

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT			
1	A/B/E mandatory. Choose one of either C or D.	A. Strength BS: 3x10 @ 70%	A/B/E mandatory. C/D optional	A. Oly Hi Hang SN - 5x2 @ 75% 1RM	A/B mandatory. 2/3 of C/D/E	A. Oly C+J (full/split) 5x2 @ 85%	Recovery run: Run 45 min @ conversational pace. E2MOM 5 burpees		A/E mandatory. Pick 2/3 of B/C/D	A. Strength FS 3x8 @ 75%	A/C mandatory. B/D optional	A. Oly - SN 5x2 @ 85%		
		B. Metcon 10-20-30-40-50 DB SN (50/35) 15 BBJO (24/20)		B. Metcon 21-15-9 DL (225/165), WB (30/20), C2BPU		B. Metcon 4 RFT 50' BB Overhead lunge (95/65), 10x squat SN (95/65), 10x HSPU			B. Metcon 10 RFT 3x Power clean (225/165), 15x WB (20/14)		B. Strength OHP 3x8 @ 70%			
		C. Interval 4x2 AMRAP, Rest 1:00 Row 20 cal, 20 thruster (95/65)		C. Interval 3x4 AMRAP, Rest 2:00 Run 400m, 20 burpees, 20 pistols (total), bar MU in remaining time		C. Interval 4x2 min AMRAP, Rest 1:00 2 round DT (155/105), max cal row			C. Interval 3x3 AMRAP, Rest 1:00 Climb the ladder (3-6-9...) Restart each round Hang Power SN (95/65), Bar facing burpees, pull-up		C. Saturday Suck Fest With vest (20/14): 5 RFT Run 800m, 5 rope climbs, 10x manmaker (30/15), 15x box jump (30/24), 20x DB front rack squat (30/15)			
		D. Work Capacity AAB: 15 EMOM 12/8 cal		D. Work Capacity Row 6x500m (rest 1:00)		D. Work Capacity Run. 4x400, 4x200. Rest 1:1. Each effort @ 90%			D. Work Capacity Row. 10x 25 cal (15 cal recovery)		D. Accessory Band face pull 3x20 I/Y/T 3x10			
		E. Accessory Single leg KB RDL 3x10 Strict T2B 3x8		E. Accessory DB Z press 3x10 Pendlay Row 3x8		E. Accessory Paralette L-sit 3x:30s Weighted pistols 3x8			E. Accessory Bottom up KB press 3x10 Weighted pullup 3x5					
	2	A/B/E mandatory. Choose one of either C or D.	A. Strength BS 4x8 @ 75%	A/B mandatory. 2/3 of C/D/E	A. Oly SN Complex (Hang SN + OHS, full SN + OHS) 5x2 @ 70%	A/B mandatory. 2/3 of C/D/E	A. Oly Clean complex (Hang clean + FS + 2 P.J) 5x2 @ 70%	Flush		A/E mandatory. Pick 2/3 of B/C/D	A. Strength FS 3x6 @ 80%	A/C mandatory. B/D optional	A. Oly C+J, 3x2 @ 85%, 3x1 @ 90%	
			B. Metcon 20 AMRAP 25 cal row, 20 DB SN (50/35), 15 BJ (30/24)		B. Metcon 5 RFT 20 GHDSU, 20 WB (30/20), 5 bar MU		B. Metcon 3 RFT Row 500m, 25 SDLHP (95/65), 25 Pull-up			B. Metcon 150 DU, 100 squats, 75 wall ball (20/14), 50 cal AAB, 25 squat snatch (115/75)		B. Strength Bench 3x5 @ 80%		
			C. Interval 5 RFT, Rest 1:00 between rounds 10 C2BPU, 10 thruster (95/65), 30 DU		C. Interval 15 AMRAP, rest 1:00 after each set 6 DL (315/245), 12 Cal AAB		C. Interval 5x2 AMRAP, rest 1:00 10 cal AAB, 10 HSPU, max rep bodyweight squat			C. Interval 5 rounds, rest 1:00 between sets Run 400m, 10 deadlift (275/185)		C. Saturday Suck Fest 3 RFT Run 1 mile, 75x squats, 50x pushups, 25x pullups		
