MULTI-FUNCTIONAL TRAINING CYCLE, LEVEL IV

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By: 555 Firefighter Fitness, Inc.
The purpose of this Multi-Functional Training cycle is to get the user in a better state of overall fitness. This cycle will focus on improving strength and endurance as one unit instead of as two separate components. Four levels are provided (on separate PDF’s) so that the gambit of fitness levels can be covered. Level I is for the beginner or for the athlete that has not been active with any type of exercise program for some time. Levels II and III are for the intermediate athlete. Level IV is for the elite athlete. The purpose of this cycle is to provide the user with more rather than less, which is typically the norm. It is not recommended, for example, that an athlete using the Level IV program, to perform all of the components provided. One day the user may decide to do the warm-up, strength and metcon components. On the next day the same athlete may decide to use the warm-up, strength and Honor WOD components. It is up to the individual athlete to figure out what mixture of components works best for him/her. As with any exercise program, please consult your doctor before beginning this or any program.
Common Abbreviations:

#:

Pounds (Lbs)

AMRAP:

As Many Rounds/Reps as Possible

AKBS:

American Kettlebell Swings (Swing with Bell finishing overhead)

BP:

Bench press

BS:

Back squat (HBBS - High Bar Back Squat, LBBS - Low Bar Back Squat)

BJ:

Box Jump

BW:

(or BWT):

Body weight

CFT:

CrossFit Total – consisting of 1 RM max squat, press, and deadlift.

CFWU:

CrossFit Warm-up

CLN:

Clean

C&J:

Clean and jerk

DB:

DumbBell

DL:

Deadlift

DU:

Double Unders (Jump passes underneath feet twice)

EMOM/EMOTM:

Every Minute on the Minute

FS:

Front squat

GHD:

Glute ham Developer (machine)

GHD Situp:

Situp done on the GHD bench

HRPU:

Hand Release Push Up

HSPU:

Hand stand Push Up

HPC:

Hang Power Clean –

HPS:

Hang Power Snatch –

Kg:

Kilograms (1kg = 2.2 lbs)

KBS:

Kettlebell Swing

KTE or K2E:

Knees to elbows

MB:

Medicine Ball

METCON:

Metabolic Conditioning Workout

MP:

Military press (Shoulder Press)

MOD:

Modified

MU:

Muscle ups

OH:

Over Head

OHS:

Overhead Squat

PC:

Power Clean

PJ:

Push Jerk

PR:

Personal Record

POOD:

Weight of KettleBell (16kg / 35lbs)

PP:

Push Press

PSN:

Power Snatch

PU:

Pull-ups or Push Ups

Q:

Every (Q 2 min, every 2 minutes)

Rep:

Repetition. One performance of an exercise.

RFT:

Rounds for time.

Rx’d:

As prescribed; as written. WOD done without any adjustments

RM:

Repetition maximum. Your 1RM is your max lift for one rep

ROM:

Range of Motion

RKBS:

Russian Kettlebell Swings (swing of bell to eye level)

S2OH:

Shoulder to Overhead

SDHP/SDLHP:

Sumo Deadlift High Pull

Set:

A number of repetitions. e.g., 3 sets of 5 reps, often seen as 3×5 or 5-5-5 , means do 5 reps, rest, repeat 5 reps, rest, repeat 5 reps.

SN:

Snatch

SQ:

Squat

SU:

Single Under ((Jump passes underneath feet once)

TGU:

Turkish get-up

Thrusters:

Front Squat directly into an overhead press with no pause

TTB/T2B:

Toes to Bar

WB:

Wall Ball

WOD:

Workout of the Day
**Week 1**

**Day 1**

Date: ___________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 1k row for time, all out effort.

OR

Running WOD: 2 mile timed run

Strength: 4 x 3 @ 85% of OHS

Metcon: 21-15-9 of V-ups, tuck jumps, power snatch (115/85)

Chipper: 40-30-20-10 of burpees, push-ups, sit-ups, air squats

Honor WOD: "Faustino Apostol, Jr.", Battalion 2, 2rds, 5-squat cleans (155/115), 25-double unders, 5-shoulder to overhead (155/115), 25-double unders, 5-thrusters (each from the ground) (155/115), 25-double unders

**Day 2**

Date: ___________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 500m row w/2:00 rest

OR

Running WOD: 4rds, 800m run, 50-air squats, 50-sit-ups

Strength: 4 x 3 @ 85% of Push Jerk

Metcon: 4rds, 20-push-ups, sit-ups, air squats, thrusters (65/45)

Chipper: Row 1k, 50-KBS (24/16kg), row 1k, 50-box jumps (24/20), row 1k, 50-double unders, row 1k, 50-sit-ups, row 1k, 50-air squats

Honor WOD: "Thomas Butler", Squad 1, 15-12-9-6-3 of hang cleans (135/95), wall ball (20/14)

#TRAINHARD #DOWORK #STAYFIT
Day 3

Date: ____________

**Warmup:** 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

**Renegade Rowing WOD:** 3RFT, 750m row, 15-deadlifts @ 40%

OR

**Running WOD:** Off day

**Strength:** 4 x 3 @ 85% of snatch

**Metcon:** Tabata (8rds, :20 on/:10 off), push-up, sit-up, air squat. Your score is your total number of reps

**Chipper:** Run 400m, then 4rds of 5-clean and jerks (135/95), 10-C2B, 15-burpees, then run 400m

**Honor WOD:** "Thomas Gardner", HazMat 1, 30-back squats (185/135), 100-wall ball shots (20/14), 30-shoulder to overhead (185/135)

Day 4

Date: ____________

**Warm-up:** 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

**Renegade Rowing WOD:** Off day

OR

**Running WOD:** Treadmill, 3 minute intervals, 1.7mph @ 10%, 2.4mph @ 12%, 3.4mph @ 14%, 4.2mph @ 16%, 5.0mph @ 18%, 5.5mph @ 20%. Go as long as you can.

**Strength:** 5 x 10 @ 50% of bench press

**Metcon:** descending ladder, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 of wall ball, sit-ups, burpees. Rest 1:00 after round of 12, :55 after round of 11, :50 after round of 10, etc....

**Chipper:** 800m run, 60-air squats, 50-KBS (24/16kg), 40-push-ups, 30-hang cleans (95/65), 20-handstand push-ups

**Honor WOD:** "Martin Egar, Jr.", Division 15, 100-double unders, 75-sit-ups, 50-push-ups, 25-OHS (135/95), 50-K2E, 75-ring dips, 100-air squats

#TRAINHARD    #DOWORK    #STAYFIT
**Day 5**

Date:___________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

WOD:

7rds

4-squat cleans (135/95)

1-thruster (135/95)

7-back squats (135/95)

7-push press (135/95)

6-deadlifts (135/95)

OR

17rds

7-sit-ups

6-burpees

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**Day 6**

Date:___________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: EMOM20, 3-burpee, row. Start each minute with 3 burpees, then row the rest of the minute. Your score is your total number of meters rowed after 20 minutes and 60 total burpees.

OR

Running WOD: 5rds, 3 minute speed walk, 1 minute sprint.

Strength: 5 x 10 @ 50% of back squat

#TRAINHARD    #DOWORK    #STAYFIT
Metcon: 4rds, 5-HSPU, 10-SDHP (sumo-deadlift high pull) (24/16kg)

Chipper: 25-pull-ups, 25-power cleans (95/65), 25-push-ups, 50-walking lunges w/weight overhead (45/25), run 800m, 50-walking lunges w/weight overhead (45/25), 25-push-ups, 25-power cleans (95/65), 25-pull-ups


**Week 2**

**Day 1**

Date: __________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 15 x :20 on/:40 off, total distance rowed

OR

#Running WOD: 1.5 mile timed run

Strength: 5 x 10 @ 50% of press

Metcon: 100-singles (use rescue rope, see attached picture), then 4rds, 500m row, 10-hang power cleans (95/65), 10-KBS (24/16kg), 20-box jumps (24/20), 20-abmat sit-ups, then 100-singles w/rescue rope.

Chipper: run 1200m, 40-KBS (1.5/1 pood), 800m run, 40-burpees, 400m run, 40-grasshoppers

Grasshopper demo video: http://www.youtube.com/watch?v=twtWsHd5_n4

Honor WOD: "Edward Day", Ladder 11, 150-double unders, 100-sit-ups, 50-thrusters (95/65), 25-burpees

**Day 2**

Date: __________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

#TRAINHARD #DOWORK #STAYFIT
Renegade Rowing WOD: Row 2k, rest 3 minutes, row 1k, rest 3 minutes, row 500m. (These are all-out rows)

OR

Running WOD: Run 2 miles, run 3 minutes, walk 1 minute.

