

WRK AFFILIATE

Below is an example layout of a given week of our class programming. (For a glimpse into what else you and your athletes have access to, check out our Individual Sample Day.)

We believe first and foremost in longevity. Anybody can write hard workouts every day. Very few can efficiently combine both health, and fun. We've however, been on a quest to do just that.

MONDAY

Warm Up

2 Rounds

Run 100m

1 Min. Machine (your choice)

3 Rounds

8 Slamball

:20 Slamball Overhead March

20 Alt. Slamball Toe Taps

PVC Prayer Stretch x :30/ Side

PVC Front Rack Stretch x :30/ Side

Conditioning

On a running clock... Cap = 17 Minutes

Performance

Bike 15/12 Calorie

Run 400m

20 Power Clean 95/65

Bike 15/12 Calorie

Run 300m

15 Power Clean 135/95

Bike 15/12 Calorie

Run 200m

10 Power Clean 155/105

Bike 15/12 Calorie

Run 100m

5 Power Clean 185/125

Fitness

Dumbbell (2) Power Clean x 15 the entire way.

(No ascension)

Strength

Hang Squat Clean

Building to a tough

3 for the day.

Workout Notes

Approach the conditioning with a mid range time domain in mind. Not quite as long as one of our Thursday workouts, but also not a sprint.

Set yourself up so you can hit a big chunk of touch and go reps for the first 2 or possibly 3 rounds. Our opening power clean weight should be light enough where you're not limited by strength, but more so by your breathing. Maintain a moderately aggressive pace on the bike, and use the run to gather your composure before the barbell.

For the Hang Squat Clean, this is part 2 of today's workout. As soon as the previous 17 minute cap hits, the 10 minute clock for this segment will begin. You may set your bar for your opening weight but if you finish well ahead of the cap, use the rest of that 17 minutes for rest prior to this piece.

If you were capped on the previous workout, it will make this part exceptionally harder, so please consider your weight selection and secondary, the run distance, in order to maintain the stimulus.

Cool Down

-Pigeon Stretch

-Half Kneeling Hamstring

-Child's Pose

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TUESDAY

Warm Up

2 Min Cardio (choice)

Tabata x 4 min.

- Goblet Squat
- KB Push Press (Right)
- KB Push Press (Left)
- Hollow Hold

Banded Walks x 80

10 Boot Strap Squat (slow)

10 Hip Hydrants (ea. side)

Back Squat Technique

Strength

Back Squat

2 x 10 @ same weight across

Conditioning

7 minute AMRAP

Performance:

9 Shoulder to Overhead 115/80

9 Pull Up

Fitness

DB Push Press

Jumping Pull Ups OR Ring Rows

Rx+

155/105, C2B

Workout Notes

As far as today's back squats, we're moving & grooving into this "don't call it a squat cycle squat cycle". This will run for 6 weeks in total.

Add 5 - 10 lbs (no more), or stay the same from last week. Please go by feel, if last week was really hard, don't increase this week.

Oppositely, if last week was cake, then slightly increase.

This is more of a maintenance/get a little bit stronger without overloading ourselves.

For Push and Pull, we've got a fast AMRAP today. Goal is to hold an aggressive pace for the entire duration. Try to go unbroken on the barbell and save your grip on the pull ups with manageable sets and minimal long breaks. This one will be over before we know it.

Cool Down

-Banded Crossbody Stretch

-Banded Overhead Stretch

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WEDNESDAY

Warm Up

:90 Bike + 5 inch worms

:90 Ski + 5 inch worms

3 Rounds

8 Push-Ups

:30 Plank Hold

10 Bird Dogs (5/5)

Crossover Band

ATY x 15

Bench Press Technique

Strength

For Performance

Every 3min for 5 rounds

5 Bench Press @ 70%

20 Sit Up RX+ GHD

Fitness

10 DB Floor Press

20 Sit- up OR Reverse Sit-up

Accessory

15min FLOW

- 12 BB Bicep Curl

- 12 DB Skull Crusher

- 12 Pallof Press w/ Band

- 12 Hip Ext on GHD/ BB Good Morning

Workout Notes

On Spring Break, use the same weight for all 5 rounds. If space is an issue, consider starting on Sit Up/GHD if needed. The bench press should be about moving some moderately heavy weight and working our core within a short period of time. Warm up to 70% of your 1RM Bench Press before the E3MOM starts and stay there. If 5 reps on the bench press and then 20 reps for the core movement is going to be too much, lower the working weight for the bench.