			D. Work Capacity 5 rounds, 1:00 on, 1:00 off Burpee BJ (24/20)		D. Work Capacity 15 rounds Row 150m, rest 30s		D. Work Capacity 5 rounds AAB 30 cal, rest 1:1			D. Work Capacity 6 rounds Row 750m, rest 2:00				
			E. Accessory Band RDL 3x8 Ring dip 3x12		E. Accessory Pistol 3x8 Weighted chin up 3x5		E. Accessory DB Front rack bulgarian split squat 3x8 Ring MU 3 sets to failure			E. Accessory Bottom up KB Press 3x10 Strict T2B 3x10		D. Accessory Barbell curl 3x10 Close grip bench 3x10 Weighted chin 3x6		

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT	
3	A/B/E mandatory. Choose one of either C or D.	A. Strength	A/B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Strength	Recovery run: Run 45 min @ conversational pace. E2MOM 5 burpees	Choose one of A/B. Choose C or D. E mandatory.	A. Oly	A/C mandatory. B/D optional	A. Oly	
		BS 3x8 @ 75%		SN Complex (Power SN + OHS, SN + OHS) 5x2 @ 75%		DL 3x5 @ 80%			Power clean 5x3		SN 5x2 @ 80%	
		B. Metcon		B. Metcon		B. Metcon			B. Strength		B. Strength	
		AMRAP 20 18 cal row, 15 power SN (95/65), 12 bar facing burpees		8 RFT 9 burpee BJ (24/20), 6 HSPU, 3 bar MU		For time Row 1K, 30 squat clean thruster (135/95), Row 1K			Push Press 3x6		Push Jerk 4x3	
		C. Interval		C. Interval		C. Interval			C. Metcon		C. Saturday Suck Fest	
		5 RFT, rest 90s		5x 3 AMRAP, rest 1:00		8 rounds, rest 1:00			4 RFT		100 Thruster (95/65), 100 BJ (24/20), 100 Burpees, 100 pullups	
		Row 250m, 15 push press (115/85), 15 C2BPU		15 cal row, 15 T2B, 15 Thruster (95/65)		5 front squat (225/155), 10 BJ (30/24), 20 DB SN (50/35)			24 Box Jumps 24/20", Run 200m, 12 Deadlifts 315/205lbs		Run 800m after each exercise	
		D. Work Capacity		D. Work Capacity		D. Work Capacity			D. Work Capacity			
		4 rounds		10 rounds		For time. Row 3k, EMOM 5 lateral over rower burpees			AAB: 5 rounds (25, 20, 15, 10, rest 1:1). Rest 3 min between rounds			
		Row 1K, rest 2:00		15 cal AAB, rest 30s								
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		E. Accessory	
		Weighted pullup 3x8 Single leg KB RDL 3x10		Pendlay row 3x5 Bottom up KB press 3x10		Strict T2B 3x10 Band face pull 3x20			Pistols 3x10 Ring MU 3x8		DB Hammer Curl 3x12 Weighted dips 3x10 Parallette L-sit flutter kicks 3x20	
4	B/C/D Mandatory. A/E optional	A. Strength	A/B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Recovery run: Run 30m, E2MOM 5 squat jumps	Choose one of A/B. Choose C or D. E mandatory.	A. Strength	A/C mandatory. B/D optional	A. Oly	
		BS 4x5 @ 80%		SN Complex (2 SN Hi pull + 2 Hang SN + 1 SN) 5x1 @ 75%		Clean complex (PC+FS+HC+Clean) 5x2 @ 70%			FS 4x5 @ 80%		SN 5x2 @ 80%	
		B. Metcon		B. Metcon		B. Strength			B. Oly		B. Strength	
		50-40-30-20-10 Cal row, WB (20/14)		3 RFT Row 500m, 25 DB SN (50/35), 25 T2B, 25 BJ (24/20)		4x3 Split Jerk			Clean + Jerk 5x2 @ 80%		OHP 3x5 @ 80-85%	
