

# 555 FITNESS STRENGTH CYCLE

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By: 555 Firefighter Fitness, Inc.



#TRAIN HARD

#DOWORK

#BEREADY

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## Week 1

### Day 1

Date: \_\_\_\_\_

Renegade Rowing WOD: 10 x :30 on/:30 off, max effort

Strength:

7-6-5-4-3-2-1-2-3-4-5-6-7 of deadlift

4 x 5 of Pendlay row

4 x 5 of weighted pull-ups

4 x 5 of lat pulls

3 x 8 of barbell curls

4 x 10 of hammer curls, dumbbells

### Day 2

Date: \_\_\_\_\_

Running WOD: 5 x 50yd suicide sprints. Touch every 10 yards

Strength: Rest day

Chipper: 50-sit-ups, 50-1 pood KBS, 50-dips, 50-jumping pull-ups

### Day 3

Date: \_\_\_\_\_

Renegade Rowing WOD: 3rds, 1 minute row, 1 minute air squats, 1 minute rest

Strength: 7-6-5-4-3-2-1-2-3-4-5-6-7 of Press, end with 90% of 1RM

4 x 4 of hang power clean @ 75%

4 x 5 of sumo deadlift high pull, barbell, heavy

4 x 8 of side laterals

4 x 5 of close grip bench press @ 65%

3 x max ring dips or regular dips

## Week 1 Cont'd

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Day 4

Date: \_\_\_\_\_

Running WOD: 21 minute treadmill interval. 2 minute warm-up, then 4 rounds of 1 minute @ 4mph, 1 minute @ 5mph, 1 minute @6mph, 1 minute @7mph, then 1 minute @10mph, then 2 minute cool-down walk. Change speed up as you deem necessary.

Strength: Off day

Metcon: 13.4 Crossfit Open, AMRAP7, 135# clean and jerk, T2B, 3-3, 6-6, 9-9, 12-12, 15-15, 18-18, etc.. until 7 minutes is up

Day 5

Date: \_\_\_\_\_

Renegade Rowing WOD: AMRAP10, 250m row, 2-HSPU's. Add 2 HSPU's (handstand push-ups) per round completed

Strength: 7-6-5-4-3-2-1-2-3-4-5-6-7 of Back squat. Top out @ 90% of 1RM  
4 x 25m walking lunges w/45# plate held either to chest or overhead  
10-8-6-4-2 of stiff legged deadlifts. Add weight each round  
5 x 15 Calf raises

**Week 2**

Day 1

Date: \_\_\_\_\_

Renegade Rowing WOD: 4 x 10 minute row w/1 minute rest in between sets OR

Running WOD: 2 mile easy jog

Strength:

8-6-5-4 of Bench Press

3 x 8 of Incline press, dumbbell or barbell, heavy

3 x max hand release push-ups

4 x 10 Skull crushers

4 x 10 Push downs

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3 x max dips

Day 2

Date:\_\_\_\_\_

Running WOD: 4rds, 10-push-ups, 20-air squats, 30-sit-ups, 400m run

Strength: Off day

Metabolic conditioning: 21-18-15-12-9-6-3 of deadlift (225/155), box jumps (24/20)

Day 3

Date:\_\_\_\_\_

Renegade Rowing WOD: 3RFT, 750m row, 15-deadlifts @ 40% of 1RM

Strength:

8-6-5-4 of Deadlift

8-6-5-4 of Press

3 x 5 of Pendlay rows

3 x 5 of Upright rows, barbell

3 x 10 of Pull-ups, strict

3 x 10 of Side laterals

Day 4

Date:\_\_\_\_\_

Running WOD: 8rds, 200m run, 15-air squats, 10-jump lunges (1R+1L=1rep)

Strength: Off day

Chipper: The 25's,

0.25 run

25 good mornings, bar (45/35)

25 squats

25 push presses, bar (45/35)

25 Kettle Bell swings, KB or dumbbell (24/16kg)

25 cleans, bar (45/35)

25 wall balls (20/14)

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25 squat rows or jump squats  
25 sit ups  
25 barbell rows, bar (45/35)  
25 Kettle Bell snatch, (16/12kg)  
25 med ball slams (20/14)  
25 back extensions, on ext. rack or stability ball or superman's  
25 Battle rope slams (use rope or section of hose)  
25 dips  
25 pull ups  
.25 run

\*\*adjust weight according to ability/level of comfort. Make it tough for 25 reps\*\*

Day 5

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 5RFT, 250m row, 10-25# goblet squats to the erg seat.

Strength:

8-6-5-4 of back squat. End with 90% of 1RM

3 x 10 front squat @ 70% of 1RM

8-6-5-4 of stiff legged deadlifts (heavy as possible)

3 x 10 of walking lunges (1R+1L=1rep) @ 40% 1RM of front squat

3 x 10 of box jumps @ 30" (full depth squat, pause 1 full second, explode to the top of the box from the squat)

## Week 3

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## Day 1

Date:\_\_\_\_\_

Warm-up: 10-jumping jacks, 10-air squats, 5-inchworms, 10-sit-ups, 10-push-ups, 200m jog or 250m row. Burgener warm-up.