Strength: 5 x 10 @ 50% of squat cleans

Metcon: 3rds, 20-ring dips, 50-air squats, 20-hand release push-ups

Chipper: 50-burpees, 20-power snatch (95/65), 25-burpees, 10-power snatch (95/65)

Honor WOD: "Gerald Duffy", Ladder 21, 2rds, 50-sit-ups, 40-pull-ups, 30-back squat (135/95), 20-HSPU's, 10-front squats (135/95)

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**Day 3**

Date: ____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 3RFT, 750m row, 15-deadlifts @ 40%

OR

Running WOD: 8 x 400m run, 25-double unders or 50-singles

Strength: 5 x 10 @ 50% of front squat

Metcon: 100 air squats for time (benchmark)

Chipper: 4RFT, 5-deadlifts (135/95), 5-hang squat cleans (135/95), 5-push press (135/95), 5-burpees, 250m row or 200m run, 1:30 rest between rounds

Honor WOD: "John Florio", E214, 10-bench press @ 75%, 10-ring dips, 20-bench press @ 50%, 20-diamond push-ups, 30-bench press @ 35%, 30-push-ups

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**Day 4**

Date: ____________

#TRAINHARD

#DOWORK

#STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: Off day

OR

Running WOD: 5k run, easy pace

Strength: 5 x 10 @ 50% of push press

Metcon: 3rds, 800m run, 25-wall ball (20/14), 50-double unders or 100-singles

Chipper: 3rds, 15-goblet squats (24/16kg), 10-pull-ups, 15-KBS (24/16kg), then row 2k, then 3rds, 15-goblet squats (24/16kg), 10-pull-ups, 15-KBS (24/16kg)

Honor WOD: "Robert Evans", E33, 21-15-9 of squat cleans (135/95), HSPU's

Day 5

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 10 minutes w/1 minute rest

OR

Running WOD: 25 minute run, 4 minute jog, 1 minute walk

Strength: 5 x 10 @ 50% of deadlift

Metcon: 4rds, 20-6 count bodybuilders, 20-4 count flutter kicks, :30 rest

Chipper: 400m run, 30-clean and jerk (115/75), 20-T2B, 10-OHS (115/75), 400m run, 15-clean and jerk (115/75), 10-T2B, 5-OHS (115/75)

Honor WOD: "Ronnie Henderson", E279, 20-deadlifts (225/135), 500m row, 10-deadlifts (275/185), 500m row, 5-deadlifts (315/225), 500m row

Day 6

#TRAINHARD #DOWORK #STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 8 x 250m w/1 minute rest

OR

Running WOD: 3 x 800m run, 25-burpee tuck jumps

Strength: 5 x 10 @ 50% of OHS

Metcon: 4rds, 10-dumbbell snatches (1R+1L=1rep)(55/35), 10-burpees, 1 minute rest. After performing 1 dumbbell snatch (R+L) perform one burpee, do this 10 times to complete one round.

Chipper: 500m row or 400m run, 25-knee in and outs, 50-heavy rope singles, 500m row or 400m run, 25-bicycles (each direction), 50-heavy rope singles, 500m row or 400m run, 25-V-ups, 50-heavy rope singles, 500m row or 400m run, 25-bent knee hip raises, 50-heavy rope singles, 500m row or 400m run, 25-Russian twists, 50-heavy rope singles

Honor WOD: "James Gray", L20, 3rds, 20-box jumps (24/20), 20-thrusters (95/65), 20-KBS (32/24kg)

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**Week 3**

**Day 1**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3 x 15 minute row w/4 minute rest

OR

Running WOD: 3 mile weighted hike

Strength: 5 x 10 @ 50% of push jerk

Metcon: 50-sit-ups, 50-KBS (24/16kg), 50-dips, 50-jumping pull-ups

Chipper: 5rds, 500m row, 50-heavy rope singles, 25-abmat sit-ups, 10-box jumps (24/20)

#TRAINHARD #DOWORK #STAYFIT
Honor WOD: "Ronnie Gies", Squad 288, 4rds, 18-pull-ups, 18-SDHP (75/55), 18-wall ball (20/14), 18-ring dips (total reps=288)

Day 2

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 2 x 1k row w/4:00 rest, 3 x 500m row w/2:00 rest

OR

Running WOD: 5 x 50yd suicide sprints w/2:00 rest. Run 10 yards, touch, return, touch, run 20 yards, touch, return, touch, run 30 yards, touch, return, touch, run 40 yards, touch, return, touch, run 50 yards, touch, return, rest 2 minutes

Strength: 5 x 10 @ 50% of snatch

Metcon: 4 sets, max L-sit w/1:00 rest, then 4 sets, max plank w/:30 rest

Chipper: 5rds, 25-burpees, 25-4 count flutter kicks, 25-hand release push-ups, 25-supermans, 2:00 rest

Honor WOD: "Robert Cordice", Squad 1, 21-15-9 of power snatch (75/45), sit-ups, then 15-12-9 of power snatch (95/65), K2E, then 12-9-6 of power snatch (115/85), T2B

Day 3

Date:___________

Warmup: 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 5 x AMRAP5 of 5-pull-ups, 10-push-ups, 250m row w/3 minute rest between sets

OR

Running WOD: 3 x 800m run, 50-double unders or 100-heavy rope singles or 150-singles, rest as needed between sets

Strength: 4 x 8 @ 60% of back squat

#TRAINHARD #DOWORK #STAYFIT
Metcon: 100-sit-ups for time (benchmark)

Chipper: 500m row or 400m run, 30-bodyweight bench press, 500m row or 400m run, 20-bodyweight bench press, 500m row or 400m run, 10-bodyweight bench press,

Honor WOD: "Philip Hayes", E217, retired, 10-deadlifts (315/225), 1-burpee. Decrease the deadlifts by 1 and increase the burpees by 1 until you do 1 deadlift and 10 burpees.

Day 4

Date: ______________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: Off day

OR

Running WOD: 5rds, 4 minute run/2 minute walk

Strength: 4 x 8 @ 50% of bench press

Metcon: 3rds of 15-box jumps (24/20), push-ups, rest 2 minutes, then 3rds of 15-air squats, 6 count mountain climbers, rest 2 minutes, then 3rds of 15-dips, inchworms, rest 2 minutes, then 3rds of 15-jump plank, superman

mountain climber demo video: http://www.youtube.com/watch?v=4Oe1t1IzDNY

inchworm demo video: https://www.youtube.com/watch?v=yc_vWajTkDE

jump plank demo video: https://www.youtube.com/watch?v=zdX8r3F1vU

Chipper: 4rds, 500m row or 400m run, 40-air squats, 30-sit-ups, 20-push-ups, 10-pull-ups

Honor WOD: "Michael Healy", S41, 4rds, 10-wall ball (20/14), 10-back squats (225/135), 10-wall ball (20/14), 10-deadlifts (225/135)

Day 5

Date: ______________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

#TRAINHARD  #DOWORK  #STAYFIT
Renegade Rowing WOD: SRFT: 500m row, 10-hang squat cleans (95/65), 10-burpees

OR

Running WOD: 1 hour walk. Try to keep a pace of 4mph or 15 minute miles. Use a free app like Run Keeper to keep pace. It updates you every 5 minutes of your distance, time and pace.

Strength: 4 x 8 @ 60% of Press

Metcon: 50-box jumps (20") , 50-walking lunges (1R+1L=1rep), 50-air squats

Chipper: "Cindy", AMRAP20, 5-pull-ups, 10-push-ups, 15-air squats

Honor WOD: "Paul Beyer", Engine 6, 6rds, 5-power cleans (135/95), 10-push press (135/95), 15-hand release push-ups, 20-double unders

Day 6  

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2RFT, 1k row, 20-slam balls, 30-air squats

OR

Running WOD: 2 mile jog, easy pace

Strength: 4 x 8 @ 60% of squat cleans

Metcon: 3rds, 15-plank up/downs, 10-squat jumps, 15-plyo-push-ups

Chipper: "Angie", 100-pull-ups, push-ups, sit-ups, air squats

Honor WOD: "Kevin Donnelly", Engine 1, 20-squat cleans (135/95), row 2k, 20-clean and jerks (135/95)

Week 4

Day 1  

Date: __________

#TRAINHARD  #DOWORK  #STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 7rds for distance, :30 row/:30 rest (perform 3 front squats (135/95) during rest)

OR

Running WOD: 10 x 100m spint w/2:00 rest

Strength: 4 x 8 @ 60% of front squat

Metcon: 3rds, 10-burpee box jumps (24/20), 10-walking lunges (1R+1L=1rep), 400m run, 1:00 rest

Chipper: 3rds, 500m row or 400m run, 40-air squats, 30-sit-ups, 20-OHS (95/65), 10-T2B

Honor WOD: "Michael Boyle", E33, 7rds, 5-push press (155/105), 10-KBS (32/24kg), 20-double unders

**Day 2**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2k row for time (benchmark)

OR

Running WOD: 1 mile timed run (benchmark)

Strength: 4 x 8 @ 60% of push press

Metcon: 100-push-ups for time (benchmark)

Chipper: 3RFT, 200m sprint, 50-walking lunges (1R+1L=1rep), 50-air squats


**Day 3**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

#TRAINHARD #DOWORK #STAYFIT
Renegade Rowing WOD: 4RFT, 500m row, 10-deadlifts (225/155)

OR

Running WOD: 4rds, 800m run, 25-KBS (24/16kg), 50-heavy rope singles

Strength: 4 x 8 @ 60% of deadlifts

Metcon: "Grace", 30-clean and jerks (135/95) for time

Chipper: 10-HSPU, 20-K2E, 30-burpees, 40-box step-ups (24/20), 50-dips, rest 2 minutes, 50-double unders, 40-air squats, 30-sit-ups, 20-HRPU, 10-pull-ups

Honor WOD: "Alan Feinberg", Battalion 9, EMOM9, 5-back squat (225/155), 5-burpee box jumps (20")

Day 4

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 8 minute time cap, 750m row, 40-bar facing burpees, max thrusters (135/95)

OR

Running WOD: 5rds, 3 minute run/1 minute walk

Strength: 4 x 8 @ 60% of OHS

Metcon: 5rds, 300m row, 8-hang power cleans (135/95), 5-burpee box jumps (24/20), 2-ring pull-ups, 2 minute rest between rounds

Chipper: 2-power snatches (165/115), 50-wall ball (20/14), 4-power snatches (155/105), 40-wall ball, 6-power snatches (135/95), 30-wall ball, 8-power snatches (115/75), 20-wall ball, 10-power snatches (95/65), 10-wall ball

Day 5

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 19 minutes w/2 minute rest

OR

Running WOD: 30 minute weighted hike

Strength: 4 x 8 @ 60% of push jerk

Metcon: pull-up/push-up ladder. In the first minute perform 1 rep of each, 2nd minute perform 2 reps of each. Continue until you cannot complete the required repetitions within the minute.

