

Intesification 1: Phase 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		19/09/16	20/09/16	21/09/16	22/09/16	23/09/16	24/09/16	25/09/16
		Breathing	Squat / Pull	Olympic - clean	Gymnastics	Breathing	Deadlift / Push	Olympic - snatch
Week 1		Warm up / Mobility 10mins Warm up / skills Muscle clean Power clean Front squats burpees	Warm up / Mobilize 10mins wall squat 6 Golbet squat 8 air squats 10 Hanging shrugs 8 Ring rows 8	Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5 Push jerks x5	See Blog post and GYM board for Gymnastics	Warm up / Mobility 10mins Warm up / Skills Front squats push press thrusters	Warm up / Mobilize 10 mins Hip bridges 20 Rev lunges 20 Banded RDL 10 Scapula press ups 10 Skill T2B - K2E	Warm up / Mobilize 10mins MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5
		"IWT" - O'Shea 70-75% 4 sets: 8 power clean (moderate) Run 400 m @ 90% effort time cap 15mins 4 sets: 8 Front Squats (weighth as power clean) Row 400 m @ 90% effort time cap 15mins 3 sets: 10 burpee broad jumps Rest 2 min BS	A 20min E2MOM (5sets each) of: A1 Back Squats C/P 5-7 @3010 80%+ F 7-10 @3010 final set 90sec max reps @ 70% of best weight A2 Pull ups / neg pull ups C/P 3-5 @3010 (weighted) F 5-7 @ 3010 B. 8 mins EMOM alt L/R 8-10el box / pistol squats scaled as needed C. 6 mins E2MO2M ME chin up hold chin over bar 3 efforts.	A. 16min E2MOM (8 sets) C/P 1x Clean Pull 1x squat cleans 1x push jerk sets 1-4 x2 rounds sets 5-8 x1 round (increase weigth round 5-8) F 1x clean pull 1x power cleans 1x push jerk x2 B 6mins EMOM (6sets) C/P 3x power clean n press 70% A F 5x power clean n press 60% A		10min working in pairs YGIG 3 Thrusters (Modorate) 12 air squats rest 3mins 10min working in pairs YGIG 3 Cleans (modorte) 12 burpees rest 3mins 10mins working in pairs YGIG 3 deadlifts (modorate) 12 RKB swings (heavy)	A 20min E2MOM (5sets each) of: A1 Deadlifts C/P 3-5 @3111 F 5-7 @3111 final set 90sec max reps @ 70% of best weight A2 Bench press C/P 3-5 @3010 F 5-7 @ 3010 B 8 mins EMOM alt L/R Triple jumpers step up 12el C 4x E90sec 6-8 Piked walkout to press or walkout to hold (floor/ box)	A. 16min E2MOM (8 sets) C/P 1x snatch Pull 1x squat snatches 1x OH squat sets 1-4 x2 rounds sets 5-8 x1 round (increase weigth) F 1x snatch Pull 1x power snatches 1x OH squat 2x B 6 mins E90seconds (4sets) power snatches 3-5 @60-70%
		Accessory work 5min 30no Cuban rotations 30no external rotations AMRAP	8mins AMRAP 40 DU /100 singles 20 Press ups 40 air squats 20 V ups	4x2mins rounds 5x HSPU / Pike press ups 10 over the box jumps / step ups rest 2mins between rounds		Accessory work 5min 20 banded RDL 20 Hip bridges AMRAP	18 mins teams 3 E2MOM 10x T2B /K2E / V sits Row AFAP in remainig time	10mins 10 wall balls 5 strict pull up / ring rows (scales) 10 RKB swings 32/20 5Ring dips / p bar press ups