Running WOD: 15 x 50m sprint w/ :45 rest between sets

Strength:

6-5-4-3-2 of squat cleans. End with 90% of 1RM

5-4-3-2-1 of snatch. End with 95% of 1RM

8-6-5-4 of weighted dips

3 x 8 skull crushers

3 x 10 barbell curls

3 x 10 hammer curls, dumbbells

## Day 2

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 5 x 500m. Rest as needed between sets. All out effort.

Strength: Off day

Metabolic Conditioning: 3rds, 25-wall ball, 20-sit-ups, 15-KBS (24/16kg)

## Day 3

Date:\_\_\_\_\_

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

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

Strength:

6-5-4-2 of Press. End with 90% of 1RM

6-5-4-2 of deadlifts. End with 90% of 1RM

3 x 5 clean and jerk

3 x 8 of upright rows

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3 x 8 of side laterals  
2 sets maximum reps of strict pull-ups

Day 4

Date: \_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 10-pass throughs, 5-push-ups, 10-sit-ups, 5-inchworms, 10-air squats, 200m jog or 250m row.

Running WOD: 4rds, 400m run, 50-air squats, 50-singles (jump rope)

Strength: Off day

Metcon: 5RFT, 300m row, 15-push press @ (95/65)

Day 5

Date: \_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 5-inchworms, 10-air squats, 10-sit-ups, 10-pass throughs

Renegade Rowing WOD: 5 x 500m row w/1:30 rest. All out effort.

Strength:

5-4-3-2-1 Back squat. Last set of 1 should be @ 95% of 1RM

3 x 10 stiff legged deadlifts (Heavy)

3 x 5 OHS @ 80%

3 x 8 stationary lunges @ (135/95) (1R+1L=1 rep)

3 x 15 standing calf raises

3 x 10 box over jumps @ (24/20) (jump all the way over the box, working explosion)

## Week 4

Day 1

Date: \_\_\_\_\_

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Warm-up: 2rds, 10-jumping jacks, 10-pass throughs, 10-push-ups, 10-sit-ups, 10-air squats

Renegade Rowing WOD: 2 x 15 minute row w/5 minute rest (each piece, 5' @ 18 s/m, 5' @ 20 s/m, 5' @ 22 s/m)

or

Running WOD: 1.5 mile run, hard as possible

Strength:

5-3-2-1-1-1 of deadlifts (last three sets of 1, finish @ 95+%)

5 x 5 stiff legged deadlifts (heavy)

5 x 5 Pendlay row (heavy)

10 x 5 strict pull-ups

4 x 8 barbell curls (heavy)

3 x 10 hammer curls with dumbbells

Day 2

Date: \_\_\_\_\_

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

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

Strength:

5 x 1 minute plank w/ 1 minute rest

3 x 1 minute side plank w/ 1 minute rest each side

4 x 15 T2B or K2E

4 x 20 sit-ups

4 x 10 V-ups

Chipper: 3RFT, 20-135# deadlifts, 20-wall ball, 20-1.5 KBS, then 100-double unders cash out

Day 3

Date: \_\_\_\_\_

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

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Running WOD: Run 1 mile, 50-air squats, 50-walking lunges (1R+1L=1rep)

Strength:

5-3-2-1-1-1 clean and jerk

5-3-2-1-1-1 press

4 x 10 side laterals (db)

4 x 8 skull crushers (heavy)

3 x max reps, hand release push-ups

3 x 5 plyometric push-ups

## Week 4 Cont'd

Day 4

Date: \_\_\_\_\_

Off day

Day 5

Date: \_\_\_\_\_

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

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

Strength:

Work up to 5 rep max on back squat, then 5 x 5 back squat with that weight

5 x 10 stiff legged deadlifts

5 x 5 box jumps (36/30)(place 45# bumper on top of 30" box for 36" jumps)

Day 6

Date: \_\_\_\_\_

Off day

## Week 5

#TRAIN HARD

#DOWORK

#BEREADY

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Day 1

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 3rds, 3 minutes on, one minute off. Max effort.

or

Running WOD: 20 minutes, easy jog

Strength:

3 x 10 good mornings (light)

5 x 8 deadlift @ 60%

5 x 10 stiff legged deadlifts

5 x 5 power snatch @ 75%

3 x 25 back extensions

Day 2

Date:\_\_\_\_\_

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

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

Strength: Off day

Metcon: 800m run, 30-squat clean thrusters (135/95), 1000m row

Day 3

Date:\_\_\_\_\_

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

Running WOD: 30 minute run/walk, 10rds, 2 minute run/1 minute walk

Strength:

5 x 8 Bench press @ 65%

4 x 6 Incline press, dumbbells, moderate weight

3 x 10 Dumbbell flyes

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4 x 8 skull crushers (heavy)  
4 x 10 push downs (heavy)  
3 sets, max hand release push-ups

## Week 5 Cont'd

Day 4

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 10 x 500m row w/2:00 rest

Strength: Off day

Chipper: Run 1 mile, then, 4rds, 25-box step-ups (24/20), 15-push-ups, 15-air squats, 20-sit-ups, 10-calf raises

Day 5

Date:\_\_\_\_\_

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

Running/Rowing WOD: 6rds, either 400m run or 500m row, 25-sit-ups

Strength:

5 x 5 box squats @ 65% of 1RM of back squat (2 second pause on box)

3 x 10 walking lunges w/barbell (1R+1L=1rep)

5 x 8 front squat @ 50%

4 x 10 stiff legged deadlifts

3 x 15 back extensions

4 x 20 calf raises

Day 6

Date:\_\_\_\_\_

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#BEREADY

[Type text]

Off day

## Week 6

Day 1

Date: \_\_\_\_\_

Going heavy, heavy this week. Work up to 1 rep max plus anymore that you think you can get on the major lifts this week.