Chipper: Row 500m or run 400m, then 21-15-9 of box jumps (24/20), V-ups, Row 500m or run 400m, then 21-15-9 of push-ups, air squats, Row 500m or run 400m, then 21-15-9 of sit-ups, burpees, Row 500m or run 400m, then 21-15-9 of KBS (24/16kg), dumbbell snatches (55/35)

Honor WOD: "Sean Hanley", L20, Row 2,000m. Every minute perform 5-lateral ERG (rower) burpees. Lateral jump over the rail. Then row until the minute is up, then perform 5 more lateral burpees over the rail of the ERG.

Day 6

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 800m w/2 minute rest

OR

Running WOD: 2rds, 1600m run, 50-sit-ups, 100-singles

Strength: 4 x 8 @ 60% of front squat

Metcon: "Megan", 21-15-9 of burpee, KBS (24/16kg), double unders
Chipper: "Fight Gone Bad", 3rds, one minute each of wall ball (20/14), SDHP (75/45), box jumps (24/20), push press (75/45), calorie row, rest.

Honor WOD: "Michael Lynch", E40, Run 400m then 21-15-9 of thrusters (65/35), pull-ups, run 400m then 21-15-9 of cleans (65/35), ring dips, run 400m then 21-15-9 of wall ball (20/14), burpees

Week 5

Day 1

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 10 minutes w/1 minute rest

OR

Running WOD: 8rds, 400m run w/2 minutes rest

Strength: 8 x 5 @ 55% of back squat and press

Metcon: "Helen", 3RFT, 400m run, 21-KBS (24/16kg), 12-pull-ups

Chipper: 3rds, 3-wall walks, 6-ring dips, 9-dumbbell snatches (45/25)

Honor WOD: "John Ginley", E40, 2rds, 10-push press (135/95), 10-back squats (135/95), 10-cleans (135/95), 10-OHS (135/95)

Day 2

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 15 minute time cap, 500m row, 5-cleans (115/75), 5-pull-ups, 400m row, 6-cleans (115/75), 6-pull-ups, 300m row, 7-cleans (115/75), 7-pull-ups, 200m row, 8-cleans (115/75), 8-pull-ups, 100m row, 9-cleans (115/75), 9-pull-ups

OR

#TRAINHARD #DOWORK #STAYFIT
Running WOD: "Griff", 2rds, 800m run forward, 400m run backwards

Strength: 8 x 5 @ 55% of front squat and push press

Metcon: 5rds, 3-power cleans @ 80%, 10-burpees, one minute rest between rounds

Chipper: "Morrison", 50-40-30-20-10 of wall ball (20/14), box jumps (24/20), KBS (24/16kg)

Honor WOD: "William Henry", Rescue 1, 50-clean and jerks (135/95), 50-wall ball (20/14)

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**Day 3**

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: AMMAP10, row as far as possible. Perform 5 lateral ERG burpees every minute on the minute. Start with a one minute row.

OR

Running WOD: 10 x 50yd sprints w/:30 rest

Strength: 8 x 5 @ 55% of OHS and bench press

Metcon: 3rds, 25-wall ball (20/14), 20-abmat sit-ups, 15-KBS (24/16kg)

Chipper: 3rds, one minute of muscle ups, one minute rest, one minute of burpee box jumps (30/24), one minute rest, one minute of T2B, one minute rest

Honor WOD: "Andrew Desperito", Engine 1, 2k row, 50-thrusters (135/95), 2k row

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**Day 4**

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2RFT, 800m row, 60-double unders, 40-KB snatch (24/16kg), 20-box jumps (24/20)

#TRAINHARD       #DOWORK       #STAYFIT
OR

Running WOD: 45 minute weighted hike

Strength: 8 x 5 @ 55% of push jerk and deadlift

Metcon: 5rds, bear complex (95/65) w/3 burpee chaser after of the 7 cycles within the round.

Bear complex demo video: https://www.youtube.com/watch?v=veF3MFzB8JY

Chipper: 4rds, 10-T2B, 10-muscle-ups, 1 minute rest

Honor WOD: "Kenneth Marino", Rescue 1, 3rds, 5-cleans (155/105), 10-burpees, 5-clean and jerks (155/105), 10-wall ball (24/20)

Day 5

Date:____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 500m w/2 minute rest

OR

Running WOD: 6rds, 4 minute run, 1 minute walk

Strength: 8 x 5 @ 55% of snatch and clean

Metcon: "Fran", 21-15-9 of thrusters (95/65), pull-ups


Honor WOD: "Denis Germain", Ladder 2, 20-power snatch (135/95), 20-double unders, 200m run, 15-power snatch (135/95), 40-double unders, 200m run, 10-power snatch (135/95), 60-double unders, 200m run, 5-power snatch (135/95), 80-double unders, 200m run

#TRAINHARD #DOWORK #STAYFIT
Day 6

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10k row

OR

Running WOD: 5 mile timed run

Strength: 5 x 4 @ 75% of bench press

Metcon: "Jackie", 1k row, 50-thrusters (45lb barbell), 30-pull-ups

Chipper: AMRAP20, 5-C2B pull-ups, 10-ring dips, 15-box jumps (24/20)

Honor WOD: "Kevin Bracken" Engine 40, partner WOD: One person does a deadlift hold w/135#, partner performs 40-air squats, then switch places and repeat, then one person does a back squat hold w/135#, partner performs 40-sit-ups, then switch places and repeat, one person does a plank hold, partner performs 40-push-ups, then switch places and repeat, one person does a deep squat hold, partner performs 40 burpees, then switch places and repeat.

If person holding deadlift, back squat, plank or deep squat hold drops the bar or comes out of their plank or deep squat hold, the partner cannot continue until the bar is back in the hold position or back into the plank or deep squat position. Feel free to help partner get barbell in the back squat hold position.

#TRAINHARD #DOWORK #STAYFIT
Week 6

Day 1

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4RFT, 15-burpees, 150m row

OR

Running WOD: 3rds, 400m run, 50-air squats

Strength: 5 x 4 @ 75% of back squat

Metcon: 4rds, 500m row or 400m run, 25-air squats, 25-box jumps (24/20)

Chipper: 4rds, 8-front squats (155/105), 8-strict pull-ups, 40-double unders

Honor WOD: "Daniel Brethel", Ladder 24, 24-18-12-6 of burpee box jumps (24/20), abmat sit-ups w/medicine ball (20/14)

Day 2

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 minute max distance row, then immediately after tabata air squats, then immediately after, 4 minute max distance row.

OR

Running WOD: Treadmill, 25-burpees, then 10rds, 10% incline, :30 sprint, 1:00 walk, then 25-burpees

Strength: 5 x 4 @ 75% of press

Metcon: 4rds, 25-box jumps (24/20), 50-sit-ups, 75-heavy rope singles

#TRAINHARD  #DOWORK  #STAYFIT
Chipper: 50-wall ball (20/14), 40-push-ups, 30-dips, 20-hang cleans (95/65), 10-burpees, 20-pull-ups, 20-push press (95/65), 30-KBS (24/16kg), 40-box jumps (20"), 50-double unders

Honor WOD: "Greg Buck", Engine 201, 201-heavy rope singles, 100-abmat sit-ups, 50-pull-ups, 25-thrusters (95/65)

**Day 3**

**Date:** __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: AMRAP25, 250m row, 5-clean and jerk (135/95), 5-push-ups. Each round add 250m to the row and another 5 to the clean and jerks and push-ups, so round three would look like this: 750m row, 15-clean and jerks, 15-push-ups.

OR

Running WOD: 10rds, 2 minute run/1 minute walk

Strength: 5 x 4 @ 75% of cleans

Metcon: 3rds, 1k row, 50-sit-ups

Chipper: 1 mile run, 50-air squats, 45-sit-ups, 40-box jumps (24/20), 35-push-ups, 30-pull-ups, 25-KBS (24/16kg), 20-burpees, 15-dips, 10-wall ball (20/14), 5-handstand push-ups

Honor WOD: "Terrence Farrell", Rescue 4, 10-deadlifts (315/225), 20-back squats (225/155), 30-cleans (135/95), 40-push press (95/65), 50-double unders

**Day 4**

**Date:** __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row.

Renegade Rowing WOD: 3 x 2k row w/5 minute rest

OR

#TRAINHARD          #DOWORK          #STAYFIT
Running WOD: 5 x 50yd suicide sprints w/3 minute rest. Run 10yds, touch, return, touch, run 20yds, touch, return, touch, run 30yds, touch, return, touch, run 40yds, touch, return, touch, run 50yds, touch, return. Rest 3 minutes.

Strength: 5 x 4 @ 75% of front squat

Metcon: 3rds, 500m row or 400m run, 15-deadlifts (135/95), 20-KBS (16/12kg)

Chipper: 1k row, 25-wall ball (20/14), 25-KBS (24/16kg), 25-burpees, 400m run, 15-wall ball (20/14), 15-KBS (24/16kg), 15-burpees

Honor WOD: "James Coyle", Ladder 3, 1k row, 90-heavy rope singles, 80-air squats, 70-sit-ups, 60-push-ups, 50-lunges, 40-hang cleans (95/65), 30-thrusters (95/65), 20-OHS (95/65), 10-snatches (95/65)

**Day 5**

Date: ____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 20 minute time cap, 6rds, 500m row, 20-push-ups.

