

Intensification 1: Phase 1		Monday 10/10/16	Tuesday 11/10/16	Wednesday 12/10/16	Thursday 13/10/16	Friday 14/10/16	Saturday 15/10/16	Sunday 16/10/16
		Breathing	Squat / Pull	Olympic - clean	Gymnastics	Breathing	Deadlift / Push	Olympic - snatch
Week 4		Warm up / Mobilize 10mins  Hip bridges Banded RDL Deadlifts HSPU -Scales Skipping	Warm up / Mobilize 10mins  wall squat 6 Golbet squat 8 air squats 10 Hanging shrugs 10 Ring rows 8	Warm up / Mobilize 10mins  Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5 Push Jerk x5	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10mins  Power clean Thrusters deadlifts	Warm up / Mobilize 10 mins  Hip bridges 20 Rev lunges 20 Banded RDL 10 Scapula press ups 10 Banded rows 10 x3	Warm up / Mobilize 10mins  MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5
		A 36min REP 6-7 3 Rounds of (18min): 4min AMRAP of: 5 HSPU 10 Deadlifts (moderate) 20 DU rest 2min  3 Rounds of (18min): 4min AMRAP 5 Strict Pull ups 10 AKBS (moderate) 20 DU rest 2min	A 20min E2MOM (5sets each) of: A1 Back Squats C/P 5-7 @3010 F 7-10 @3010 final set 2min max reps @ 70% of best weight  A2 Pull ups / neg pull ups C/P 3-5 @3010 (weighted) F 5-7 @ 3010  B 12 mins E2MOM (6sets each) B1.8-10el alt box / pistol squats scaled as needed B2. Chin up hold ME	A. 6min E90sec (4 sets) C/P 5x Squat Clean @50% 1rm F 5x Power Cleans  B. 12min E2MO2M (6 sets) C/P 3x SquatClean n press @ 80%+ 1rm F 3x powerclean n press @ 70%+ 1rm  C 6min 1work 1 rest (3 working sets) C/P/F ME Power clean n press @50%		7min RPE 8 working in pairs YGIG 3 Thrusters (Moderate) 6 air squats rest 3mins 7min working in pairs YGIG 3 Cleans (modorte) 6 burpees rest 3mins 7mins working in pairs YGIG 3 deadlifts (modorate) 6 RKB swings (heavy) rest 3mins 7mins working in Pairs YGIG 1x deadlift, Power celan, thruster (lite)	A 20min E2MOM (5sets each) of: A1 Deadlifts C/P 3-5 @3111 F 5-7 @3111 final set 2min max reps @ 70% of best weightx  A2 Bench press C/P 3-5 @3010 F 5-7 @ 3010  B 16 mins E2MOM (8 sets) B1 AltTriple jumpers step up 8el B2 HSPU / Piked press up 3xME UB (min 5)	A. 6min E90sec (4 sets) C/P 5x Squat or power Snatch @50% 1rm F 5x Power Snatch  B. 12min E2MO2M (6 sets) C/P 3x Squat Snatch @ 80%+ 1rm F 3x power Snatch @ 70%+ 1rm  C 8min E2MO2M C/P 6x OH squats or F 12x Goble squats
		6min Accessory work 15x rev curls 15x Banded tricep ext AMRAP	Teams 5 EMOM Follow the leader 1min Bike (90% RPE 8-9) 10 wall balls 4 rounds each start on bike as soon a partner has finished	Working it team 3 12,9,6,3 Rowing for kcals burpees		6min Accessory work 20x Hollow rocks 20x superman rocks AMRAP	400m Run then 2 rounds 4 Muscle ups (4dips / 4pull ups each ) 40 Double unders / 80 singles then Run 400mtrs	10 Min AMRAP 10 Pull Up / Scale 10 Press Up 20 OH carry walking lunges