		C. Interval		C. Interval		C. Metcon			C. Interval		C. Saturday Suck Fest	
		4 RFT, rest 2:00 between rounds		5x3 AMRAP, rest 1:00		100 DU, 75 BJ (24/20), 50 burpees, 25 squat SN (115/65)			3 RFT, rest 2:00 between rounds		500 KBS (53/35)	
		50 DU, 25 hang squat clean (115/75), 3 rope climbs		1 Rd DT (12 DL, 9 Hang PC, 6 PJ (155/105), AMRAP burpee bar muscle up					20 ring dips, 20 thruster (95/65)		Everytime you break, run 400m, 3 rope climbs, 20 burpee BJ (24/20)	
		D. Work Capacity		D. Work Capacity		D. Work Capacity			D. Work Capacity			
		Run 8x400m (rest 1:00)		Row 3x1k (Rest 2:00)		15 EMOM 25 WB (20/14)			30 E2MOM AAB 20/14 cal			
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		Banded BB RDL 3x10 Pistol 3x10		Weighted pull-up 3x6 Single leg KB RDL 3x10		Strict T2B 3x10 C2BPU 3x20			Banded Pendlay Row 3x8 Band face pull 3x20		Barbell curl 3x12 CG Bench 3x15 Trap bar farmer carry 3x50'	

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT		
5	B/C/D Mandatory, A/E optional	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	1 hour walk with 35# ruck/backpack. Leisurely walk.	Choose one of A/B. Choose C or D. E mandatory.	A. Strength	A/C mandatory. B/D optional	A. Oly - C+J		
		BS 3x5 @ 82.5%		10 EMOM SN + 2 OHS @ 70%		Touch and go PC + PJ 5x5 @ 70%			DL 3x5 @ 85%		Work up to heavy single, 4x1 @ 95% of heavy single		
		B. Metcon		B. Metcon		B. Metcon			B. Strength		B. Strength - Bench		
		20 AMRAP		13 AMRAP		Crossfit Open WOD 13.1 - 17 AMRAP			Push Press 4x5		Bench 3x5 @ 80%		
		25 cal row, 20 WB (20/14), 15 burpee BJO (24/20)		7 HSPU, 7 C2BPU, 7 bar MU, 7 squat clean (135/95)		40 Burpees to 6" Target 30 Power Snatch 75/45lbs 30 Burpees 30 Power Snatch 135/75lbs 20 Burpees 30 Power Snatch 165/100lbs 10 Burpees Max Power Snatch @ 210/120lbs							
		C. Interval		C. Interval		C. Interval			C. Metcon		C. Saturday Suck Fest		
		5x3 AMRAP, rest 1:00		4 RFT, rest 1:00 between rounds		5 RFT, rest 1:00 between rounds			For time 20 PS (115/75), 20 bar facing burpees, 20 OHS (115/75), 20 bar facing burpees, 20 squat snatch (115/75)		3 RFT		
		10 HSPU, 10 squat SN (135/95), AMRAP pistols		50 DU, 15 cal AAB, 50 DU		25 cal row, 15 thruster (95/65), 20 hand release push up						1500m row, 100 DU, 50 cal AAB, 25 burpee BJ (24/20)	
		D. Work Capacity		D. Work Capacity		D. Work Capacity			D. Work Capacity				
		20 EMOM Row 150m		Row 5x 750m, rest 2:00		AAB 6x 30 cal (rest 1:1)			20 EMOM, alternating 10 cal AAB, 30 air squat				
	E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory			
	I/Y/T 3x10 3x sets Max rep C2BPU, rest as needed		Weighted pistols 3x8 Barbell RDL 3x10		Band face pull 3x20 Bottom up KB press 3x10			3 sets max rep Ring MU, rest as needed GHDSU 3x20		Poundstone curl (1x100) 3 sets max rep dips Yolk carry 3x50' AHAP			
