated from last week. This kind of work is very good for your shoulders, so make sure not to skip it.

Daily Movement Drill:

Week 4/4:

Use as part of your daily warm-up.

90 seconds of Wrist flow [Video](#)

If you are new to The Program please check out our [FAQ](#) for guidance.

Training 2

Weightlifting/Strength:

Power Clean + Front Squat

1. Find today's 1 + 2RM.
 2. Every 30 sec x 10: 1 + 1 @80-90% of today's heaviest complex*.
- *Choose a weight that is challenging but you can move with speed and good form.*

Good Mornings

3 x 5

At a weight that is challenging but allows you to maintain good form.

Gymnastics:

Gymnastics Skill Development:

9 min EMOM:

- Min 1: 8-12 Gymnastic Lat flys [Video](#)
Min 2: AMRAP: Jump to hollow + 2 Kip swings [Video](#)
Min 3: AMRAP: Butterfly pull-up rhythm* [Video](#)

This is for quality. Focus on staying tight and a smooth transition between hollow and arch.
**25 sec each leg.*

CrossFit:

4 x 4min on / 2 min off alternating between A and B:

A) AMRAP:

5+5 KB Snatches 32/24kg / [24/16kg](#)
5+5 KB STOHS 32/24kg / [24/16kg](#)
10 TTB
10 Box jumps 24in M/F

B) AMRAP:

7,5m OH KB Walking lunge left arm 32/24kg / [24/16kg](#)
7,5m OH KB Walking lunge right arm 32/24kg / [24/16kg](#)
10 American KB Swings 32/24kg / [24/16kg](#)
10 Burpees to rings
5 RMU / [Ring pull-ups](#)

Aim is to keep a hard, but maintainable pace. Goal is similar scores on both rounds.
For the KB choose a weight you can move safely and keep movements unbroken with.

Daily Movement Drill:

Week 4/4:

Use as part of your daily warm-up.

90 seconds of Wrist flow [Video](#)

Training 3

Weightlifting/Strength:

Push Press + Split Jerk

1. Build to a heavy complex (3+1).
2. Drop down to 90-95% and go again (3+1).
3. Drop down to 85-90% and go again (3+1).

Back Squat

For time and load:

10-5-3-1-3-5-10.

You must use the same weight across all sets, so be a bit conservative when choosing weight. You have to know you can manage down and back up.

Conditioning:

For time:

50 cal Bike erg
50 Wallball 9/6kg 10ft M/F
50 Pull-ups
50 Box jumps 24in (M/F)

4 min Rest

40 - 40 - 40 - 40

3 min Rest

30 - 30 - 30 - 30

The aim is to move smoothly throughout the workout. At no point should there be long rest periods but a consistent smooth pace.

Accessory:

3 rounds for quality:

10-12 DB Bench press
10-12 Reverse flys [Video](#)
10-12 Bent over row

On all of these only go as heavy as form allows.

Daily Movement Drill:

Week 4/4:

Use as part of your daily warm-up.

90 seconds of Wrist flow [Video](#)

Training 4

“Training 4 : Active Recovery”

The focus for Training 4 will vary depending on your needs. Some athletes will take today as an active recovery day to keep the body moving and working at a lower intensity, some athletes may have this day as a complete rest day which is fine.

Other athletes may choose this day as one of the main focuses of the week, this should be the case if you need to develop your aerobic capacity.

We often use Rate of Perceived Exertion (RPE) in these sessions. You can find some useful information [Here](#) on RPE for those of you who are unfamiliar with the concept.

Run

Warm up/Drills:

4 rounds of:

20m High knees / 20m Bum kicks / 20m Skip run drill [Video](#)

Main Set:

For distance:

1 min at 5km pace
1 min Walking lunges
2 min at 5km pace
45 sec Walking lunges
3 min at 5km pace
30 sec Walking lunges
4 min at 5km pace
15 sec Walking lunges
5 min at 5km pace

Cool down:

800m Easy jog

Swim

Warm up/Drills:

200m Varying styles
2 x 50m Arm drills (25m single arm left, 25m single arm right)
2 x 50m “Kick with board” (25m kick on front, 25m kick on back)

Main set:

16 x 50m, rest 10 seconds:

1. 25m Stroke Strong
2. 25m Kick Strong

Swim down:

200m Easy pace, varying styles (breast, back, crawl)

The Progrm Recovery:

The focus of this session is an “easy recovery” to not only improve your movement but to get your body feeling fresh before your next training session begins.

