

## June 2010

| Sunday    | Monday                                                                                                                      | Tuesday                                                                               | Wednesday                                                                                                                                                                        | Thursday                                                                                                                                                         | Friday                                                                                                                       | Saturday  |
|-----------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------|
|           |                                                                                                                             | <b>1</b><br><br>Run 5k                                                                | <b>2</b><br><br>21, 15, 9<br>95lb squat snatch<br>Chest to bar pullups                                                                                                           | <b>3</b><br><br>5 rnds for time:<br>20 pullups<br>30 pushups<br>40 situps<br>50 squats                                                                           | <b>4</b><br><br>5 rnds:<br>5 dumb bell deadlifts,<br>hang cleans, push<br>presses, & squats.<br>Increase load after each rnd | <b>5</b>  |
| <b>6</b>  | <b>7</b><br><br>7 minutes for rnds:<br>95lb squat clean x 10<br>20 situps                                                   | <b>8</b><br><br>Back Squat x 1<br>Shoulder Press x 1<br>Deadlift x 1                  | <b>9</b><br><br>Run 1 mile<br>Row 2k<br>Run 1 mile                                                                                                                               | <b>10</b><br><br>7 rnds for time:<br>Hand stand pushups x 10<br>45lb d-bell squat cln x 10<br>10 L-pullups                                                       | <b>11</b><br><br>5 rnds for time:<br>5 muscle ups<br>135lb power clean x 10<br>Run 220 meters                                | <b>12</b> |
| <b>13</b> | <b>14</b><br><br>150 wallball shots                                                                                         | <b>15</b><br><br>5 rnds for time:<br>Run 800 meters<br>55lb swings x 30<br>30 pullups | <b>16</b><br><br>Clean and Jerk 7x1                                                                                                                                              | <b>17</b><br><br>115lb Thruster & rope climb<br>21 & 12, 15 & 9, 9 & 6                                                                                           | <b>18</b><br><br>50-40-30-20-10<br>Double Unders<br>Situps                                                                   | <b>19</b> |
| <b>20</b> | <b>21</b><br><br>185lb barbell - shoulder<br>to overhead x 20<br>40 burpees<br>Partition as needed,<br>any order            | <b>22</b><br><br>4 rnds for time:<br>Run 400 meters<br>50 Squats                      | <b>23</b><br><br>21, 15, 9<br>Handstand pushups<br>Ring Dips<br>Pushups                                                                                                          | <b>24</b><br><br>Back Squat 5x5                                                                                                                                  | <b>25</b><br><br>21, 15, 9<br>95lb Thruster<br>Pullups                                                                       | <b>26</b> |
| <b>27</b> | <b>28</b><br><br>3 rnds for time:<br>60 second L-sit<br>45lb good morn. X 30<br>60 abmat situps<br>25lb plate back ext x 30 | <b>29</b><br><br>see notes                                                            | <b>30</b><br><br>55lb d-bell<br>21 rt arm turk getup & 50 swings<br>21 lft arm ovrhd squat & 50 swings<br>21 rt arm ovrhd squat & 50 swings<br>21 lft arm turk getup & 50 swings | <b>Notes:</b><br>10 handstand pushups, 250lb deadlift x 15, 25 box jumps on 30 in box, 50 pullups, 100 wallball shots, 200 double unders, 400m run w/ 45lb plate |                                                                                                                              |           |