

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 (G) MARY AMRAP IN 20 MINS 5 HANDSTAND PUSHUPS 10 PISTOLS 15 PULLUPS
2 (G) (W) FRAN 21-15-9 THRUSTERS 95# PULLUPS STRENGTH POWER	3 (G) (W) (M) CHRISTINE 3 ROUNDS 500M ROW 21 BW DEADLIFT 21 BOX JUMPS STRENGTH OLYMPIC	4 RECOVERY CFE INTERVALS 2 X 1 MILE 4 X 400M 8 X 100M	5 (M) ROW 2000M ROW FOR TIME STRENGTH POWER	6 (M) (G) NICOLE AMRAP 20 MIN RUN 400M MAX REP PULLUP	7 (M) (W) (G) KELLY 5 ROUNDS 400M RUN 30 BOX JUMPS 30 WALL BALLS STRENGTH OLYMPIC	8 RECOVERY CFE TIME TRIALS 1 MILE RUN
9 (W) GRACE 30 CLEAN AND JERKS STRENGTH POWER	10 (W) (G) DANNY AMRAP IN 20 MINS 30 BOX JUMPS 24" 20 PUSH PRESS 115# 30 PULLUPS STRENGTH OLYMPIC	11 (W) (G) (M) WOD 3 ROUNDS 10 OVERHEAD SQUATS 95# 20 DOUBLE UNDERS 50 SITUPS	12 RECOVERY CFE INTERVALS 8 X 50M 4 X 100M 2 X 400M STRENGTH POWER	13 (G) CINDY AMRAP IN 20 MINUTES 5 PULLUPS 10 PUSHUPS 15 SQUATS	14 (G) (W) DIANE 21-15-9 DEADLIFT 225 HANDSTAND PUSHUPS STRENGTH OLYMPIC	15 (G) (W) (M) EVA 5 ROUNDS RUN 800M 30 KB SWING 2PD 30 PULLUPS
16 RECOVERY CFE TIME TRIALS 5K RUN STRENGTH POWER	17 (M) WOD 3 ROUNDS 20 BOX JUMPS 40 DOUBLE UNDERS 400M RUN STRENGTH OLYMPIC	18 (M) (G) ANNIE 100 PULLUPS 100 PUSHUPS 100 SITUPS 100 SQUATS	19 (M) (W) (G) PAUL 5 ROUNDS 50 DOUBLE UNDERS 35 KNEES TO ELBOWS 20M OVERHEAD WALK 75# STRENGTH POWER	20 RECOVERY CFE INTERVALS 3 X 1 MILE	21 (W) RANDY 75 POWER SNATCH 75# STRENGTH OLYMPIC	22 (W) (G) MCGHEE AMRAP 30 MINS 5 DEADLIFT 275# 13 PUSHUPS 9 BOX JUMPS 24#
23 (W) (G) (M) JACKIE 1000M ROW 50 THRUSTERS 45# 30 PULLUPS STRENGTH POWER	24 RECOVERY CFE TIME TRIALS 1 MILE RUN STRENGTH OLYMPIC	25 (G) JT 21-15-9 HANDSTAND PUSHUPS RING DIPS PUSHUPS	26 (G) (W) LYNNE 5 ROUNDS MAX BW BENCH PRESS MAX PULLUPS STRENGTH POWER	27 (G) (W) (M) FIGHT GONE BAD 3 ROUNDS OF 1 MIN	28 RECOVERY CFE INTERVALS 8 X 100M 4 X 200M 2 X 400M STRENGTH OLYMPIC	29 (M) JERRY RUN 1 MILE ROW 2000M RUN 1 MILE
30 (M) (W) NANCY 5 ROUNDS 400M RUN 15 OVERHEAD SQUATS 95# STRENGTH POWER		Notes DAILY WARMUP BURGNER WARMUP WEST COAST WARMUP SHOULDER MOBILITY BOZ OVERHEAD WARMUP BURGNER SKILL XFER MOBILITY FOR WOD GOAT WORK 2 / DAY HANDSTAND PUSHUPS OVERHEAD SQUATS BUTTERFLY PULLUPS MUSCLEUPS PISTOLS TURKISH GETUP SNATCH FOCUS OF THE MONTH: <u>STRENGTH TRAINING</u>				