18 min EMOM:

Min 1: KB Arm bar L [Video](#)

Min 2: KB Arm bar R

Min 3: Hands together dead hang

Min 4: Lying windmill [Video](#)

Min 5: Lacrosse ball into glutes both sides

Min 6: Unilateral hip flow [Video](#)

The goal of these sets is to be moving for 40-50 seconds of the minute.

Training 5

Plyometrics:

Prowler pushes

Every 2:30 x 5: 15m prowler push

Each effort should take below 10s, therefore choose an appropriate load. This is max effort.

Depth jumps*

10x 20inch, 10x 24inch, 10x 30inch, 5x 34inch [Video](#)

Step up with jumps*

3 x 20 alternating reps [Video](#)

Single leg broad jumps*

6 sets of 3 each leg

**Repeated from last week.*

Weightlifting/Strength:

Deadlift

1. Establish your daily 4RM, reset each rep.
2. 5 x 2 at 90% of your 4RM weight.

CrossFit:

In a 15 min window:

3 rounds for time:

9 Clusters 60/40kg

18 TTB

Time cap = 10 min

In the remaining time:

Find your daily 1RM cluster.

Accessory:

4 rounds for quality:

5 Pull-overs [Video](#)

3 Skin the cat [Video](#)

15 Prone floor angles [Video](#)

For the floor angles it is important that you keep the arms fully extended through the whole movement.

Daily Movement Drill:

Week 4/4:

Use as part of your daily warm-up.

90 seconds of Wrist flow [Video](#)

Training 6

The Program Mash

This Mash is already spicy, but if you want to spice things up more, simply add in a heavy rope to the mix...
We also get an opportunity to practice our Freestanding HSH, if this is something you really struggle with you can always add it into your daily warm up to get that practice in.
If you don't have a place to run outside you can change the final workout to a row in instead.

Buy in: 5 min to find max freestanding HSH / [HSH practice Video](#)
You have as many attempts as needed within the 5 minute window

At minute 5:

For time:
50 GHD Sit-ups / [Sit-ups](#)
100 DU

Directly into:

3 rounds for time:
21 Thrusters 50/35kg
21 C2B / [Pull-ups](#)

5 min Rest

For time:
40 GHD Sit-ups / [Sit-ups](#)
80 DU

Directly into:

3 rounds:
15 Deadlifts 140/95kg / [No more than 70%](#)
15 HSPU / [Push-ups](#)

5 min Rest

For time:
30 GHD Sit-ups / [Sit-ups](#)
60 DU

Directly into:

3 rounds:
400m Run
15 OHS 85/55kg
15 Bar-facing burpees

For the barbell movements choose a weight you can perform in 2, maximum 3 sets.

Weightlifting/Strength: (Optional)

Box Squat

5 @ 75%
3 @ 85%
AMRAP @ 95%.
Calculated from your most recent 3RM.

Glute bridge

Build to a heavy 8RM.
Repeated from last week, fight to go a little heavier.

3 rounds for quality:

10 Reverse lunges from plate (each leg) with DB/KB in goblet hold.
10 High box step ups (each leg) tempo 30x0 [Video](#)
For the step ups go without weight. Really focus on tracking the knees over the toes and keeping the torso as upright as possible. 31x0 = 3 sec lowering, 1 set in the bottom, explosive up, no pause at the top.

GHD Reverse hypers

Accumulate 100 reps in as few sets as possible. [Video](#)
Every other rep has to be done with a 2 sec pause at the top. Perform without band tension.

Wall Sit

Accumulate 2.5 minutes in the position
Increased time under tension compared to last week. Fight for unbroken. If you know it will be easy add a plate on your knees

Daily Movement Drill:

Week 4/4:

Use as part of your daily warm-up.
90 seconds of Wrist flow [Video](#)