Wednesday's Pump is an upper body focused, isolated movement session. Movements aren't in a superset fashion, but should be done back to back with no break.

Cool Down

-Seal Stretch

-Puppy pose

-90/90 Shoulder

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THURSDAY

Warm Up

Run 100m

2 Min Machine (your choice)

Run 100m

50' Dynamic Series

-Knee Hugs

-Quad Pull

-Toe Scoop

-Frankenstein

-Butt Kicks

-High Knee

-Skip

-A Skip

-Carioca

Rocking Ankle Stretch x 15 ea.

Worlds Greatest Stretch x 10 ea.

Dynamic Wrist

Double Under Tech / Practice (3-4 minutes)

Conditioning

For Performance

100 Double Under

50/40 Calorie Bike

20 Burpee Box Jump Over 24/20"

100 Double Under

50/40 Calorie Ski

20 Burpee Box Jump Over

100 Double Under

50/40 Calorie Row

20 Burpee Box Jump Over

Cap = 23 Minutes

Workout Notes

This is a great day to get double under practice in, if so desired. Just don't spend more than around 2 minutes on them. If proficient at double unders, set mini goals like 2 sets of 50, for example.

As far as the machines, you choose the order of them.

It does not matter which of the 3 you do in what round, as long as all 3 machines are visited once.

The burpee box jump overs will begin to slow us down, as well as spike our heart rates, so try to find a sustainable pace that you can keep progress on. Try different techniques such as stepping down slowly, breathing, stepping up slowly, breathing, then making your jump over, amongst other varieties.

Be smart on the box, we can always adjust the height of it.

Cool Down

-Calf Stretch (Rig)

-Crossbody Lat Stretch (Rig)

-Lateral Side Bend (Rig)

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FRIDAY

Warm Up

2 Min Cardio (Choice)

5 Min Flow

8 Strict Press (empty bar)

8 Front Squat (empty bar)

8 Ring Row

8 Alt. Lunge (4/4)

20 Banded Pass Through

20 Banded Pull-Apart

20 SA Banded OH Arm Circles (clockwise/counter)

Barbell Technique

Strength

2 Push Press + 1 Split Jerk

5 working sets, slightly building.

Fitness

EMOM 10

:10 Plank

+ 5 DB (2) Push Press

Conditioning

AMRAP 10

Performance:

4 Pull Up

8 Push Up

16 Air Squat

Fitness

4 Burpee (regular)

8 Push Up

16 Air Squat

Rx+

4 Bar Muscle Up

8 Strict HSPU

16 Air Squat

Workout Notes

For our strength today, after adequate warm up, perform 5 working sets of the complex.

This will most likely be limited by the amount you can push press, and that's ok. It is designed for us to perform a split jerk under a little fatigue. So hit your push presses, take a big inhale, and execute a perfect split jerk that leaves all your gym buddies in awe.

To finish today off, we're ending the work week with some gymnastics!

Today's workout ditches the barbell in favor of some good old fashioned body weight movements. Your upper body will probably start to fatigue a couple rounds in, so take the air squats smooth and stay under control.

If you are sore from the bench press, consider a more narrow grip on the push ups, or possibly move to a box to change the angle of attack. Also, please refrain from rushing the air squats, as that usually leads to sloppiness and possibly a funny look from your coaches.

So get after it and make your movement count!

Cool Down

Foam Roll

-Quads

-VMO

-Lats



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