OR

Running WOD: 2 mile time run

Strength: 5 x 4 @ 75% of push press

Metcon: 50-squat clean thrusters (95/65)

Chipper: "300", 25-pull-ups, 50-deadlifts (135/95), 50-push-ups, 50-box jumps (24/20), 50-floor wipers (135/95), 50-G2O, alternating (16/12kg), 25-pull-ups

300 demo video: https://www.youtube.com/watch?v=5iKBykxuCGw

Honor WOD: "Edward D'Atri", Squad 1, 12-9-6 of deadlifts (275/185), bench press (185/105), C2B

#TRAINHARD #DOWORK #STAYFIT
**Day 6**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5k row for time

OR

Running WOD: 1 hour weighted hike

Strength: 5 x 4 @ 75% of deadlift

Metcon: 5rds, 12-KBS (24/16kg), 10-ring dips, 8-deadlifts (185/135)

Chipper: 70-air squats, 60-sit-ups, 50-push-ups, 40-pull-ups, 30-box jumps (24/20), 20-V-ups, 10-HSPU’s

Honor WOD: "Michael Bocchino", Battalion 48, EMOM8, 3-squat clean thrusters (155/105), 3-bar over burpees

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**Week 7**

**Day 1**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2K Row

OR

Running WOD: 4rds, 800m run, 25-sit-ups, 25-air squats, 25-push-ups

Strength: 5 x 4 @ 75% of OHS (overhead squats)

Metcon: 30-20-10 of thrusters (45/35), pull-ups, box jumps (24/20)
Chipper: 5rds of Cindy (5-pull-ups, 10-push-ups, 15-air squats), 400m run, 3rds of Cindy, 400m run, 1 round of Cindy, 400m run

Honor WOD: "Joseph Gullickson", Ladder 101, 101-ground to overhead (snatch, clean and jerk or any other combination) (75/45), 101-double unders

**Day 2**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 3k row w/6 minute rest

OR

Running WOD: 10 x 50yd sprints w/1:00 rest

Strength: 5 x 4 @ 75% of Push Jerk

Metcon: 30-burpee dips for time

Chipper: 1k row or 800 run, 25-sit-ups, 750m row or 600m run, 50-sit-ups, 500m row or 400 run, 75-sit-ups, 250m row or 200m run, 100-sit-ups

Honor WOD: "Thomas Cullen III", Squad 41, 4rds, 5-OHS (135/95), 10-HSPU’s, 15-box jumps (24/20)

**Day 3**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3RFT, 1k row, 15-deadlifts @ 50%

OR

Running WOD: 1 mile time run

Strength: 5 x 4 @ 75% of snatch

#TRAINHARD

#DOWORK

#STAYFIT
Metcon: "Helen", 3rds, 400m run, 21-KBS (24/16kg), 12-pull-ups

Chipper: 10 to 1 of burpees, box step-ups (24/20), sit-ups, thrusters (75/45)

Honor WOD: "John Burnside", L20, 3rds, 20-back squats (205/125), 20-box step-ups (30/24)

**Day 4**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 5 minute row w/3 minute rest. Perform one max handstand hold during the 3 minute rest time.

OR

Running WOD: 10rds, 2 minute run/1 minute max sit-ups

Strength: Off day

Metcon: 3rds, 15-push press (135/95), 30-double unders

Chipper: AMRAP5, 6-box jumps (24/20), 6-push-ups w/feet elevated on box, rest 2 minutes, then AMRAP5, 10-wall ball (20/14), 12-sit-ups

Honor WOD: "David DeRubbio", Engine 226, 21-15-9 of deadlifts (245/165), box jumps (24/20), pull-ups

**Day 5**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: AMRAP10: 1-HSPU, 100m row, 2-HSPU, 200m row, 4-HSPU, 400m row, 8-HSPU, 800m row, etc........ until 10 minute time cap is reached

OR

Running WOD: 30 minute weighted hike

Strength: 5 x 2 @ 90% of bench press

#TRAINHARD #DOWORK #STAYFIT
Metcon: 4rds, 15-push jerks (135/95), 20-KBS (24/16kg), 400m run

Chipper: 4rds, 50m bear crawl, 10-push-ups, 10-sit-ups, 50m bear crawl, 10-air squats, 10-mountain climbers

Honor WOD: "Thomas Gambino, Jr." Rescue 3, Every 3 minutes for 18 minutes perform 7-bear complexes (135/95), 14-burpees, 21-double unders

**Day 6**

**Date:**

Warmup; 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 16rds, :40 on/:20 off

OR

Running WOD: 6rds, 3 minute jog/2 minute walk

Strength: 5 x 2 @ 90% of back squat

Metcon: AMRAP10, 5-power cleans (135/95), 10-T2B, 15-wall ball (20/14)

Chipper: "full body", 50-abmat sit-ups, 50-box jumps (24/20), 25-dumbbell snatches (70/45) (1R+1L=1rep), 50-hand release push-ups, 50-Pendlay rows (75/45), 50-double unders

Honor WOD: "Michael Fodor", Squad 1, 100 reps total (185/115), any combination of back squat, deadlift, and/or shoulder to overhead

#TRAINHARD #DOWORK #STAYFIT
**Day 1**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3 x 10 minutes w/4 minute rest. 4 minutes @ 21s/m, 3 minutes @ 23s/m, 2 minutes @25s/m, 1 minute @29s/m

OR

Running WOD: 10rds, 2 minute run/1minute walk

Strength: 5 x 2 @ 90% of press

Metcon: For Time (8min cap) 2 Rds: 15 Calories on Assault Bike or rower, Sprint to 50’ line, 7 burpees, return to start, Sprint to 100’ line, 7 burpees, return to start then, 15 Calories on Assault Bike or rower,100 Double Unders. Watch the video for all of the rules of this workout.

Firefighter Throwdown demo video: [https://www.youtube.com/watch?v=3QJA5mWr_EQ](https://www.youtube.com/watch?v=3QJA5mWr_EQ)

Chipper: Firefighter Throwdown event #5: 5-snatches (135/95), 10-OHS, 15-lunges (1R=1rep, 1L=1rep), 20-front squats, 25-T2B, 30-wall ball (20/14), 25-T2B, 20-front squats, 15-lunges, 10-OHS, 5-snatches

Honor WOD: "John Fischer", Ladder 20, Every 2 minutes perform 1-clean and jerk (155/105), 1-burpee. Add an additional c&j and burpee every 2 minutes, until you cannot completed the required reps within the 2 minute time frame.

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**Day 2**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3k row, 6 minute rest, 2.5k row, 5 minute row, 2k row

OR

#TRAINHARD  #DOWORK  #STAYFIT
Running WOD: 45 minute weighted hike 

Strength: 5 x 2 @ 90% of cleans 

Metcon: Firefighter Throwdown Event #4 (scaled), 15-thrusters (95/65), 15-pull-ups, 10-thrusters ((95/65), 10-pull-ups, 5-thrusters (95/65), 5-pull-ups 


**Day 3**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row 

Renegade Rowing WOD: 2k row, then 5rds, 10-OHS (45/35), 10-sit-ups, then 2k row 

OR 

Running WOD: 2 mile timed run 

Strength: 5 x 2 @ 90% of front squats 

Metcon: AMRAP7, thrusters (95/65) and pull-ups, 3-3, 6-6, 9-9, 12-12, keep adding three reps to each exercise til the time is up. 


Honor WOD: "John Chipura", Engine 219, 2rds, 19-deadlifts (225/155), 19-bar over burpees 

#TRAINHARD  #DOWORK  #STAYFIT
Day 4

Date: __________

Warmup: 2 rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "Rowing Murph", 1k row, then 12 rds, 5-pull-ups, 10-push-ups, 15-air squats, then 1k row

OR

Running WOD: 4 rds, 400m run, 10-burpee tuck jumps, 50-heavy rope singles

Strength: 5 x 2 @ 90% of push press

Metcon: 5 rds, 400m run, 20-box jumps (20"), 20-wall ball (20/14)

Chipper: 21-15-9 of push-up, sit-up, air squat, lunge (1R+1L=1rep), burpee, double under

Honor WOD: "Dana Hannon", Engine 26, 26-power cleans (95/65), 100-double unders (for every break or failed attempt, perform 5 burpees), 100-KBS (16/12kg) (for every break perform one wall climb), 26-power snatch (95/65)

Wall climb demo: https://www.youtube.com/watch?v=cxlPxr6h_yE

Day 5

Date: __________

Warmup: 2 rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: AMRAP8, 750m row, 15-plate burpees (at the top of the burpee, jump onto a 45 bumper plate, open hips completely)

OR

Running WOD: 5 x 100m sprints w/2 minute rest

Strength: 5 x 2 @ 90% of deadlift

Metcon: 21-15-9 of thrusters (135/95), burpee box jumps (24/20)
Chipper: "Fight Gone Bad", 3rds, wall ball (20/14), Sumo deadlift high-pull (75/45), box jumps (20"), Push-press, push press (75/45), row (calories), rest. One minute at each station. Your score is your total number of reps combined.

