# **Week 5 (HEAVY)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |
| Crossfit | Strength | Conditioning  bonus | Strength+  Gymnastic | Crossfit | Strength | Rest |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

*Recommended weekly schedule, if you need to change place on any session it’s fine*

**HEAVY WEEK** = High amount of training. You will feel tired and not fully recovered.

It is to push you to the next level.

# **Session 1**

Warmup

5 min easy bike to get warm

EMOM 6 min:

**1. 30 sec easy pace rowing**

**2. 8 Burpees**

**3. 8 Devil presses, easy weight**

1.

Ring muscle up

**1 rep, 3 set**

**2 reps, 4 set**

Every 2nd min x 8 set:

**4-5 Ring muscle ups**

**4-5 Wall walks**

2.

AMRAP 4 minutes x 3 set:

**12 Calories Row**

**10 Devil presses, 2x22.5 kg**

**16 Toes to bar**

*\*Rest 2 min between amraps*

3.

AMRAP 4 minutes x 3 set:

**12 Calories Assault bike**

**10 Burpee box jump, 60 cm**

**16 Chest to bar**

*\*Rest 2 min between amraps*

4.

Cool down on bike 15-20 minutes heartrate 100-110

# **Session 2**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1 round of:**

**6 reps clean pull**

**6 reps close grip muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’ THEN DO IT IN ALL YOUR LIFTS**

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

Snatch balance

**2 reps x 6 set**  
*Have a weight that you can hold your technique*

Polsk snatch + hang squat snatch (see snatch guide)

**2+1 reps x 3 set Light**

**1+1 reps x 3 set Medium**

Power clean + jerk

**20-69% 1+1 reps x 3 set**

**70-79% 2+2 reps x 2 set**

**80-95% 1+1 reps x 5 set**

*\*1+1 = 1 power clean and 1 jerk = 1 set*

Back squat

**20-60% 7 reps x 3 set**

**60-70% 7 reps x 5 set**

GHD Back extension, hold weight plate 10 kg, slow controlled reps

**10-14 reps, 5 set**

# **Session 3**

**40-45 min BLUE ZONE RUNNING**

Running gives you the best effect of training. If you are unable to run, choose any conditioning machine that you want.

# **Session 4**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1 round of:**

**6 reps clean pull**

**6 reps close grip muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’ THEN DO IT IN ALL YOUR LIFTS**

Reversed squat snatch (see OLY guide)

**20-69% 2 reps x 3 set**

**70-79% 1 reps x 2 set**

**80-95% 1 reps x 4 set**

Rumanian deadlift (count your % of your 1RM in Clean)

**20-60% 7 reps x 3 set**

**60-90% 7 reps x 5 set**

Strict handstand pushups, paralettes (use multiple abmats if needed)

**3 reps, 8 set**

Strict ring dips, weighted heavy

**2-4 reps, 6 set**

Bent over row, barbell (use lifting straps if you have, HEAVY)

**6-8 reps, 5 set**

# **Session 5**

Warmup

5 min easy bike to get warm

Handstand hold, free

*5 min practice*

3 rounds (not for time):

**10 Burpees**

**10 Box step ups, bodyweight**

**10 KB Deadlifts, easy weight**

1.

For time, 24-21-18 reps of:

**Cal Assault bike**

**Wallballs, 9 kg**

**Toes to bar** *(break up in multiple set from beginning)*

Rest 1 min

21-18-15 reps of:

**GHD Situps**

**Handstand pushups**

**KB Swings, 24 kg**

Rest 1 min

18-15-12 reps of:

**Bar muscle up**

**KB Deadlifts, 2x40 kg**

2.

Cool down on bike 15-20 minutes heartrate 100-110

# **Session 6**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1 round of:**

**6 reps clean pull**

**6 reps close grip muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’ THEN DO IT IN ALL YOUR LIFTS**

Snatch, find hip pocket, drill (see snatch guide)

**3 reps, 4 set**

**Empty barbell or wooden stick**

Hang squat snatch

**20-70% 1 reps x 3 set**

**70-79% 1 reps x 3 set**

**80-97% 1 reps x 5 set**

Squat clean

**20-70% 1 reps x 3 set**

**70-79% 1 reps x 3 set**

**80-97% 1 reps x 5 set**

Bench press

**20-70% 3 reps x 3 set**

**70-79% 3 reps x 3 set**

**80-89% 3 reps x 5 set**

Hip thrust pause 1 sec in top position

**10 reps, 4 set (HEAVY)**