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

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

OR

Running WOD: 4rds, 400m run, 50-singles, 40-air squats, 30-sit-ups, 20-push-ups, 10-burpees

Strength:

3 x 10 good mornings w/45# bar

5-3-2-1-1-1 Deadlifts

5 x 5 Pendlay Rows

4 x 8 Lat pull-downs

3 x 10 strict pull-ups (any grip)

3 x 20 back extensions

Day 2

Date: \_\_\_\_\_

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

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

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Strength: Off day

Chipper: 100-push-ups, rest 1 minute, 80-air squats, 1 minute rest, 60-sit-ups, 1 minute rest, 40-air squats, 1 minute rest, 20-burpees

Day 3

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 4rds, 500m row, 10-35# goblet squats, 10-1.5 pood KBS, 10-sit-ups

Strength:

5-3-2-1-1-1 Push Press (end last sets of 1 as heavy as possible)

5 x 8 Upright rows with barbell (heavy)

4 x 8 Bent over rows (barbell, heavy)

3 x 10 Side laterals, dumbbell

4 x 5 Barbell curls (heavy as possible)

5 x 10 Hammer curls, dumbbells

## Week 6 Cont'd

Day 4

Date:\_\_\_\_\_

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

Running WOD: 4rds, 200m run, 20-air squats, 200m run, 10-walking lunges (1R+1L=1rep)

Strength: Off day

Metcon: 50-40-30-20-10 of calories on the rower, air squats and double unders

Day 5

Date:\_\_\_\_\_

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

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Renegade Rowing WOD: 5RFT, 20-calorie row, 15-push-ups, 10-DB G2O (45/25), 5-jump lunges (1R+1L=1rep)

Strength:

5-3-2-1-1-1 Back squat (last three sets of 1 go as heavy as you think you can)

5 x 5 Stiff legged deadlifts

5 x 8 OHS

4 x 5 Squat cleans

5-3-2-1-1-1 Box jumps (start with 24 inches, then add bumper plates on top of box for added height. Be explosive)

4 x 20 Calf Raises

Day 6

Date:\_\_\_\_\_

Off day

## Week 7

Day 1

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 4 x 10 minute row w/4 minute rest. (4 minute @ 24 s/m, 3 minutes @ 26 s/m, 2 minutes @ 28 s/m, 1 minute @ 30 s/m)

Strength: We are going very heavy this week. Try to get 100%+ of your max.

Work up to 90% of 1RM of deadlift. Then, 5 x 1 (each set should be heavier than the last. Take as much time between sets as needed)

5 x 3 Pendlay Row (Very heavy, but keep good form, back straight, torso parallel to the ground)

5 x max reps strict pull-ups. Last two sets feel free to kip a few extra reps after failure of strict pull-ups.

Day 2

Date:\_\_\_\_\_

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Warm-up: 2rds, 10-jumping jacks, 10-push-ups, 20-pass throughs, 10-air squats, 10-sit-ups

Running WOD: AMRAP20, 400m run, 25-hand release push-ups

Strength: Off day

Metcon: AMRAP10, 5-push press (185/115), 5-chest to bar pull-ups

### Day 3

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 12-11-10-9-8-7-6-5-4-3-2-1 of calorie row, box jumps (24/20), push-ups

Strength:

Work up to 90% of 1RM of bench press, then 5 x 2 bench press @ 90% 1RM

4 x 8 dips w/2 second pause at the bottom

5 x 5 close grip bench press

4 x 8 skull crushers

5 x 5 hang power snatch

### Day 4

Date:\_\_\_\_\_

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

Running WOD: 10 x 100m sprint w/1:30 rest

Strength: Off day

Metcon: 100 double unders for time

Chipper: 4RFT: 25-box step-ups (1R+1L=1rep)(24/20), 10-air squats, 10-push-ups, 10-burpees

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Day 5

Date: \_\_\_\_\_

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

Renegade Rowing WOD: For time, row 500m, then 3rds of 5-power cleans (135/95), 10-burpee broad jumps, then row 500m

Strength:

Work up to 90% of 1RM of back squat, then 5 x 1 back squat. Add weight to each set.

Try to set a P.R.