Honor WOD: "Jeffrey Walz", Ladder 9, 9rds, 5-clean and jerks (155/105), 10-pull-ups

**Day 6**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "Rowing Annie", 500m Row, 50 Double Unders, 25 Push Ups, 400m Row, 40 Double Unders, 20 Push Ups,

300m Row, 30 Double Unders, 15 Push Ups, 200m Row, 20 Double Unders,, 10 Push Ups, 100m Row, 10 Double Unders, 5 Push Ups

OR

Running WOD: 10rds, 2 minute sprint/1 minute walk

Strength: 5 x 2 @ 90% of OHS

Metcon: AMRAP8, 10-OHS, 10-Front squats, 10-OHS (95/65)

Chipper: 21-15-9 of push-ups, sit-ups, air squat, lunge (1R+1L=1rep), burpee, heavy rope singles

Honor WOD: "Gary Box", Squad 1, 10-back squats (275/185), 10-burpee box jumps (24/20), 10-front squats (225/155), 10-burpee box jumps (24/20), 10-cleanps (185/135), 10-burpee box jumps (24/20), 10-snatches (135/95), 10-burpee box jumps (24/20)
Week 9

Day 1  
Date: ___________

Warmup: 2 rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 12 minutes w/3 minute rest

OR

Running WOD: 5 rds, 800m run, 50-heavy rope singles

Strength: 5 x 2 @ 90% of push jerk

Metcon: 5 rds, 5-deadlifts (245/165), 25-abmat sit-ups, 15-V-ups

Chipper: "leg burn", 50-back squats (95/65), 75-OHS (65/45), 100-air squats, 800m run w/barbell (45/35)

Honor WOD: "Scott Davidson", Ladder 118, 800m run, 10-deadlifts (225/155), 600m run, 20-back squats (225/155), 400m run, 30-front squats (135/95), 200m run, 40-cleans (135/95)

Day 2  
Date: ___________

Warmup: 2 rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 8 x 2:00 on/:45 off

OR

Running WOD: 1 hour weighted hike

Strength: 5 x 2 @ 90% of snatch

Metcon: 5 rds, 10-push press (155/105), 30-double unders

Chipper: 1k row, 25-wall ball (20/14), 25-KBS (32/24kg), 25-burpees, 400m run, 15-wall ball (20/14), 15-KBS (32/24kg), 15-burpees


#TRAINHARD  #DOWORK  #STAYFIT
Day 3

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3RFT, 250m row (rear of rower elevated on 2-45# bumpers), 15-KBS (24/16kg), 5-HSPU

OR

Running WOD: 3 mile timed run

Strength: 6 x 5 @ 60% of back squat and press

Metcon: 30-20-10 of thrusters (95/65), box jumps (24/20), push-ups

Chipper: 150-double unders, 10-burpees, 100-double unders, 20-burpees, 50-double unders, 30-burpees, 25-double unders, 40-burpees

Honor WOD: “Greg Buck”, Engine 201, 201-heavy rope singles, 100-abmat sit-ups, 50-pull-ups, 25-thrusters (95/65)

Day 4

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 8 x 250m row w/1 minute rest

OR

Running WOD: 3 x 100m suicide sprints. Run 50m, touch, return, touch, run 100m, touch, return. Rest 3 minutes.

Strength: 6 x 5 @ 60% of front squat and push press

Metcon: AMRAP10, 5-push press (185/115), 8-C2B

Chipper: Stair Climb Training, Run 1 mile or row 2k, then 4rds, 25-

#TRAINHARD   #DOWORK   #STAYFIT
24" box step-ups (1R+1L=1rep), 15-push-ups, 20-air squats, 25-sit-ups.


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**Day 5**

*Date:_____________*

Warmup: 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5k row

OR

Running WOD: 30 minute weighted hike

Strength: 6 x 5 @ 60% of OHS and bench press

Metcon: 5rds, 15-OHS (135/95), 400m run

Chipper: 50-jump squats, 800m run, 100-double unders, 1k row

Honor WOD: "Joseph Henry", Ladder 21, Buy-in, 25-burpees, then 3rds, 10-hang snatches (115/85), 20-HRPU's, 50-double unders, then cash-out, 25-burpees

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**Day 6**

*Date:_____________*

Warmup: 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5k row

OR

Running WOD: 30 minute weighted hike

#TRAINHARD  #DOWORK  #STAYFIT
Strength: 6 x 5 @ 60% of OHS and bench press

Metcon: "Grace", 30-clean and jerks (135/95)

Chipper: "Jello Legs", 4rds, 5-box jumps (30/24), 10-thusters (135/95), 15-wall ball (20/14), 20-tuck jumps

Honor WOD: "Brian Bilcher", Squad 1, 9-cleans (185/135), 21-HSPU, 7-cleans (185/135), 15-HSPU, 5-cleans (185/135), 9-HSPU

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**Week 10**

**Day 1**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "From your Concept2 monitor", 1 minute on/1 minute rest, 2 minutes on/2 minutes rest, 3 minutes on/3 minutes rest, 4 minutes on/4 minutes rest, 3 minutes on/3 minutes rest, 2 minutes on/2 minutes rest, 1 minute on/1 minute rest

OR

Running WOD: 5rds, 400m run, 25-sit-ups, 25-air squats, 25-heavy rope singles

Strength: 6 x 5 @ 60% of push jerks and deadlift

Metcon: 100-air squats for time

Chipper: 3rds, 5-squat cleans (155/105), 10-burpees, 15-T2B, 20-pull-ups

Honor WOD: "Thomas Foley", Rescue 3, 150-wall ball (20/14), 100-push-ups, 50-air squats, 25-sit-ups

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**Day 2**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row
Renegade Rowing WOD: "Concept2 custom workouts, pre-programmed on your monitor", 9 rds, 1:40 on/:20 off. After 5th 1:40, rest 2:00, then resume 1:40 on/:20 off for another 4 rounds.

OR

Running WOD: 1 hour speed hike, no weight.

Strength: 6 x 5 @ 60% of cleans and snatch

Metcon: Benchmark, 100-sit-ups for time

Chipper: 1 minute plank, 25-bodybuilders, 1 minute plank, 25-grasshoppers, 1 minute plank, 25-mountain climbers, 1 minute plank, 25-wall ball (20/14), 1 minute plank

Honor WOD: "Vincent Brunton", Ladder 105, 5rds, 5-HSPU, 10-squat cleans (135/95), 20-box jumps (24/20), 40-double unders

**Day 3**

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "Get to know your C2 monitor", 2k row, 3 minute rest, 1.5k row, 3 minute rest, 1k row, 3 minute rest, 500m row

OR

Running WOD: 1.5 mile timed run

Strength: 6 x 3 @ 80% of bench press

Metcon: 3rds, 10-deadlifts (225/155), 15-wall ball (20/14), 10-pull-ups

Chipper: 6rds, 500m row or 400m run, 20-sit-ups, 15-air squats, 10-push-ups

Honor WOD: "Kevin Dowdell", Rescue 4, 400m run, 40-double unders, 400m run, 40-thrusters (45/35), 400m run, 40-box jumps (24/20), 400m run, 40-T2B, 400m run, 40-OHS (45/35)
Day 4

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6 x 500m w/1 minute rest

OR

Running WOD: 5rds, 3 minute run/2 minute walk

Strength: 6 x 3 @ 80% of back squat

Metcon: 9-6-3 of 2 pood goblet squats, box jumps (30/24)

Chipper: 50-double unders, 40-air squats, 30-power snatches (95/65), 20-burpees, 800m run, 25-double unders, 20-air squats, 15-power snatches (95/65), 10-burpees, 400m run

Honor WOD: "Martin Demeo", HazMat 1, 21-squat cleans (135/95), 15-box jumps (24/20), 9-burpees, 21-box jumps (24/20), 15-burpees, 9-squat cleans (135/95), 21-burpees, 15-squat cleans (135/95), 9-box jumps (24/20)

Day 5

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 4 minute row w/1 minute easy row between rounds

OR

Running WOD: 10 x 100m sprint w/2 minute rest

Strength: 6 x 3 @ 80% of press

Metcon: 3rds, 20-KBS (16/12kg), 15-burpees, (2rds of Cindy {5-pull-ups, 10-push-ups, 15-air squats})

note: you will do 6rds total of Cindy with this workout.

#TRAINHARD  #DOWORK  #STAYFIT
Chipper: AMRAP5, 10-box jumps (24/20), 12-push-ups w/feet elevated on box, then AMRAP5, 10-wall ball (20/14), 12-sit-ups

Honor WOD: "Patrick Brown", Ladder 3, 3rds, 5-back squats (315/225), 30-box jumps (24/20) then, 3rds, 5-deadlifts (315/225), 30-over the bar burpees

**Day 6**

Date:_____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 1k row. 1st @ 24s/m, 2nd @26s/m, 3rd @28s/m, 4th @26s/m, 5th @ 24s/m

OR

Running WOD: 4rds, 800m run/400m walk

Strength: 6 x 3 @ 80% of cleans

Metcon: 3rds, 10-dumbbell snatches (55/35)(1R+1L=1rep), 20-HRPU, 30-T2B

Chipper: 1k row, 21-15-9 of push-ups, sit-ups, 1k row, 21-15-9 of air squats, lunges (1R+1L=1rep), 1k row, 21-15-9 of thrusters (45/35), Pendelay rows (45/35)

Honor WOD: "Gerard Dewan", Ladder 3, 21-15-9 of clean and jerk (95/65), burpee, 15-10-5 of clean and jerk (135/95), burpee, 9-6-3 of clean and jerk (185/135, burpee

**Week 11**

**Day 1**

Date:_____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 5 minutes w/2 minute rest

#TRAINHARD #DOWORK #STAYFIT
OR

Running WOD: 1 hour speed hike/walk

Strength: 6 x 3 @ 80% of front squat

Metcon: 10-8-6-4-2 of deadlifts + power clean (155/105). Perform 1 deadlift and one power clean ten times to complete the first set.

