# Week 1 (HEAVY)

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

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

# 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 gripp 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!)

Power clean + push jerk

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

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

**80-95% 1+1 reps x 6 set**

Back squat

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

**70-79% 3 reps x 2 set**

**80-90% 2 reps x 6 set**

Walking lunge with barbell

**10 meters, 5 HEAVY set**

GHD Situps

**12 reps, 5 set**

# Session 2 Warmup

5 min easy bike

Handstand walk practice

**7 meters, 8 set**

*\*If you fall during the 7 meters, kick up again and continue until you have reached 7 meters. Rest as needed between set*

Every 2nd min x 5:

**300 m Ski erg**

**5 Burpees**

**5 Deadlift** *(increase weight during the sets)*

# 1.

4 rounds:

**15 cal Ski erg**

**15 Deadlift, 125 kg**

**15 Bar facing burpees**

2.

For time:

**40 Heavy double unders**

**4 Legless ropeclimbs**

**30 Heavy double unders**

**3 Legless ropeclimbs**

**20 Heavy double unders**

**2 Legless ropeclimbs**

**10 Heavy double unders**

**1 Legless ropeclimbs**

*\*\*Har du inget tungt rep så ta repsen x 3 och gör vanliga DU*

3.

Cool down on bike 15-20 min, grey heartrate zone

# Session 3

Warmup

5 min easy bike to get warm

*Lägg 3-5 min stretch på: Infraspinatus trigger punkt (för rörlighet och ont i axel, med golfboll)*

3 Rounds (not for time):

**7 Pushups**

**12 Cal Row**

**12 Airsquats**

1.

00:00-10:00:

**1000m Row**

**20 Bar facing burpees**

**16 Thrusters, 70 kg (heavy)**

**6 Ring muscle ups**

*Timecap 10 min, rest until clock reach 15 minutes, then*

15:00-25:00:

**1000m Row**

**20 Burpee box jump over, 60 cm**

**16 Overhead squats, 70 kg (heavy)**

**AMRAP Wall walks**

2.

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

# Session 4

**45 min GREEN ZONE RUNNING**

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

Updated by Tejas