# **Week 6 (HEAVY)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |
| Gymnastic/ Strength | Conditioning | Crossfit | Crossfit | Strength | 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**

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!)

Front squat

**20-70% 6 reps x 3 set**

**70-80% 5 reps x 5 set**

Hip thrust pause 1 sec in top position

**10 reps, 5 set (HEAVY)**

Ring muscle up

**1 rep, 1 set**

**2 reps, 1 set**

**3-4 reps, 2 set**

Ring muscle up

**Accumulate 30 total reps, FOR TIME (TC 8 min)**

Seal row

**8-10 reps, 6 set**

# **Session 2**

**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 3**

Warmup

5 min easy bike

Handstand hold, free

*5 min practice*

*Lägg 3-5 min stretch på: Lats stretch (ger bättre rörlighet över huvudet)*

2 Rounds (not for time):

**10 Burpees**

**10 Cal assault bike, easy pace**

**10 KB Swings, easy weight**

1.

15-12-9 reps of:

**Overhead squat, 50 kg**

**Strict handstand pushups**

*Rest 2 minutes, then:*

9-6-3 reps of:

**Overhead squat, 60 kg**

**Bar facing burpees**

**Chest to bar**

3.

AMRAP 12 minutes:

**4 Medball cleans, 60 kg**

**12 Cal Assault bike**

**16 KB Swings, 24 kg**

4.

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

# **Session 4**

Warmup

5 min bike easy pace

Handstand hold, free

*5 min practice*

EMOM 6 min:

**1. 30 sec easy pace rowing**

**2. 15m Walking lunge, bodyweight**

**3. 30 sec easy pace burpees**

1.

4 min AMRAP x 2 set:

**12 Cal row**

**15m Front rack walking lunge, 43 kg**

**10 Bar facing burpees**

*\*Rest 2 min between amraps*

2.

4 min AMRAP x 2 set:

**12 Cal row**

**15m Front rack walking lunge, 43 kg**

**50 Double unders**

*\*Rest 2 min between amraps*

3.

4 min AMRAP x 2 set:

**12 Cal row**

**15m Front rack walking lunge, 43 kg**

**10 Handstand pushups, strict**

*\*Rest 2 min between amraps*

4.

Strict pullups, weighted as heavy as you can

**1-3 reps, 5 set**

5.

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

# **Session 5**

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**

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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**

Clean position (see clean guide)

**2 reps, 4 set**

**Empty barbell or wooden stick**

Hang squat clean + front squat

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

**70-79% 2+2 reps x 5 set**

*2 hang cleans + 2 front squat = 1 set*

Jerk, from rack or block

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

**70-79% 2 reps x 2 set** *Reset between reps*

**80-90% 2 reps x 5 set** *Reset between reps*

Snatch pull (count % of your 1 RM in snatch)

**20-69% 4 reps x 3 set**

**70-79% 4 reps x 1 set**

**80-110% 4 reps x 5 set**

Strict ring dips

**7-10 reps, 5 set**

# **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**

Polsk snatch + hang squat snatch (see snatch guide)

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

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

Squat snatch

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

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

**80-100% 1 reps x 5 set**

Bench press, close grip

**20-69% 4 reps x 3 set**

**70-79% 4 reps x 2 set**

**80-90% 3 reps x 5 set**

DB Walking lunge (2xDBs in hands)

**10 steps on each leg, 5 heavy set**