Chipper: 21-OHS (65/45), 21-KBS (32/24kg), 21-V-ups, 15-OHS (65/45), 15-KBS (32/24kg), 15-V-ups, 9-OHS (65/45), 9-KBS (32/24kg), 9-V-ups,

Honor WOD: "Patrick Byrne", Ladder 101, 10 to 1 thrusters (135/95)/pull-ups, then 1 to 10 of OHS (95/65)/HSPU

Day 2  

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3 x 15 minutes w/4 minute rest

OR

Running WOD: 800m run, 100-HRS (heavy rope singles) or double unders

Strength: 6 x 3 @ 80% of push press

Metcon: "Nancy", 4rds, 400m run, 15-OHS (95/65)

Chipper: 4rds, 25-20" box step-ups (1R+1L=1rep), 10-front squats (115/75), 10-push-ups, 10-burpees

Honor WOD: "Michael Delvalle", Engine 5, 5rds, 5-squat cleans (155/105), 10-box jumps (24/20), 50-double unders

Day 3  

Date:___________

#TRAINHARD  
#DOWORK  
#STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10 x 500m w/2 minute rest

OR

Running WOD: 2 mile timed run

Strength: 6 x 3 @ 80% of deadlift

Metcon: EMOM20, odd minutes, 5-burpee box jumps (24/20), even minutes, 5-thrusters (135/95)
Chipper: 5rds, 5-OHS (135/95), 5-SDHP (135/95), 5-muscle-ups
Honor WOD: "Gerard Barbara", Assistant Chief, 21-15-9-6-3 of clean and jerk (135/95), K2E

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**Day 4**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4rds, 250m row, 25-air squats, 25-push-ups, 25-abmat sit-ups

OR

Running WOD: 1 mile run, 50-walking lunges, 25-burpees, 1 mile run, 50-air squats, 25-push-ups

Strength: 6 x 3 @ 80% thrusters, (use push press max)

Metcon: 40-push press (75/45), 30-push-ups, 20-KBS (24/16kg), 10-strict press (75/45)
Chipper: Run 400m, then 4rds of 5-clean and jerks (135/95), 10-C2B, 15-burpees, then run 400m
Honor WOD: “Carl Bedigian”, Engine 214, 500m row, 30-snatches (95/65), 500m row, 30-clean and jerks (95/65), 500m row

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**Day 5**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

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#TRAINHARD  #DOWORK  #STAYFIT
Renegade Rowing WOD: 5,000m row for time

OR

Running WOD: 6rds, 4 minute run/1 minute walk

Strength: 6 x 3 @ 80% Press + Push Press + Push Jerk (use press max percentage)

Metcon: 100-singles, 10-burpees, 75-singles, 20-burpees, 50-singles, 30-burpees, 25-singles, 40-burpees


Day 6 Date:_____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5rds, 500m row, 1 minute rest

OR

Running WOD: 30 minute walk (recovery)

Metcon: Off day

Chipper: Off day

Week 12

Day 1 Date:_____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 3k w/6 minute rest

#TRAINHARD #DOWORK #STAYFIT
OR

Running WOD: 10 x 50m sprints w/1 minute rest

Strength: 6 x 3 @ 80% of OHS

Metcon: 3rds, 20-snatches (75/45), 20-wall ball (20/14)

Chipper: "Kettlebell Madness", 21-15-9 of KBS, KB Snatch (1R+1L=1rep), goblet squat, press (1R+1L=1rep or use two KB). All reps done w/(24/16kg)

Honor WOD: "Donald Burns", Assistant Chief, 20-back squats (135/95), 400m run, 20-deadlifts (135/95), 400m run, 20-cleans (135/95), 400m run, 30-thrusters (135/95), 400m run

Day 2

Date: ______________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6RFT, 250m row, 15-wall ball (20/14), 1 minute rest

OR

Running WOD: 5rds, 4 minute run/2 minute walk

Strength: 6 x 3 @ 80% of push jerk

Metcon: "Cindy" AMRAP20, 5-pull-ups, 10-push-ups, 15-air squats

Chipper: 1 minute plank, 20-sit-ups, :30 plank, 20-V-ups, :30 plank, 1 minute rest, 20-grasshoppers (1R+1L=1rep), :30 plank, 20-4ct mountain climbers, 1 minute plank

Honor WOD: "Peter Ganci, Jr.", Fire Chief, 3rds, 5-HSPU, 10-Press (95/65), 15-snatch (95/65), 20-KBS (24/16kg)

Day 3

Date: ______________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

#TRAINHARD  #DOWORK  #STAYFIT
Renegade Rowing WOD: 5 x 1k row w/3 minute rest

OR

Running WOD: 6rds, 400m run, 25-air squats, 25-sit-ups, 25-push-ups

Strength: 6 x 3 @ 80% of snatch

Metcon: 1,000m row or 800m run, then, 3rds, 21-box jumps (24/20), 15-pull-ups, 9-burpees

Chipper: 3rds, 15-strict pull-ups, 15-ring dips, 15-HSPU, 15-ring rows

Honor WOD: "Stephen Belson", Ladder 24, 20-box jumps (30/24), 5-squat cleans (155/105), 30-box jumps (24/20), 5-squat cleans (155/105), 40-box jumps (20), 5-squat cleans (155/105)

**Day 4**

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 12 minutes w/3 minute rest

OR

Running WOD: 2 mile timed run

Strength: 3 x 2 @ 95% of bench press

Metcon: 3rds, 60-double unders, 30-wall ball (20/14), 15-deadlifts (185/135)

Chipper: 5rds, 5-deadlifts (95/65), 5-hang cleans (95/65), 5-push press (95/65), 15-push-ups, 15 calorie row or 200m run

Honor WOD: "Francis Esposito", Engine 235, 21-15-9 of thruster (135/95), burpee, pull-up

**Day 5**

Date:___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2k row for time

#TRAINHARD #DOWORK #STAYFIT
OR

Running: 45 minute weighted hike

Strength: 3 x 2 @ 95% of back squat

Metcon: 2rds, 50-air squats, 25-T2B, 15-clean and jerks (135/95)

Chipper: 18-15-12-9-6-3 of squat clean (105/75), hand release push-ups, burpees

Honor WOD: "David Halderman", Squad 18, 5rds, 20-wall ball (20/14), 10-power cleans (135/95)

Day 6

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3RFT, 1k row, 15-deadlifts @ 50% of 1RM

OR

Running WOD: 4rds, 800m run, 50-walking lunges (1R=1rep, 1L+1rep)

Strength: 3 x 2 @ 95% of press

Metcon: "Kelly", 3rds, 400m run, 30-box jumps (24/20), 30-wall ball

Chipper: 1k row or 800m run, 20-walking lunges (1R+1L=1rep), 20-wall ball, 20-box jumps (24/20), 20-push-ups, 20-KBS (24/16kg), 20-sit-ups, 1k row or 800m run

Honor WOD: "Geoffrey Guja", Battalion 43, 9-15-21 of deadlifts (245/165), burpee box jumps (24/20), inchworms

Week 13

Day 1

#TRAINHARD

#DOWORK

#STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "Pyramids", 2 x 19 minutes w/2 minute rest  www.renegaderowing.com/blogs

OR

Running WOD: 5rds, 5 minute run/3 minute walk

Strength: 3 x 2 @ 95% of cleans

Metcon: 5-10-15 of back squat (225/155), box jumps (24/20)

Chipper: "Irene", 200m run or 250m row, 40-KBS (24/16kg), 400m run or 500m row, 30-KBS (24/16kg), 600m run or 750m row, 20-KBS (24/16kg), 800m run or 1,000m row, 10-KBS (24/16kg), cash out 20-burpee box jumps (24/20)

Honor WOD: "Robert Curatolo", Ladder 16, 50-back squats (135/95), 50-deadlifts (135/95), 50-bar over burpees

Day 2

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 3 minutes w/2 minute rest

OR

Running WOD: 1 mile timed run

Strength: 3 x 2 @ 95% of front squat

Metcon: AMRAP10, 5-C2B, 10-hand release push-ups, 15-burpee tuck jumps

Chipper: Modified "Nutts", 10-HSPU, 15-deadlifts (245/165), 25-box jumps (24/20), 50-pull-ups, 50-wall ball (20/14), 100-double unders, 400m run

Honor WOD: "Andrew Brunn", Ladder 5, 5rds, 3-OHS (135/95), 6-HSPU, 9-Bench Press (135/95), 12-ring dips
**Day 3**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 500m row for time

OR

Running WOD: 1 hour speed hike

Strength: 3 x 2 @ 95% of push press

Metcon: 3rds, 5-HSPU, 10-KBS (24/16kg), 15-push press (95/65)

Chipper: "Tabata This", 8rds, :20 on/:10 off for each exercise, row (calorie), air squats, pull-ups, push-ups, sit-ups

Honor WOD: "Michael Cawley", Ladder 136, 50-thrusters (45/35), 40-power snatch (95/65), 30-back squat (135/95), 16-cleans (155/105)

**Day 4**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 4,000m w/6 minute rest

OR

Running WOD: 6 x 100m sprint w/1:00 rest

Strength: 3 x 2 @ 95% of deadlifts

Metcon: 3rds, 10-HRPU, 10-clean & jerks (165/115), 10-grasshoppers (1R+1L=1rep)

Grasshopper demo video: [http://www.youtube.com/watch?v=twtWsHd5_n4](http://www.youtube.com/watch?v=twtWsHd5_n4)

#TRAINHARD  #DOWORK  #STAYFIT
Chipper: 60-push-ups, 60-KBS (24/16kg), 200m run, 40-push-ups, 40-KBS (24/16kg), 400m run, 20-push-ups, 20-KBS (24/16kg), 800m run,