6	B/C/D Mandatory, A/E optional	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Jog 45 min	Choose one of A/B. Choose C or D. E mandatory.	A. Strength	A/C mandatory. B/D optional	A. Oly - SN		
		BS 4x4 @ 85%		SN Complex (PS + OHS + Hang squat SN + OHS + Full SN) 6x1, build to a heavy set		15 EMOM Clean +2 Jerk @ 70% (Build up)			DL - 3x3 @ 90%		Work up to heavy single, then 5x1 @ 95% of heavy single		
		B. Metcon		B. Metcon		B. Strength			B. Oly		B. Strength		
		5 RFT		3 RFT		Pause FS (2 sec) 3x3 @ 75%			SN Complex (PC + FS+ Hang squat Clean + FS+ Full Clean)		Jerk 5x3		
		8 DL (185/115), 25 DU, 8 PC (185/115), 25 DU, 8 Push jerk (185/115), 25 DU		25 thruster (95/65), 25 DB SN (53/35), 25 PU, Run 200m					6x1, build to a heavy set				
		C. Interval		C. Interval		C. Metcon			C. Metcon		C. Saturday Suck Fest		
		21 EMOM 15 alternating pistols, 15 BJO (24/20), 15 T2B		3x4 AMRAP, Rest 2:00 7 OHS (115/75), 21 DU		AMRAP 12 5 DL (275/185), 10 bar facing burpees, 15 WB (30/20)			150 WB (30/20) Every time you break, 10 cal AAB, 10 burpees		With vest (20/14): 5 RFT		
		D. Work Capacity		D. Work Capacity		D. Work Capacity			D. Work Capacity		Run 800m, 5 rope climbs, 10x manmaker (30/15), 15x box jump (30/24), 20x DB front rack squat (30/15)		
		8 Rounds, rest 1:00 Row 250m, 10 ring dips		Row 6x500m (rest 1:00)		5x3 AMRAP, rest 2:00 AAB 30cal, AMRAP burpee BJO (30/24)			Run. 3x 1 mile repeats. Rest as needed.				

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT	
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		sHSPU 3x10 Parallette L-sit flutter kick 3x20		Bottom up KB press 3x10 Band face pull 3x20		BB RDL 3x10 Weighted pullup 3x6			Weighted pistols 3x8		Barbell curl 3x12 CG Bench 3x15 Trap bar farmer carry 3x50'	
7	B/C/D Mandatory. A/E optional	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Ruck for 1 hour (50/35)	A/E mandatory. Pick 2/3 of C/D/E.	A. Strength	A/C mandatory. B/D optional	A. Oly	
		BS 4x3 @ 87.5		15 EMOM Hang SN + Full SN. Start 70% and work up		Clean + Jerk 5x2 @ 80%			FS 3x3 @ 90%		2 sec pause @ Knee SN 5x2 @ 80% Jerk 4x2 @ 80-85%	
		B. Metcon 4 RFT		B. Metcon 13 AMRAP		B. Strength OHP 3x5@80%			B. Metcon 15 AMRAP		B. Strength DL 3x3 @ 90%	
		30 DB SN (50/35), 15 Burpee BJO (24/20)		Row 20cal, 10 thruster (135/85)					24 DB push press (12/12 L+R), 24 T2B, 100 ft OH DB lunge			
		C. Interval		C. Interval		C. Metcon			C. Interval		C. Saturday Suck Fest	
		5x3 AMRAP, rest 1:00 10 C2BPU, 20 alternating pistol, 30 DU		5 RFT, rest 2:00 10 HSPU, 20 BJO (24/20), 30 WB (20/14)		100 BJ (24/20), 75 KBS (70/53), 50 DB thruster (50/35's), 25 PS (115/75)			5 RFT, rest 2:00 12 DL, 9 HPC, 6 PJ (185/115), Run 200m		Wearing 20/14# Vest 5 RFT	
		D. Work Capacity		D. Work Capacity		D. Interval			D. Work Capacity		75 burpees, 75 KBS (53/35), 75 bodyweight squats, run 800m	