5 x 5 stiff legged deadlifts

5 x 5 front squats @ 80% of 1RM

4 x 3 box jump. Add height to each new set

4 x 20 calf raises

Day 6

Date: \_\_\_\_\_

Off day

**Week 8**

Day 1

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 2 x 15min row w/5 minute rest. 5 minutes @ 20s/m, 5 minutes @ 22s/m, 3 minutes @ 24s/m, 2 minutes @ 26s/m

OR

Running WOD: 4RFT, 800m run, 25-air squats, 25-sit-ups, 100-singles (jump rope)

Strength:

6 x 4 Deadlift @ 80% 1RM

4 x 4 Stiff legged deadlifts @ 45% of 1RM (deadlift)

4 x 8 Lat pull-downs

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#STAYFIT



4 x 10 Bent rows (db)  
2 sets max Strict pull-ups  
3 x 25 Back extensions

Day 2

Date:\_\_\_\_\_

Warm-up: 2rds, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

Renegade Rowing WOD: 8 x 500m row w/2 minute rest

Strength: Off day

Day 3

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 6RFT, 10-push-ups, 250m row, 10-pull-ups

Strength:

Push Jerk. Work up to 90% of 1RM (rep max) then 5 x 1, go heavier each set

5 x 10 SDHP w/barbell (sumo-deadlift-highpull or upright rows)

5 x 10 side laterals, dumbbells

5 x 5 barbell curls (heavy)

4 x 10 hammer curls (alternating)

Day 4

Date:\_\_\_\_\_

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

Running WOD: 6rds, 800m run, 30-sit-ups

Strength: Off day

Chipper: "Under Siege", AMRAP30, 30-air squats, 30-walking lunges, 30-push-ups, 30 second side plank (each side), 30 second bridge, 30-leg raises

Day 5

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 4 x 1k row w/2:30 rest

Strength:

5 x 4 back squat @ 80% of 1RM

5 x 4 stiff legged deadlifts (go as heavy as possible, keep that back straight. If your back starts to round, stop and lighten the weight)

5 x 10 (each leg) box step-ups (24/20), weighted. Use either a vest or dumbbells

4 x 10 overhead walking lunges w/45# plate.

4 x 20 calf raises

Day 6

Date: \_\_\_\_\_

Off day

## Week 9

Day 1

Date: \_\_\_\_\_

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

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

OR

Running WOD: AMRAP20, 400m run, 10-air squats, 10-sit-ups

Strength:

2 x 5 @ 60% of Clean and Jerk

2 x 4 @ 70% of Clean and Jerk

2 x 3 @ 80% of Clean and Jerk

2 x 2 @ 90% of Clean and Jerk

2 x 1 @ 95%+ of Clean and Jerk

2 x 5 @ 60% of Deadlift

2 x 4 @ 70% of Deadlift

2 x 3 @ 80% of Deadlift

2 x 2 @ 90% of Deadlift

2 x 1 @ 95%+ of Deadlift

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Day 2

Date:\_\_\_\_\_

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

Renegade Rowing WOD: For time, 1k row @ 20s/m, 50 burpees, 1k row @ 22s/m, 50 burpees

Strength: Off day

Metcon: 3RFT, 500m row or 400m run, 50-double unders, 10-deadlifts (225/155)

Day 3

Date:\_\_\_\_\_

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

Running WOD: Run 5k

Strength:

2 x 5 @ 60% of push press

2 x 4 @ 70% of push press

2 x 3 @ 80% of push press

2 x 2 @ 90% of push press

2 x 1 @ 95+% of push press

2 x 5 @ 60% of power snatch

2 x 4 @ 70% of power snatch

2 x 3 @ 80% of power snatch

2 x 2 @ 90% of power snatch

2 x 1 @ 95+% of power snatch

Day 4

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 4RFT, 500m row, 10-225# deadlifts

Strength: Off day

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Chipper: 100-jumping jacks, 80-mountain climbers, 60-air squats, 40-push-ups, 20-burpees

Day 5

Date: \_\_\_\_\_

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

Running WOD: 30 minute weighted hike or 30 minutes @ 5% incline, weighted treadmill walk

Strength:

2 x 5 @ 60% Back squat w/2 second pause at bottom

2 x 4 @ 70% Back squat w/2 second pause at bottom

2 x 3 @ 80% Back squat w/2 second pause at bottom

2 x 2 @ 90% Back squat

2 x 1 @ 95%+ Back squat

2 x 5 Stiff legged deadlift w/2 second pause at bottom

2 x 4 Stiff legged deadlift w/2 second pause at bottom

2 x 3 Stiff legged deadlift w/2 second pause at bottom

2 x 2 Stiff legged deadlift

2 x 1 Stiff legged deadlift

Day 6

Date: \_\_\_\_\_

Off Day

## Week 10

Day 1

Date: \_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 10-push-ups, 10-pass throughs, 10-air squat, 5-sit-ups, 200m jog or 250m row

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Renegade Rowing WOD: 2 x 2k row w/5 minute rest (all out effort)

or

Running WOD: 4rds, 400m run, 50-doubles unders

Strength:

4 x 8 of bench press, increase weight each set

4 x 8 of incline press (db or barbell), increase weight each set

4 x 8 of flyes, increase weight each set

4 x 15 dips

4 x 8 skull crushers, increase weight each set

4 x 8 push downs, increase weight each set

Day 2

Date: \_\_\_\_\_

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

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

Strength: Off day

Metcon: 4RFT, 7 Renegade Rows, 9-24" box jumps, 11-weighted lunges (1R+1L=1 rep).  
Use any weight you want.