Honor WOD: "George Dispasquale", Ladder 2, 2rds, 2k row, 20-deadlifts (225/155)

**Day 5**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5rds, 500m row, 20-box jumps (24/20)

OR

Running WOD: 6rds, 400m run, 20-air squats, 15-sit-ups, 10-lunges (1R+1L=1rep)

Strength: 3 x 2 @ 95% of OHS

Metcon: 1k row or 800m run, then 4rds, of 12-T2B, 10-KBS (32/24kg), 8-burpees

Chipper: EMOM12-3-power cleans (155/105), rest 1 minute, EMOM10-5-hang power snatch (135/95), rest 1 minute, EMOM8, 8-goblet squats (32/24kg), rest 1 minute, EMOM6, 8-strict pull-ups

Honor WOD: "Robert Fotti", Ladder 7, AMRAP7, 1-squat clean (185/135), 2-clean and jerks (185/135), 3-bar over burpees

**Day 6**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 5 minute w/2 minute rest

OR

Running WOD: 3 mile easy jog

Strength: 3 x 2 @ 95% of push jerk

Metcon: 2rds, 30-squat cleans (65/45), 30-pull-ups

Chipper: 6rds, 5-air squats, 5-box jumps (24/20), 5-thrusters (95/65), 1 minute plank

#TRAINHARD #DOWORK #STAYFIT
Honor WOD: "Jose Guadalupe", Engine 54, 54-pull-ups, 54-air squats, 54-sit-ups, 54-push-ups

**Week 14**

**Day 1**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 20 minutes w/4 minute rest

OR

Running WOD: 3 mile timed run

Strength: 3 x 2 @ 95% of snatch

Metcon: 3rds, 5-squat cleans (135/95), 10-burpees, 20-box jumps (24/20)

Chipper: 21-15-9 of power snatch (95/65), SDHP (95/65), T2B, run 400m in between rounds

Honor WOD: "David Fontana", Squad 1, 100-double unders, 50-squat clean thrusters (65/45), 25-box jumps (30/24)

**Day 2**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 1k row w/3 minute rest

OR

Running WOD: 30 minute weighted hike

Strength: 6 x 10 @ 50% of bench press

Metcon: 10rds, 5-back squats (135/95), 5-box jumps (24/20)

#TRAINHARD  #DOWORK  #STAYFIT
Chipper: 400m run, 21-15-9 of push-ups, sit-ups, 400m run, 21-15-9 of air squats, pull-ups, 400m run, 21-15-9 of V-ups, burpees, 400m run, 21-15-9 of lunges, dips

Honor WOD: "Michael Haub", Ladder 4, EMOM10, 4-front squats (225/155), 10-double unders

**Day 3**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10rds, 500m row, 10-strict pull-ups

OR

Running WOD: 5rds, 4 minute run/2 minute walk

Strength: 6 x 10 @ 50% of back squat

Metcon: 4rds, 7-strict pull-ups, 14-KBS (24/16kg)

Chipper: 50-40-30-20-10 of air squat, push-ups, sit-ups

Honor WOD: "Christopher Blackwell", Rescue 3, 3rds, 5-push jerk (185/135), one minute handstand hold

**Day 4**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: Row 3k for time

OR

Running WOD: 4 x 100yd suicide sprints. Run 20yds, touch, return, touch, run 40yds, touch, return, touch, run 60yds, touch, return, touch, run 80yds, touch, return, touch, run 100yds, touch, return, rest 3 minutes

Strength: 6 x 10 @ 50% of press

Metcon: 8rds, 250m row, 10-pull-ups, 10-box jumps (24/20)
Chipper: 400m run, 50-KBS (24/16kg), 400m run, 50-goblet squats (24/16kg), 400m run, 50-iSDHP (24/16kg), 400m run, 50-KB ground to overhead (24/16kg)

Honor WOD: "Michael Elferis", Engine 22, 22-11-5 of dumbbell snatches (70/45), pull-ups, 400m run

**Day 5**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6 x 2minute row w/1 minute rest

OR

Running WOD: 6rds, 400m run, 15-sit-ups, 50-heavy rope singles

Strength: 6 x 10 @ 50% of cleans

Metcon: 3rds, 30-double unders, 10-OHS (135/95)

Chipper: 7rds, 7-Press (65/45), 7-front squat (65/45), 7-T2B, 7-KBS (24/16kg), 7-burpee, 7-pull-ups, 7-power snatch (65/45),

Honor WOD: "Joseph Farrelly", Division 1, Set the bar to any weight you want. Do not adjust the weight unless you absolutely have to. Move 10,000lbs using any combination of cleans, snatch, OHS. For example, if you set the bar at 135lbs, you would need to do a total of 75 reps (went over the 74.07). You can use any rep scheme you want to achieve the required amount of reps. 135lbs was just an example weight, use any weight you want. Heavier weight is less reps, lighter weight more reps.

**Day 6**

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4rds, 750m row, 20-goblet squats (24/16kg)

OR

Running WOD: 4 mile easy jog

Strength: 6 x 10 @ 50% of front squat

#TRAINHARD       #DOWORK       #STAYFIT
Metcon: AMRAP10, 10-Overhead lunges w/plate (45/25), 10-V-ups, 10-push-ups

Chipper: "Annie are you ok?", 21-15-9 of row (calories), thrusters (65/45), medicine ball cleans (20/14), SDHP (65/45), wall ball (20/14), burpees

Honor WOD: "Jonathan Ielpi", Squad 288, 2rds, 44-push press (65/45), 22-wall ball (20/14), 11-pull-ups, 11-HRPU's

**Week 15**

**Day 1**

Date: ____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10rds, 500m row, 5-air squats, 5-abmat sit-ups, 5-push-ups

OR

Running WOD: 4 mile easy paced jog

Strength: 6 x 10 @ 50% of push press

Metcon: "Megan", 21-15-9 of burpees, KBS (24/16kg), double unders

Chipper: 4rds, 1 minute jumping jacks, 1 minute plank, 1 minute squat hold, 1 minute handstand hold, 1 minute rest

Honor WOD: "William Burke Jr.", Engine 21, 21-thrusters (95/65), 9-burpee pull-ups, 15-thrusters (95/65), 15-burpee box jumps (20/14), 9-thrusters (95/65), 21-bar over burpees

**Day 2**

Date: ____________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 12rds, :40 on/:20 off

#TRAINHARD  #DOWORK  #STAYFIT
OR

Running WOD: 6rds, 400m run, 10-burpees

Strength: 6 x 10 @ 50% of deadlift

Metcon: 5rds, 10-wall ball (20/14), 10-pull-ups

Chipper: 400m run, 50-air squats, 40-sit-ups, 30-push-ups, 20-burpees, 10-HSPU, 400m run

Honor WOD: "Steven Coakley", Engine 217, 2rds, 17-deadlifts (185/135), 17-box jumps (24/20), 17-pull-ups

Day 3

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6rds, 1:30 row, 7-thrusters (95/65), 1:30 rest

OR

Running WOD: 800m run, 50-air squats, 800m run, 50-sit-ups, 800m run, 50-push-ups

Strength: 6 x 10 @ 50% of OHS

Metcon: 21-15-9 of HRPU, V-ups, tuck jumps

Chipper: 10-deadlifts (315/225), 20-box jumps (30/24), 30-KBS (32/24kg), 40-wall ball @ 12’ target (20/14), 50-double unders

Honor WOD: "Michael Esposito", Squad 1, 3-6-9-12-15-18-21 of OHS (95/65), HRPU

Day 4

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2k row, 15-bench press (135/95), 1k row, 10-bench press (185/135), 500m row, 5-bench press (225/155)

#TRAINHARD

#DOWORK

#STAYFIT
OR

Running WOD: 45 minute speed hike

Strength: 6 x 10 @ 50% of push jerk

Metcon: 100-burpees for time

Chipper: 250-heavy rope singles then 4rds, 25-push-ups, 25-air squats, 25-sit-ups, then 250-heavy rope singles


**Day 5**

*Date:* __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 10 minute w/2 minute rest

OR

Running WOD: 6 x 100yd sprint w/2 minute rest

Strength: 6 x 10 @ 50% of snatch

Metcon: 3rds, 5-snatch (135/95), 10-KBS (24/16kg), 15-box jumps (24/20)

Chipper: 2rds, 50-air squats, 40-sit-ups, 30-push-ups, 20-jump lunges, 10-burpees

Honor WOD: "Keith Glascoe", Ladder 21, 21-back squats (135/95), 400m run, 21-front squats (135/95), 400m run, 21-deadlifts (135/95), 400m run, 21-S2O (shoulder to overhead) (135/95), 400m run

**Day 6**

*Date:* __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

#TRAINHARD  #DOWORK  #STAYFIT
Renegade Rowing WOD: Row 2k for time

OR

Running WOD: 5rds, 5 minute run/1 minute walk

Strength: off day

Metcon: 5rds, 5-HSPU, 10-SDHP (32/24kg)


Honor WOD: "Timothy Haskell", Squad 18, 4rds, 18-OHS (115/85), 18-T2B

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**Week 16**

**Day 1**

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6 x 2 minutes w/1:00 rest

OR

Running WOD: 2 mile easy jog

Strength: 6 x 4 @ 70% of bench press

Metcon: 18-15-12-9-6-3 of burpee, V-ups

Chipper: 2rds, 50-pull-ups, 75-sit-ups, 50-OHS (75/55), 75-double unders
Day 2

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 1250m row, 6-shuttles (run 30yds, touch, return, touch, run 20yds, touch, return, touch, run 10yds, touch, return=1 shuttle), 1,000m row, 4-shuttles, 750m row, 3-shuttles, 500m row, 2-shuttles, 250m row, 1-shuttle. 30 minute time cap.