		8 rounds, rest 1:00 Row 600m		Row 200/150 cal 0:20s sprint : 0:40s slow		AMRAP 15 30 DU, 10 GHDSU, rest :30s			10 rounds, rest 1:00 15cal AAB, 10 FS (135/95)			
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		Banded BB RDL 3x8 Strict T2B 3x10		Bottom up KB Press 3x10 Strict MU Work		Band face pull 3x20 Weighted chin up 3x6			Single leg KB RDL 3x10 C2BPU 3xAMRAP		Yoke carry 4x50' Weighted ring dips 3x10 DB Hammer curls 3x10	
18.1	A/B/E Mandatory. Choose one of C/D.	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Row 45 min, E3MOM 5 rower facing burpees, 10 squat jumps	A/B/E mandatory. C/D optional	A. 18.1	A/C mandatory. B/D optional	A. Oly	
		BS 3x3 @ 87.5%		SN Complex (SN Hi Pull, Hang SN, full SN, 2 OHS) 6x1 @80%		15 EMOM (Hang clean, full clean, jerk). Start about 70% and slowly work up. No misses			20 AMRAP 8 T2B, 10 DB (5L/5R) hang clean and jerk, 14/12 cal row		Snatch 1x3@60%, 1x3@70%, 3x3@80%	
		B. Metcon 15 AMRAP		B. Metcon 18 AMRAP		B. Strength Deadlift 3x3 @ 90%			B. Strength FS 3x5 @ 75%		B. Strength Bench 3x5 @ 75%	
		15 Hang power Clean (135/95), 20cal assault bike, 15 C2BPU, 50 Doubleunder		15 Front squat (135/95), 30 cal row, 15 Burpee Box Jump Over (24/20)								
		C. Interval		C. Interval		C. Metcon			C. Interval		C. Saturday Suck Fest	
		4x3 AMRAP, rest 1:00		20 AMRAP, rest 1:00 between rounds		5 RFT			4x4 AMRAP, rest 2:00		1.5 Murph (20/14 vest)	
		20 cal row, 15 thruster (95/65), max rep rope climb		25 DB Snatch (50/35), 25 bodyweight squat, run 400m		15 cal AAB, 20 WB (30/20), 30 sumo deadlift hi pull (95/65)			50' BB Overhead lunge (95/65), 15 S2O (95/65), 15 Bar facing burpees, run 200m		Run 1 Mile, 100 pullups, 200 pushups, 300 squats, Run 1 mile, 50 pullups, 100 pushups, 150 squats, run 800m	
		D. Work Capacity		D. Work Capacity		D. Interval			D. Work Capacity			

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT	
		Run 8x200m, rest 1:00		Optional conditioning: AAB: 15 EMOM 10 cal AAB		21 min EMOM Run 200m, 60 DU, 15 burpees (alternating)			200 cal AAB, :20s sprint, : 40s light cycle			
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		Single leg KB RDL 3x8		Bottom up KB Press 3x10		Strict T2B 3x10			BB RDL 3x10		Close grip bench 3x10	
		Weighted chin up 3x5		Weighted pistols 3x8		Pendlay row 3x8			Weighted box step ups 3x12		Barbell curl 3x15 Sandbag carry AHAP 5x50'	
18.2	A/B/E mandatory. Choose one of C/D.	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Jog 45 min. E3MOM 5 burpees, 10 jump lunges	A/B/E mandatory. C/D optional	A. 18.2	A/C mandatory. B/D optional	A. Oly	
		BS 3x5 @ 75%		SN Hi Pull + SN		PC+J			12 min to complete: 1-2-3-4-5-6-7-8-9-10 reps for time of: Dumbbell squats (50/35) Bar-facing burpees		Snatch 5x2 @ 80%	
				3+1@60%, 3+1@70%, 3x(3+1)@80%		2+2@60%, 2+2@65%, 2x(2+2)@70%			Followed by 1-rep-max clean		Hang clean 4x2 @ 80%	
