

Intesification 2: Phase 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		28/11/16	29/11/16	30/11/16	01/12/16	02/12/16	03/12/16	04/12/16
		Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean / press	Breathing
Week 2		Warm up / Mobility 10mins Warm up / skills Muscle clean Power clean Front squats Push press	Warm up 10mins Shoulder Mobility Scapula press ups Banded rows Hang shrugs warm up for A	Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5	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 / Mobilize 10 mins Hip bridges 20 Rev lunges 20 Banded RDL 10 Scapula press ups 10 Banded rows 10 x3	Warm up Banded RDL Banded pull apart Alt lunges walkouts to press HSPU
		A 6min EMOM Odd 3x Clean high pulls Even 3x Tall cleans B6min EMOM 6 sets C/P 3x squats cleans 50% F 3x power cleans rest 2mins C 6min E90sec C/P 2x squat cleans 70% F 2x power cleans rest 2 mins D 6 mins E2MO2M C/P 3x1 clusters cleans @85%+ rest 10 second after each rep F 3x1 power clean	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 C 18mins 3efforts each station RPE 8-9 1min effort 2min rest alt Bike - distance Wall balls - number	A 4min(4 sets) EMOM 50% C/P 3x high hang snatch F 3x high Power Snatch B 6min (4 sets) E90on90 70% C/P 3x mid hang snatch F 3x mid hang power snatch C 8min (4 sets) E2MO2M 85%+ C/P 3x Snatch F3x power snatch D 6 min (6sets) EMOM 60% C C/P 1xpower snatch 2xOH squats F 6x goblet squats OH hold 20seconds		A 16 mins (8sets) E2MO2M C/P Back squats 4x3-5 @ 85%+4010 Fx 4x8-10 @70% 4010 B 8mins (4 sets) E2MOM 3el triple jump step ups 12x AKB swings (heavy) C 18mins RPE 7-8 90work 90 rest 50 DU / 100 singles ME DB /KB thrusters	A 6min EMOM Odd 3x Tall power cleans Even 3x Split jerks /push jerk B 4min (4 sets) EMOM C/P/F 5x power clean push press C 6min (4sets) E90on90 C/P/F 3x power clean push jerk C 8min (4sets) E2MO2M C/P 3x1 power clean n split jerk rest 10 between efforts F1x3 power clean and push jerk D 4 mins (4 sets) EMOM Drop weight to 50%C 10x power clean n press	A. 20min E90sec (4 efforts each- RPE -7-8) C/P/F Row AFAP in mtrs rest 3 min after last row 5min AMRAP 6 HSPU / Scales 9 T2B/ Scales 12 KB walknig lunges rest 3mins 5min AMRAP 6 Ring dips /scales feet on floor 9 V sits 12 AKBS rest 3mins 5min AMRAP 6 Ring press ups / press ups 9 ab mat sit ups 12 RKBS
		8 mins Alt with a partner YGIG 10 power cleans @ medium 20 air squats	Accessory work 5min YTW 3x20each	10mins 5 power snatch @ Medium 10xpull ups / ring rows 20x DU		Accessory work 5min YTW 3x20each	3x3min AMRAP EMOM C/P 6x burpee Over box jumps ME Press ups F 6 box jumps ME moving plank Rest 2 min between rounds	Accessory work 5min DB bicep curls x20 banded tricep ext x20 AMRAP