Day 3

Date: \_\_\_\_\_

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

Running WOD: 3rds, 25-sit-ups, 800m run, 25-push-ups

Strength:

4 x 8 of clean and jerk

4 x 8 of strict press

4 x 8 of db side laterals

4 x 8 of shrugs (either barbell or dumbbell)

4 x 8 of barbell curls

4 x 8 of preacher curls

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

Day 4

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 10rds, 250m row, 5-burpees

Strength: Off day

Chipper: 5 rounds for time of: 10-squat snatches (75/55), 30-second chin-over-bar hold, 10-squat snatches (75/55), 60-second plank hold

Day 5

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 10 x 250m w/:45 rest. All out sprint

Strength:

4 x 8 back squat

4 x 8 stiff legged deadlifts

4 x 8 overhead lunges (1R+1L=1 rep)

4 x 8 box jumps (30/24)

4 x 20 calf raises

Day 6

Date:\_\_\_\_\_

Off day

## Week 11

Day 1

Date:\_\_\_\_\_

#TRAIN HARD

#DOWORK

#STAYFIT

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

Renegade Rowing WOD: 6 x 2:00 w/1:30 rest (Rd1 @28s/m, rd2 @28s/m, rd3 @30s/m, rd4 @30s/m, rd5 @32s/m, rd 6 open)

or

Running WOD: 3rds, run 1 mile, 50-double unders, 25-air squats

Strength:

5 x 2 of Deadlift

5 x 2 of snatch

5 x 5 of Pendlay Rows

5 x 10 of strict pull-ups

## Day 2

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 15 x :20 on/:40 off max effort

Strength: Off day

Metcon: AMRAP20, 500m row or 400m run, 10-box jumps (24/20), 10-sit-ups

## Day 3

Date:\_\_\_\_\_

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

Running WOD: 8rds, 200m sprint, 10- box jumps (24/20)

Strength:

5 x 2 of push jerk (heavy as possible)

5 x 5 of sumo deadlift high pull

5 x 8 of seated dumbbell press

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

5 x 10 of dumbbell side laterals

Day 4

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 8 x 2:00 w/:45 rest

Strength: Off day

Metcon: 555 Fitness Instagram Standard, 5RFT, 15-air squats, 15-burpees, 15-hand release push-ups

Day 5

Date: \_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 10-inchworms, 10-air squats, 5-sit-ups, 10-pass throughs, 5-push-ups, 100m jog or 200m row

Running WOD: 3 x 1 mile run w/4 minute rest

Strength:

5 x 2 back squat

5 x 5 stiff legged deadlifts

5 x 8 30" box jumps

5 x 10 walking lunges (1R+1L=1rep)

5 x 25 calf raises

Day 6

Date: \_\_\_\_\_

Off day

## Week 12

Day 1

Date: \_\_\_\_\_

Going lighter this week!

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

Renegade Rowing WOD: 2k for time

or

#TRAIN HARD

#DOWORK

#STAYFIT



Running WOD: 1 mile run for time

Strength:

4 x 10 bench press @ 60%

4 x 10 incline press w/ dumbbells

4 x 10 dips

4 x 10 flyes

4 x 10 skull crushers

4 x 10 push downs

Day 2

Date:\_\_\_\_\_

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

Running WOD: 10 x 250m run w/:45 rest

Strength: Off day

Chipper: AMRAP20, 5-pull-ups, 5-ring dips, 15-air squats

Day 3

Date:\_\_\_\_\_

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

Running WOD: 10rds, 1 minute hard run, 5-burpees, 1 minute walk

Strength:

4 x 10 Press

4 x 10 Sumo deadlift High Press

4 x 10 Bench Press

4 x 10 Dips

4 x 10 Barbell curls

Day 4

Date:\_\_\_\_\_

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

[Type text]

Renegade Rowing WOD: 5rds, 1:40 on/:20 off, rest 2 minutes, then 3rds 1:40 on/:20 off. Try to keep your pace the same for each piece.

Strength: Off day

Metcon: 4rds, 25-deadlifts, 20-goblet squats, 15-swings. Done with a 2 pood (72lb) kettlebell

Honor WOD: "Jonathon Holmann", HazMat 1, 15-press+push press+push jerk @ 80% of 1RM of Press. Each rep begins from the ground.

### Day 5

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 3RFT (rounds for time), 750m row, 15-deadlifts @ 40% of 1RM (rep maximum)

Strength:

4 x 10 back squat

4 x 10 stiff legged deadlifts

4 x 10 walking lunges (1R+1L=1rep)

4 x 10 24" box jumps (pause at least 1 second upon landing)

4 x 20 calf raises

Honor WOD: "Joseph Hunter", Squad 288, Death by squats. Load 70% of your 1 rep max. Start the clock. Do 1 rep the first minute, 2 reps the second minute, 3 reps the third minute and so on until you are unable to complete the required reps within the minute. Keep your shoulders high, DO NOT LET YOUR BACK ARCH!!!

### Day 6

Date:\_\_\_\_\_

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

Honor WOD: "Timothy Higgins", Squad 252, 6RFT, 5-deadlifts @ 70%, 5-T2B

#TRAIN HARD

#DOWORK

#STAYFIT

## Week 13

Day 1

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 6RFT, 250m row, 10-burpees, 2-135# snatches

OR

Running WOD: 2rds, 1 mile run, 50-walking lunges (1R=1 rep, 1L=1rep)

Strength:

Work up to 90% of your old 1 rep max, then

1 @ 102% deadlift

1 @ 100% deadlift

1 @ 97% deadlift

1 @ 95% deadlift

1 @ 90% deadlift

Honor WOD: "Walter Hynes", Ladder 13, 10-9-8-7-6-5-4-3-2-1 of cleans and HSPU's (handstand push-ups). Start @ 50% of 1RM, add 10# per round.