		B. Metcon		B. Metcon		B. Strength			B. Strength		B. Strength	
		5 RFT		2 RFT		FS 3x5 @ 75%			Deadlift 3x5 @ 75%		OHP 3x5 @ 75%	
		Run 200m, 30 box jump (24/20), 15 HSPU		Row 1K, 20 bar facing burpees, 20 push press (115/75)								
		C. Interval		C. Interval		C. Metcon					C. Saturday Suck Fest	
		8 rounds, rest 1:00		4x3 AMRAP		15 AMRAP					5 RFT	
											1K row, 200m farmer carry (55/35), 800m run with med ball (30/20)	
		12/10 cal AAB, 40 double under		25 WB (30/20), 15 power clean (135/95), AMRAP bar muscle up		20 KB Swings (53/35), 20 GHDSU, 20/16 cal AAB			4x3 AMRAP, rest 1:00 10 G2O (135/95), Run 200m shuttle (25m down/back/down/back)			
		D. Work Capacity		D. Work Capacity		D. Interval			D. Work Capacity			
		15 EMOM		Run 6x400m, rest 1:00		4x3 AMRAP, rest 1:00			Row 8x500m, Rest 1:00			
		Row 15/12 cal				10 HSPU, 5 squat clean (185/135), 10 T2B, max cal row						
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		C2BPU 3x20		Bottom up KB Press 3x12		Strict T2B 3x10			Weighted pistol 3x8 Ring L-sit hold 3x15s		Weighted dips 3x10 DB Hammer curl 3x10 Zercher carry 3x50'	
		BB RDL 3x10		DB Front rack box step up 3x10 ea leg		Band face pull 3x20						
18.3	A/B/E mandatory. Choose one of C/D.	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	45 min AAB, E3MOM do 1 min of arms only	A/B/E mandatory. C/D optional	A. 18.3	A/C mandatory. B/D optional	A. Oly	
		BS 5x3 @ 80-85%		SN 5x2 @ 80%		10 EMOM			2 RFT, time cap 14 min 100 double-unders 20 overhead squats (115/80) 100 double-unders 12 ring muscle-ups 100 double-unders 20 dumbbell snatches (50/30) 100 double-unders 12 bar muscle-ups		Clean complex (clean hi pull, hi hang clean, clean from ground) 4x2 @ 70%	
						Clean and 2 Jerk. Start 70% and work up. No misses						
		B. Metcon		B. Metcon		B. Strength					B. Strength	
		4 RFT		climb the ladder (1-2-3...9-10) thruster (95/65), pullup		Deadlift 3x5 @ 75%			B. Strength		Bench 3x5 @ 75%	

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT	
		20 WB (20/14), 20 Power snatch (95/65), 20 box jump over							Front squat 4x4 @ 80%			
		C. Interval 4 RFT, rest 1:00		C. Interval 5x2 AMRAP rest 1:00		C. Metcon 12 AMRAP			C. Interval		C. Saturday Suck Fest 3 RFT	
		Row 25/20 cal, 12 Power clean (115/75), 6 muscle ups		20/14 cal row, max rep burpee C2BPU		10 squat snatches (95/65), 10 T2B, 30 DU			12 AMRAP rest :30s 20 WB (20/14), 1 legless rope climb		Run 1 mile, 100 squats, 50 KBS (53/35), 25 burpee over KB	
		D. Work Capacity		D. Work Capacity		D. Work Capacity			D. Work Capacity			
		15 EMOM, alternating Run 200m, 10 parallette or strict HSPU, 15 T2B		AAB 6x30cal rest 1:1		Row 2000/1500m, EMOM 5 burpees over rower			Run 8x400m, Rest 1:00			
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory	
