

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Snatch 1 rep Clean & Jerk 1 rep AMRAP in 10 Minutes of: 125lb Squat clean x 6 12 pullups; 24 doub. Undr	2 For time: Run 1 mile Row 2K Run 1 mile	3 See below	4 Bench 10 x 2 Rest 60 seconds between each set	5 21, 15, 9 of: 55lb dumbbell snatch each arm Pullups	6
7	8 Front Squat 7 x 1	9 Handstand Walk 100 ft	10 Tabata Row - rest 1 minute Squat - rest 1 minute Pushup - rest 1 minute Situp - rest 1 minute	11 Snatch Balance 7 x1	12 Wall ball shots & mus Ups 50:10; 40:8 30:6; 20:4 10:2	13
14	15 3 rnds for time: 135lb hng pwr cln x 15 15 burpees	16 Back Squat - 1 rep Shoulder press - 1 rep Deadlift - 1 rep	17 3 rnds for time: 20 L-pullups 30 Toes to bar 40 Burpees Run 800m	18 10 rnds for time: Run 150m 7 Chest to bar pullups 135lb front squat x 7 7 Handstand pushups	19 Thruster 7 x 1	20
21	22 5 rnds for time: Bear Crawl 100 ft Standing broad jump 100ft Do 3 burpees after every 5 jumps	23 7 rnds for time: 10 wall ball shots 10 pullups	24 21, 15, 9 225lb deadlift 135lb overhead squat	25 10 rnds for load and time 1 Clean and jerk 5 pullups 10 pushups 15 squats	26 20 minutes for AMRAP 95lb squat snatch x 10 10 Ring Dips 10 Knees to elbows	27
28	29 Run 5K	30 20 minutes for AMRAP 10 ball wall shots 10 GHD situps 10 back extensions	Notes: 95lb back squat x 50; 15 ft rope climb x 5; 115 back squat x 40; Rope climb x 4; 135lb Back squat x 30; Rope climb x 3; 155 lb squat x 20; Rope climb x 2; 175lb Back squat x 10; rope climb x 1			