OR

Running WOD: 4rds, 5 minute run, 2 minute walk

Strength: 6 x 4 @ 70% of back squat

Metcon: 3rds, 5-snatch (135/95), 10-KBS (32/24kg), 15-box jumps (24/20)

Chipper: 4rds, 50-air squats, 40-sit-ups, 30-push-ups, 20-burpees, 10-jump lunges

Honor WOD: "Gerard Baptiste", Ladder 9, 6rds, 9-OHS (95/65), 9-thrusters (95/65), 500m row

Day 3

Date: __________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 2 x 3k row w/6 minute rest

OR

#TRAINHARD  #DOWORK  #STAYFIT
Running WOD: 30 minute weighted hike

Strength: 6 x 4 @ 70% of press

Metcon: 5rds, 5-HSPU, 10-SDHP (32/24kg)

Chipper: Run 1200m, 40-V-ups, run 800m, 40-HRPU’s, run 400m, 40-tuck jumps

Honor WOD: "Vernon Cherry", Ladder 118, 50-burpee dumbbell deadlifts (70/45), 50-pull-ups, 18-dumbbell snatches (70/45)

**Day 4**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6RFT, 250m row, 15-wall ball (20/14), 1 minute rest

OR

Running WOD: 5rds, 400m run, 50-heavy rope singles, 20-air squats, 20-push-ups

Strength: 6 x 4 @ 70% of cleans

Metcon: 4rds, 15-plank up/downs, 10-jump lunges, 15-plyometric push-ups

Chipper: 10 to 1 reps of wall ball (20/14), squat cleans (135/95), burpee

Honor WOD: "Michael D’Auria", Engine 40, 10-back squats (225/155), 500m row, 10-back squats (225/155), 400m run, 10-back squats (225/155), 500m row, 10-back squats (225/155), 400m run

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**Day 5**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 4 minute w/2:00 rest

OR

#TRAINHARD

#DOWORK

#STAYFIT
Running WOD: 5 x 100yd sprints w/:30 rest

Strength: 6 x 4 @ 70% of front squats

Metcon: 21-15-9 of bodyweight deadlift, double unders, pull-ups

Chipper: 25-front squats (95/65), 50-double unders, 20-front squats (135/95), 75-double unders, 15-front squats (185/135), 100-double unders

Honor WOD: "Peter Freund", Engine 55, EMOM11, 5-clean and jerks (135/95)

Day 6

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 6rds for distance, 1:30 on/1:30 off. Perform 7 thrusters (95/65), then max effort row for the remainder of the 1:30 "on" time.

OR

Running WOD: 1 mile timed run

Strength: 6 x 4 @ 70% of push press

Metcon: 100-air squats for time

Chipper: 50-burpees, 25-power snatch (95/65), run 400m, 25-burpees, 15-power snatch (95/65), run 400m

Honor WOD: "James Giberson", Ladder 35, 10 to 1 front squats (185/135), 1 to 10 box jumps (30/24). Perform 10 front squats, then 1 box jump, then 9 front squats, 2 box jumps, etc...

Week 17

Day 1

#TRAINHARD

#DOWORK

#STAYFIT
Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade #Rowing WOD: 8 x 250m row w/1:00 rest, all out effort

OR

Running WOD: 5 x 800m run, 50-sit-ups

Strength: 6 x 4 @ 70% of deadlifts

Metcon: 15-10-5 of clean and jerk (135/95), KBS (24,16kg), box jumps (30/24), 100yd farmers walk w/2 kettlebells (32kg each) in between rounds

Chipper: 50-deadlifts (95/65), 2k row, 25-power cleans (95/65), 2k row, 50-push-ups

Honor WOD: "Tarel Coleman", Squad 252, 2rds, 50-OHS (45/35), 20-burpees

Day 2

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3 x 15 minute row w/4 minute rest

OR

Running WOD: 45 minute weighted hike

Strength: 6 x 4 @ 70% of OHS

Metcon: 21-15-9 of bodyweight deadlifts, double unders, KBS (24/16kg)

Chipper: 25-front squats (95/65), 100-heavy rope singles, 25-power cleans (95/65), 100-heavy rope singles, 25-power snatches (95/65), 100-heavy rope singles

Honor WOD: "Gary Geidel", Rescue 1, AMRAP10, 5-deadlifts (315/225), 10-bar over burpees, 15-box jumps (24/20)
**Day 3**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4 x 1k row w/2:00 rest

OR

Running WOD: 2 mile timed run

Strength: Find 1 rep max lift of bench press

Metcon: 3rds, 12-deadlifts, 9-hang cleans, 6-push jerks (155/105)

Chipper: 1k row, 25-wall ball (20/14), 25-KBS (24/16kg), 25-burpees, 400m run, 15-wall ball (20/14), 15-KBS (24/16kg), 15-burpees

Honor WOD: "Frank Bonomo", Engine 230, 30-hang squat cleans, 30-pull-ups

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**Day 4**

**Date:**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 1500m w/3:00 rest

OR

Running WOD: 5 mile easy jog

Strength: Find 1 rep max lift of back squat

Metcon: 15-12-9 of thrusters (135/95), weighted pull-ups

Chipper: 40-30-20-10 of air squat, sit-up, push-up, pull-up

**Day 5**

(Date: __________)

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10 x :30 on/:30 off

OR

Running WOD: 4rds, 6 minute run/3 minute walk

Strength: Find 1 rep max lift of press

Metcon: 400m run, 20-box jumps (24/20), 20-wall ball (20/14)

Chipper: 25-pull-ups, 25-squat cleans (95/65), 25-push-ups, 50-overhead walking lunges (45/25 plate), run 800m, 50-overhead walking lunges (45/25 plate), 25-push-ups, 25-squat cleans (95/65), 25-pull-ups

Honor WOD: "Michael Fiore", Rescue 5, 3rds, 5-clean and jerks (155/105), 10-HSPU, 20-double unders

**Day 6**

(Date: __________)

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 4RFT, 150m row, 15-burpees

OR

Running WOD: 10 x 50yd sprints w/1:00 rest

Strength: Find 1 rep max lift of cleans

Metcon: 4rds, 25-air squats, 25-sit-ups, 25-push-ups, 400m run

Chipper: 30-HSPU's, 40-pull-ups, 50-KBS (24/16kg), 60-sit-ups, 70-burpees, 20 minute time cap

Honor WOD: "Matthew Garvey", Squad 1, 100-double unders, 10-back squats (275/185), 50-double unders, 5-back squats (275/185)
Week 18

Day 1

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5 x 1k row w/3:00 rest

OR

Running WOD: 4rds, 400m run, 100-heavy rope singles

Strength: Find 1 rep max of front squat

Metcon: 100 sit-ups for time

Chipper: 6rds, 5-deadlifts, 5-hang squat cleans, 5-push press, 5-burpees, 250m row or 200m run, 1:00 rest. Weight (95/65)

Honor WOD: “Harvey Eisner” Retired Fire Chief, Tenafly (NJ) Fire Department, 30-OHS (95/65). Each rep must begin from the ground. No squat snatches allowed. Either clean and jerk or power snatch to the top position. Pause, then OHS.

Day 2

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5k row

OR

#TRAINHARD

#DOWORK

#STAYFIT
Running WOD: 6rds, 3 minute run, 2 minute walk

Strength: Find 1 rep max of push press

Metcon: 4rds, 400m run, 20-wall ball (20/14), 20-KBS (24/16kg)

Chipper: 40,30,20,10 of box jumps (24/20), T2B, hang cleans (75/45), double unders

Honor WOD: "John Heffernan", Ladder 11, 11-squat cleans (135/95), 100-double unders, 11-push press (135/95), 75-sit-ups, 11-deadlifts (135/95), 50-pull-ups

**Day 3**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: "Farm Erg", 5rds, 1k row, 100m farmers walk with either the erg or 2 x (32/24kg) kettlebells

OR

Running WOD: 30 minute weighted hike

Strength: Find 1 rep max of deadlift

Metcon: AMRAP10, pull-up/burpee ladder. 2-2-4-4-6-6-8-8/etc......

Chipper: 80-wall ball (20/14), 60-push-ups, 40-tuck jumps, 20-OHS (135/95)

Honor WOD: "John Bergin", Rescue 5, 5rds, 15-KBS (32/24kg), 10-C2B, 5-squat snatches (135/95)

**Day 4**

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 3RFT, 500m row, 40-air squats, 30-sit-ups, 20-push-ups, 10-pull-ups

OR

Running WOD: 3 mile timed run

Strength: Find 1 rep max of OHS

#TRAINHARD #DOWORK #STAYFIT
**Day 5**

Date: ___________

Warmup: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 5k row, easy pace

OR

Running WOD: 3 mile easy jog

Strength: Find 1 rep max of push jerk

Metcon: "Heavy Fran", 21-15-9 of thrusters (135/95), C2B

Chipper: Off day

Honor WOD: "Paul Gill", Engine 54, 54-deadlifts (95/65), 54-double unders, 54-cleans (95/65), 54-burpees

**Day 6**

Date: ___________

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: Find 1 rep max of snatch

All other components: rest

#TRAINHARD  #DOWORK  #STAYFIT
This concludes our multi-functional training cycle. We hope you enjoyed it and saw your fitness become more well-rounded. Monday starts our 17 week strength cycle. Winter is upon us so it is time to pack on some muscle. Rest up and we will start throwing the heavy weights on Monday. Have a great weekend everyone.