		Single leg KB RDL 3x10 Weighted pull-ups 3x6		Bottom up KB press 3x10 Strict HSPU 3x10		Pendlay row 3x8 KB Front rack box step up 3x10			Weighted pistols 3x8 Barbell good morning 3x10		Weighted ring dips 3x8 Barbell curl 3x10 Farmer carry AHAP 3x50'	
18.4	A/B/E mandatory. Choose one of C/D.	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	Row 45 min, E3MOM 10 hand release push-up, 10 jump squats	A/B/E mandatory. C/D optional	A. 18.4	A/C mandatory. B/D optional	A. Oly	
		BS 4x4 @ 80-85%		12 EMOM		Clean and jerk			9 min cap		SN - work up to heavy single, 3x1 @ 90%	
				2 touch and go Power Snatch 70-80%		3+2@60%, 3+2@70%, 3x(3+2) @80%			Diane, 21-15-9 DL (225/155), HSPU 21-15-9 DL (315/205), 50' HSW		C+J - work up to heavy single, 3x1 @ 90%	
		B. Metcon 20-15-10-5 C2BPU, single arm DB OHS (50/35), box jump over (30/24) Cash in/out with 1k row		B. Metcon 13 AMRAP 8 HSPU, 12 pull up, 24 wall ball (30/20)		B. Strength Push press 4x5 @ 75%			B. Strength Front squat 5x3 @80%		B. Strength OHP 3x5 @ 75%	
		C. Interval 4x3 AMRAP, rest 1:00		C. Interval 5 RFT, rest 1:00		C. Metcon 10 RFT			C. Interval		C. Saturday Suck Fest 5 RFT	
		20 DL (225/165), 20 alternating pistols, AMRAP squat clean thruster (135/95)		5 bar muscle up, 15 burpee box jump over (24/20), 25/20cal row		3 Power snatch (135/95), 15 wallball (20/15)			AMRAP 15, rest 1:00 3 Thruster (135/95), 9 ring dip, 27 cal row		Run 800m carrying KB (53/35), 50x pushups, 50x KBS (53/35), Goblet squat (53/35)	
		D. Work Capacity 10 rds, rest 1:00 AAB 20/14 cal, 20 DB goblet squats (50/35)		D. Work Capacity Run 6x600, rest 2:00 between attempts		D. Interval 10 RFT, rest 1:00 Run 200m, 10 pull ups			D. Work Capacity Row 3x1k, rest 1:00			
		E. Accessory BB RDL 3x10 Strict HSPU 3x10		E. Accessory Banded face pull 3x20 Weighted chin up 3x6		E. Accessory Pendlay row 3x8 Weighted pistols 3x8			E. Accessory Single leg KB RDL 3x10 Bottom up KB press 3x10 KB front rack box step up 3x10 ea leg		D. Accessory Dips 3x20 Poundstone curl Zercher carry 3x50'	
18.5	A/B/E mandatory. Choose one of C/D.	A. Strength	A/ B mandatory. 2/3 of C/D/E	A. Oly	A/B mandatory. 2/3 of C/D/E	A. Oly	1 hour ruck with 50/35 ruck/backpack. Conversational pace	A/B/E mandatory. C/D optional	A. 18.5	A/C mandatory. B/D optional	A. Oly	
		FS 4x4 @ 80%		12 EMOM		10 EMOM			7 AMRAP of climb the ladder (3, 6, 9 ...)		SN - work up to heavy single, 3x1 @ 90%	

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT		
				SN + 2 OHS @ 70-80%		Clean + Jerk @ 80%			Thruster (100/65), C2BPU		C+J - work up to heavy single, 3x1 @ 90%		
		B. Metcon		Start low and work up. No misses		B. Strength					B. Strength		
		Crossfit WOD 16.5		B. Metcon		Deadlift 3x5 @ 80%			B. Strength		Bench 4x5 @ 75%		
		21-18-15-12-9-6-3		2 RFT					BS 3x5 @ 75%				
		Thruster (95/65), bar facing burpee		30 alternating pistols, 30 box jump overs (24/20), 30 SA DB push press (50/35)									