Day 2

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 4rds, 1k row, 25-air squats

Strength: Off day

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

Chipper: 30-Power snatches (95/65), 30-burpees, 30-thrusters (95/65), rest 3 minutes, 500m row or 400m run, 15-deadlifts (185/135)

Honor WOD: "Thomas Hetzel", Ladder 13, EMOM10, 3-thrusters (135/95), burpees for the rest of the minute. Score is total number of burpees.

Day 3

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 2 x 1k row, 5:00 rest, 2 x 500m row w/3:00 rest, 2 x 250m row w/1:30 rest

Strength: Warm-up to 90% of 1RM, then

Press

1 rep @ 102%

1 rep @ 100%

1 rep @ 97%

1 rep @ 95%

1 rep @ 90

Bench Press

1 rep @ 102%

1 rep @ 100%

1 rep @ 97%

1 rep @ 95%

1 rep @ 90%

Honor WOD: "Thomas Holohan", Engine 6, 3RFT, 5-OHS @ 75%, 10-V-ups, 15-burpees

Day 4

Date: \_\_\_\_\_

#TRAIN HARD

#DOWORK

#STAYFIT

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

Running WOD: 5 x 600m run w/2:00 rest

Strength: Off day

Metcon: 1500m row or 1200m run, 300 singles or 100 double unders, 50-20" box jumps or 50-24" box step-ups, 50-KBS (16/12kg)

Honor WOD: "Fredrick III", Ladder 2, 30-snatches @ 70% total, begin each minute with 3-bar facing burpees until you have reached a total of 30 snatches.

### Day 5

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 5RFT, 250m row, 15-air squats, 10-push-ups, 5-pull-ups

Strength: Work up to 90% of your old 1 rep max, then

1 @ 102% of Back squat

1 @ 100% of Back squat

1 @ 97% of Back squat

1 @ 95% of Back squat

1 @ 90% of Back squat

Honor WOD: "David LaForge", Ladder 20, 30- bear complex for time (155/105). One cycle through is 1 rep. Normally you have to cycle through 7 times for it to equal a rep.

### Day 6

Date: \_\_\_\_\_

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

Honor WOD: "Robert Lane", Engine 55, 50-double unders, 5-power cleans (135/95), 40-double unders, 5-G2O (155/105), 30-double unders, 5-squat cleans (185/135), 20-double unders, 5-clean and jerks (225/155), 10-double unders

[Type text]

## Week 14

Day 1

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 10 x :40 on/:20 off

OR

Running WOD: 800m run, rest 2 minutes, then 5 x 50m sprints (rest 1 minute between sprints), rest 2 minutes, then 800m run

Strength:

6 x 3 of Bench press (heavy as possible each set)

5 x 4 of Incline press (either barbell or dumbbell, heavy)

4 x 20 Dips

4 x 10 Barbell curls

3 x 10 Hammer curls (dumbbell)

Honor WOD: "Scott Larsen", Ladder 15, Push press/Handstand Push-up (HSPU) ladder. 2 minute rounds. Start w/ 75% of 1RM of push press. First 2 minute round do 1 push press and 1 HSPU. Next 2 minute round complete 2 push press and 2 HSPU. Each 2

minute round add one rep to each exercise. Keep going until you are unable to complete the required number of reps within the 2 minute round.

Day 2

Date: \_\_\_\_\_

#TRAIN HARD

#DOWORK

#STAYFIT

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

Renegade Rowing WOD: 8 x 500m row w/2 minute rest

Strength: Off day

Chipper: 1k row or 800m run, 50-wall ball, 500m row or 400m run, 50-KBS (24/16KG), 250m row or 200m run, 50-V-ups

Honor WOD: "Neil Leavy", Engine 217, 10-power snatches (135/95), 30-T2B, 10-squat cleans (135/95), 30-box jumps (24/20), 10-thrusters (135/95), 30-burpees

### Day 3

Date: \_\_\_\_\_

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

Running WOD: 3rds, 800m run, 30-KBS (16/12kg), 30-air squats, 30-sit-ups

Strength:

6 x 3 of Push press

5 x 5 of Sumo deadlift high pull (SDHP)

4 x 10 of Side laterals

5 x 5 of Skull crushers

4 x 10 of Ring dips

Honor WOD: "Patrick Lyons", Squad 252, 5RFT, @ (135/95), 5-deadlifts, 5-hang cleans, 5-push press, 5-front squats, 10-24" burpee box jumps

### Day 4

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 10 X 1:00 on/:45 rest

Strength: Off day

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

Chipper: "VES (vent, enter, search)", 3RFT, 20-24"box step-ups (ladder), 10-sledge hammer strikes (forcible entry), 50m bear crawl (search), 3-155# squat cleans (locate and prep victim for removal), 50m walk w/ (155/105) bar (victim drag). Courtesy of Australian firefighter, Gerard Mann.

