

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 rnds for time: 155lb thruster x 5 5 muscle ups 400m run	2 800m run 400m run backwards 800m run 400m run backwards	3 5 rnds for time: 400m run 30 box jumps 30 wall ball shots - 20lb	4 21, 18, 15, 12, 9, 6, 3 135lb SDHP Pull to inverted hang Not For Time:	5 Deadlift 7 x 5	6
7	8 30, 25, 20, 15, 10, 5 GHD Situps Back Extensions Knees to Elbow 95lb stiff-leg deadlift	9 Back Squat 2 x 10	10 Wall ball Shots & L-pullups 50/25 40/20 30/15 20/10	11 5 rnds for time: 500m row 135lb power clean x 12 95lb thruster x 15	12 1 rep-max snatch 10 min time limit not including warm up	13
14	15 Max rnds & reps in 8 min. 4 hndstd pushups 72lb K-bell swing x 8 12 GHD situps	16 See Below	17 Tabata Row - rest 1 min Squat - rest 1 min Pushup - rest 1 min Situp - rest 1 min	18 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Deadlift: 1.5 body weight Bench Press: body weight Clean: .75 body weight	19 5 rnds for max reps: 2/3 body weight Thruster Pullups	20
21	22 3 rnds for time 75 squats 25 ring hndstd pushup 25 L-pullups	23 Run or Row 5K	24 Back Squat x 1 Shoulder Press x 1 Deadlift x 1	25 5rnds for max reps 1 min wall ball shots 1 min 15ft rope climb 400m run Start rnd 6 mins apart Rest is time left after run	26 Overhead Squat 5x1 Front Squat 5x1 Back Squat 5x1	27
28	29 25, 50, & 75 of: squats, pushups, pullups, and situps	30 3 rnds for time: 25 muscle-ups 100 squats 35 GHD situps	31	Notes: 155lb squat clean x 15; 30 Toes to Bar; 30 Box Jumps; 15 Muscle ups; 40lb dumbbell push press x 30 30 double unders; 135lb thruster x 15; 30 pullups 30 burpees; 300 ft walking lunges w/ 45lb plate overhead		