		C. Interval		C. Interval		C. Metcon			C. Interval		C. Saturday Suck Fest		
		4 RFT, rest 1:00		5x3 AMRAP, rest 1:00		4 RFT					6 RFT		
		20 BJO (24/20), 15 C2BPU, 10 ground to overhead (135/95)		12 Deadlift, 9 hang power clean, 6 push jerk (155/105), max rep ring muscle ups		6 power snatch (135/95), 12 T2B, 24/20 cal row			8 rounds, rest 1:00		Lunge 200m, run 600m, 10x Sandbag G2O (100/75), 15x burpee over sandbag, 20x Sandbag squats		
		D. Work Capacity		D. Work Capacity		D. Interval			D. Work Capacity				
		4 minutes on/1 minute off		4 rounds, rest 2:00		15 AMRAP, rest 1:00 between sets			10 rounds, rest 1:00				
		Row 6/5k		AAB 50/40 cal		Row 250/200m, 20 DB Snatch (50/35), 15 pull-up			Row 400/350m				
		E. Accessory		E. Accessory		E. Accessory			E. Accessory		D. Accessory		
		Barbell RDL 3x10		Banded face pull 3x20		DB/KB Front rack box step up 3x8			Penday row 3x8		Weighted dips 3x8		
		Single Arm Bottom up KB press 3x10		Weighted chin up 3x6		Single leg KB RDL 3x10			Strict HSPU 3x8		Barbell curl 3x10		
											Farmer carry 5x50' AHAP		
Deload	A/B/D mandatory. C optional	A. Strength	A/B/D mandatory. C optional	A. Oly	A/C/E mandatory. B/D optional	A. Oly	Recovery run: Run 45 min @ conversational pace. E2MOM 5 burpees	A/C/E mandatory. B/D optional	A. Strength	A/C mandatory. B/D optional	A. Oly		
		Squat 4x8 @ 60%		3 position SN (ground, knees, hi hang) 6x3 @ 60%		PC+Jerk6x2 @ 60%		Pause DL (2 sec at knees) 4x8 @ 60%			Snatch 5x3 @ 70%		
		B. Metcon		B. Metcon		B. Strength		B. Strength			Hang clean + PJ 5x2 @ 70%		
		20 min AMRAP		5 RFT		Rack Pull5x5 @ 100% DL		Tempo OHP (3131) 4x6@60%			B. Strength		
		200m sandbag run (50/30), 10 thruster (95/65), 10 bar facing burpees		Row 500m, 10 C2BPU, 15 BJO (24/20), 20 cal AAB								Pendlay row 5x5	
						C. Metcon					C. Saturday Suck Fest		
						30/20 Cal AAB, 20x Burpee BJO (24/20), 30/20 Cal Row					Murph (20/14 vest)		
		C. Work Capacity		C. Work Capacity		D. Work Capacity			C. Metcon			Run 1 mile	
		4 rounds		AAB, 6x50 cal AAB, rest 1:1		20 EMOM			4 RFT			100 pullups, 200 pushups, 300 squats	
		Row 1K, rest 2:00				Row 150/100m			30 WB (20/14), 50 DU, 30 BJ (24/20)			Run 1 mile	
	D. Accessory		D. Accessory		E. Accessory			D. Work Capacity			D. Accessory		
	Standing DB neutral grip press 3x15		Weighted pullup 3x8		Bottom up KB Walk 3x100' ea arm			Run 3x 1 mile repeats. Rest as needed.			Single arm farmer carry 5x50'		
	Single leg KB RDL 3x10		Banded facepull 3x20		BB Upright row 3x10			E. Accessory			Barbell curl 3x10		
								Tempo pullup (3333) 3x5					

	Min	MON	Min	TUES	Min	WED	THUR	Min	FRI	Min	SAT	
		Single arm KB Overhead lunge 3x10		Bottom up KB press 3x10		Ring dip 3x15			DB lateral raise 3x10 Strict T2B 3x10		Banded tricep extension 3x20	