Honor WOD: "Joseph Leavey", Ladder 15, 8-OHS (135/95), 20-double unders, 6-OHS, 40-double unders, 4-OHS, 60-double unders, 2-OHS, 80-double unders. Substitute single unders at a 2:1 ratio

### Day 5

Date:\_\_\_\_\_

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

Running WOD: 2rds, 800m run, 50-walking lunges (1R+1L=1rep)

Strength:

6 x 3 of back squat

5 x 5 of stiff legged deadlift

4 x 10 of weighted lunges w/barbell plus additional weight (1R+1L=1rep)

4 x 20 calf raises

5 x 5 of 24" weighted box jumps

Honor WOD: "Daniel Libretti", Rescue 2, 21-15-9 of deadlifts (315/225) or 60% of 1RM, bar over burpees, box jumps (30/24)

### Day 6

Date:\_\_\_\_\_

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

Honor WOD: "William Mahoney", Rescue 5, 3RFT, 5-thrusters (155/105), 10-burpees, 15- box jumps (24/20), 20-KBS (24/16kg)

#TRAIN HARD

#DOWORK

#STAYFIT



## Week 15

Day 1

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 2 x 15 minutes w/5 minute rest (5'@20s/m, 5'@22s/m, 3'@24s/m, 2'@26s/m)

or

Running WOD: 2rds, 25-air squats, run 1 mile, 25-jumping lunges (1R+1L=1rep)

Strength:

Deadlift 10, 8, 5, 3, 2, 1, 1, 1

Pendlay Row 5 x 5 (heavy)

Strict Pull-up 3 x max reps (keep it strict)

Back extensions 3 x 10

Honor WOD: "Charles Kasper", Special Operations Command, 15-G2O (155/105), 200m walking lunges, 15-G2O (155/105), 800m run. Ground to overhead can be snatch, clean and jerk, clean and push press. Just get it from the ground to directly overhead. Use any method you want.

Day 2

Date: \_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-pass throughs, 5-push-ups, 10-sit-ups

Renegade Rowing WOD: 8 x 250m row w/:45 rest

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

Strength: Off day

Metcon: 3RFT, 25-hand release push-ups, 25-tuck jumps, 25-1.5 pool KBS

Honor WOD: "Peter Langone", Engine 252, 30-burpees, 30-snatches (75/55), 30-HRPU's, 30-snatches (135/95), 30-HSPU's, 30-snatches (165/115)

Day 3

Date:\_\_\_\_\_

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

Running WOD: 8 x 400m run, 50-singles, 1 minute rest

Strength:

10, 8, 5, 3, 2, 1, 1, 1 of Push Jerk

5 x 5 of Sumo-deadlift high pull (SDHP) Heavy

3 x max reps of handstand push-ups (HSPU)

3 x 10 dumbbell side laterals

Honor WOD: "Paul Keating", Ladder 5, AMRAP10, 5-thrusters (135/95), 7-KBS (32/24kg), 10-T2B

Day 4

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 8 x 2:00 w/:45 rest

Strength: Off day

Chipper: 100-double unders or 300-singles, 10-burpees, 75-double unders or 150-singles, 20-burpees, 50-double unders or 100-singles, 30-burpees, 25-double unders or 50-singles, 40-burpees

#TRAIN HARD

#DOWORK

#STAYFIT

Honor WOD: "Robert Linnane", Ladder 20, 50-cleans (135/95), 75-T2B, 100-wall ball

Day 5

Date:\_\_\_\_\_

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

Running WOD: 30 minute run/walk, 2 minute hard run, 1 minute walk x 10 rounds

Strength:

10, 8, 5, 3, 2, 1, 1, 1 of Back squat

5 x 5 of front squat

3 x 10 of stiff legged deadlifts

3 x 20 of calf raises

Honor WOD: "William Wren", Retired FDNY, 21-15-9 of bench press @ 65% of 1RM, ring dips, hand release push-ups

Day 6

Date:\_\_\_\_\_

Warm-up: 2rds, 10-jumping jacks, 20-pass throughs, 10-push-ups, 10-air squats, 10-OHS w/PVC pipe, 5-sit-ups, 200m jog or 250m row.

Honor WOD: "Joseph Maffeo", Ladder 101, 10rds @ (185/135) (or 80% of 1RM of press). Perform this complex without putting the bar down. 1-clean and jerk, 3-OHS, 5-Push press or Push jerk. You will perform that complex for 10rds. Rest as needed between rounds. If the bar hits the ground before the complex is complete, it is a no rep!

[Type text]

## Week 16

### Day 1

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 6 x 650m row w/1:30 rest

or

Running WOD: 4rds, 400m run, 50-air squats

Strength: Max out Bench press

Metcon: 21-15-9 of Double unders, KBS (24/16kg), sit-ups, box jumps (24/20)

Honor WOD: "Anthony Jovic", Engine 279, 20-back squats (225/155), 20-box jumps (24/20), 20-push press (155/105), 20-handstand push-ups

### Day 2

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 10 x :30 on/:30 off, max effort

Strength: Max out, Press

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

Honor WOD: "Angel Juarbe Jr.", Ladder 12, EMOM10, 3-deadlifts @ 65%, remainder of minute is max burpees. Score is total number of burpees through all 10 rounds.

