

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tabata Pullups, Pushups Situps, Squats	4 Run 1600 m - Rest 3 min Run 1200 m - Rest 2 min Run 800 m - Rest 2 min Run 1200 m - Rest 2 min	5 10,9,8,7,6,5,4,3,2,1 dumbbell clean and jerk with 1,2,3,4,5,6,7,8,9,10 weighted pullups	6 Overhead Squat 5x5	7 Row 500 meters 150 double unders 50 burpees	8
9	10 5 rnds for time 155lb deadlift x 12 155lb hang pwr clean x 9 155lb push jerk x 6	11 5 rnds for time: 135lb back squat x 20 Handstand walk x 20 yds	12 5 rnds for time: 40 lb split clean x 15 21 pullups	13 Snatch Balance 7x1	14 50 of the following Box jump, K-bell swing, Walking lunge, Knees to Elb Push Press, Back Ext, Wall ball shot, Burpees Double unders	15
16	17 30 minutes of: 275lb deadlift x 5 13 pushups 9 box jumps	18 4 rnds for time: Row 500m Rest 3 minutes	19 12 minutes for rnds 50 weighted pullup x 3 50m Sprint 3 ring hnd std pushups	20 3 rnds for time: Walking lung - 100ft 50 squats 25 back extensions	21 Clean one rep every minute on the minute for 15 minutes	22
23	24 5 rnds for time Back Squat x 3 20 Ring Dips	25 3 rnds for time 135 Hang pwr clean x 15 15 burpees	26 5 rnds for time: 50 double unders 35 Knees to elbows 185lb overhead walk 20 yds	27 50,40,30,20,10 Wall ball shots & 10, 8, 6, 4, 2, muscle ups	28 30 handstand pushups 40 pullups 50 K-bell swings 60 situps 70 burpees	29
30	31 Front Squat 5x3	Notes: www.theanvilgym.weebly.com				