

Intesification 1: Phase 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		21/11/16	22/11/16	23/11/16	24/11/16	25/11/16	26/11/16	27/11/16
		Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean / press	Breathing
week 1		Warm up 10mins  Mucle clean High pull Power Clean Front squat Scarcrow squat clean Clean	Warm up 10mins  Shoulder Mobility Scapula press ups Banded rows Hang shrugs	Warm up 10min  Mucle Snatch SnatchHigh pull Power Snatch Pressing snatch balance Snatch balance Snatch	See Blog post and GYM board for Gymnastics	Warm UP 10mins  Ankle /calf mobility Wall squats Goblet squats Kneed banded squats BB paused squats	Warm up 10mins  Mucle clean High pull Power Clean Press Paused dip jerks Split jerk	Warm up  Banded RDL Banded pull apart Alt lunges walkouts to press
		A 6min EMOM Odd 3x Clean high pulls Even 3x Tall cleans  A 12min EMOM C/P squat clean Min .1 2xhigh hang Min 2. 2x mid hang (knee) Min 3. 2x floor min 4. Reset increase weight F - Power clean Min1. 2x high hang Min 2. 2x mid hang Min 3. 2x floor min 4. Reset increase weight  B 8 min (4sets) E2MO2M C/P/F Clean Pulls C/P 3x high box jumps F 6x high box steps 3x pulls @ 120%+A	A 16 mins (8set - 4 each) E2MO2M A1 C/P bench press set 1,2,3x3-5 F 5-7@ 85%+3010 set 4 ME plus 1 rep A2 C/P Weighted Pull ups set 1,2,3 x3-5 @ 30X2 set 4 ME plus 1 rep F Negative /scales set 1,2,3 4-6 @4011 set 4 ME  B 6mins (6 sets) EMOM odd / even odd ME Dips or press up Even ME ring rows@ C 20mins working in teams 3 follow the leader RPE 7-8 24 wall balls N Rowing row AFAP whilst partner does WBLs then rest	A16min (12 sets) EMOM C/P squat Snatch Min .1 2xhigh hang Min 2. 2x mid hang (knee) Min 3. 2x floor Min 4 reset weight F - Power Snatch Min1. 2x high hang Min 2. 2x mid hang Min 3. 2x floor Min 4 reset weight  B 12 min (6sets) E2MO2M C/P2x complex 1xpower snatch 1x Snatch balance 1xOH squats  F 2x complex 6x double goblet squats 30sec OH double arm hold		A 16 mins (8sets) E2MO2M C/P Back squats 4x3-5 @ 85%+4010 Fx 4x8-10 @70% 4010  B 8mins (4 sets) E2MO2M Odd 3-6 high box jumps Even 12-16x KB walking lunges  C 20mins RPE 7-8 teams 5 Deadlifts 30sec Press up 30sec Bike 30sec follow the leader AFAP	A 6min EMOM Odd 3x Tall power cleans Even 3x Split jerks  A 15min (6 sets) EMOM C/P/F power clean press min 0-3 (lite) C 5x Power clean push press P/F 7x Hang power clean n push press rest 2min to reset weight min 4-8 (medium) C 3x power clean n power jerk P/F 5x power clean n power jerk rest 2min to reset weight min 9-13 (heavy) C 1x power clean n split jerk P/F 3x Power clean n push jerk	A. Teams of 3 row 2000 meters each each member rows 500mtrs RPE 7-8 in the rest period perform 10-20 strict T2B / K2E  rest 4 mins after your final 500mtrs then start  B working on your own Max reps in a 4x3min with 2 min rest between rounds  10xPress up 20xsit ups 30 RKB (medium)
		12min AMRAP 21 BB GTOH (bars only) 15 Box jumps / step ups 9 pull ups / ring rows	Accessory work Cuban rotations x10 YTW x10each ARAMP	6 rounds 12 RKBS (heavy) 32 DU		Accessory work Seated Bicep cursl x20 Seated lateral raise x20 AMRAP	16min EMOM Death by power clean (50%A) and burpees Round 1 =1+1 round 2=2+2 Round 3= 3+3 ETC If you miss around rest 1 round then go back 1 set	Accessory work Rev crunches @ 5010 x10 Supermans x30 sec AMRAP