#TRAIN HARD

#DOWORK

#STAYFIT

Day 3

Date:\_\_\_\_\_

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

Strength:Find max of Snatch

Chipper: 4rds, 8-front squats (135/95), 8-strict pull-ups, 40-double unders

Honor WOD: "John Marshall", Ladder 27, 5rds, 3-OHS (155/105), 6-clean and jerk (155/105), 12-bar facing burpees

Day 4

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 8 x :20 on/:10 off, rest 2 minutes, 50-burpees, rest 2 minutes, 8 x :20 on/:10 off

Strength: Find max on Back squat

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

Honor WOD: "Robert Nagel", Engine 58, 3rds, 100ft walking lunges w/25# weight held overhead, 20-wall ball, 20-box jumps (24/20), 10-push press (135/95)

Day 5

Date:\_\_\_\_\_

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

Running WOD: 3 x 100m sprint w/1 minute rest between rounds/3 minute rest/50-burpees/3 minute rest/3 x 100m sprint w/1 minute rest between rounds.

Strength: Find max of Push Press

Metcon: 3rds, 25-wall ball, 25-double unders, 25-V-ups

#TRAIN HARD

#DOWORK

#BEREADY

[Type text]

Honor WOD: "Michael Montesi", Rescue 1, EMOM20, 1-clean and jerk @ 80% of 1RM of clean, 5-burpee box jumps (24/20)

Day 6

Date:\_\_\_\_\_

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

Chipper: "The Hulk", 21-snatches (95/65), 21-double unders, 15-cleans (power or squat) (185/135), 15-double unders, 12-back squats (275/185), 12-double unders, 9-deadlifts (365/255), 9-double unders

Honor WOD: "Timothy McSweeney", Ladder 3, 7rds, 21-double unders, 14-burpees, 7-bodyweight deadlifts

## Week 17

Day 1

Date:\_\_\_\_\_

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

Renegade Rowing WOD: 6 x 2:00 w/1:30 rest

OR

Running WOD: 6rds, 50-singles, 2:00 run, 1:00 walk

Strength: Find 1RM of Front Squat

Metcon: 21-15-9 of db squat cleans (45/35), burpees, push-ups

#TRAIN HARD

#DOWORK

#STAYFIT

Honor WOD: "Paul Mitchell", Ladder 110, 10-9-8-7-6-5-4-3-2-1 of OHS (135/95), HSPU's (handstand push-ups) strict

Day 2

Date: \_\_\_\_\_

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

Renegade Rowing WOD: 15 x :20 on/:40 off

Strength: Find 1RM of cleans

Metcon: 3RFT, 12-burpees, 10-wall ball, 8-thrusters (115/85)

Honor WOD: "Douglas Miller", Rescue 5, 5RFT, 1-power clean, 2-thrusters, 3-power snatch, 4-push press, 5-front squat, 6-deadlifts (135/95)

Day 3

Date: \_\_\_\_\_

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

Running WOD: 2-3 mile easy jog

Strength: Find 1RM of Push Jerk

Chipper: 15 minute time cap. Row 500m or run 400m, 20-24" box jumps, row 500m or run 400m, 40-wall ball, row 500m or run 400m, 20-24" box jumps, as many singles as possible with any remaining time.

Honor WOD: "Thomas McCann", Battalion 8, 50-G2O (155/105) (snatch, clean and jerk, clean then push press, etc...) Begin each new minute with 10-air squats until all 50 G2O reps are completed.

Day 4

Date: \_\_\_\_\_

[Type text]

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

Renegade Rowing WOD: 5k row, easy pace

Strength: Find 1RM on Overhead Squat (OHS)

Chipper: 5rds, 500m row or 400m run, 5-hspu's, 10-hrpu's, 15-air squats, 10-K2E, 5-pull-ups

Honor WOD: "John Moran", Special Operations Command, 24-20-16-12-8-4 of front rack lunges (1 step equals one rep) (135/95) and hand release push-ups.

### Day 5

Date:\_\_\_\_\_

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

Renegade Rowing WOD: Row 5k. At the 2, 4, 6, 8, 10, 12, etc. minute mark, perform 10-20# wall ball shots. Row remaining time in the 2 minute segment. Time ends when the 5k has been rowed.

Strength: Find 1RM of deadlift

Metcon: Crossfit Games 14.1, AMRAP10, 30-double unders, 15-snatches (75/55)

Honor WOD: "Christopher Pickford", Engine 201, lift 20,000lbs. Pick any weight you want, but the weight cannot change. Use any of our 10 lifts, in any sequence. (Snatch, clean, deadlift, press, push press, push jerk, back squat, OHS, front squat, bench press). Once you have either racked the weight, dropped the weight or released the bar, you are done with that movement and cannot use it again. For time.

### Day 6

Date:\_\_\_\_\_

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



Metcon: 3/1 Instagram WOD: 4RFT, 9-box jumps (24/20), 12-V-ups, 15-air squats. Top of each minute 3 burpees

Honor WOD: "Shawn Powell", @(135/95), one minute each. Power clean, front squat, deadlift, push press, back squat, rest 1 minute, push jerk, OHS, Pendlay Row, press, power snatch