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WWW.WODPREP.COM

# WP MASTERS RX

## SAMPLE PROGRAMMING

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SIMPLE COACHING = BETTER COACHING





# PROGRAMMING SUMMARY

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01

5 DAYS A WEEK PROGRAMMING

02

90 -120 MINUTES DURATION

03

VIDEO DEMO MOVEMENTS

04

DAILY COACHING CHALK TALK

05

WORLD ATHLETE LEADERBOARD

06

IDEAL FOR OPEN  
QUARTERFINALISTS & OVER 35

07

DAILY COACH FEEDBACK

08

DAILY WATER COOLER

09

24 HOUR WODPREP SUPPORT

10

DELIVERED THROUGH WOD UP APP



# MONDAY

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## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARDS

20 LINE HOPS Laterally

10 JUMP SQUATS

## A)

HIGH POGO JUMPS: :40 WORK

:20 REST

X4 MINUTES

\*\*INTRODUCE METRONOME JUMPING  
UNDER 90BPM

## B)

POWER TO HANG CLEAN TRANSITIONS:

2 TRANSITIONS INTO PAUSE HANG POWER CLEAN

X2 (WITHOUT PUTTING THE BAR DOWN)

X5 SETS

ADDING 10-15LBS FROM LAST WEEK

## C)

HANG POWER CLEAN:

5X1 BUILDING EACH SET TO A TECHNICALLY  
SOUND-HEAVY FOR THE DAY.

MUST PAUSE IN THE CATCH WITHOUT  
STANDING FOR 0:02, THEN STAND.

GOAL IS TO KEEP FEET UNDER YOU AND  
NOT SPLIT WIDE

## D)

4 MINUTE AMRAP

10 GHD SIT UPS

10 V UPS

6/4 SHSPU

100FT FARMERS CARRY @HEAVY DB

(@HEAVIER THAN YOUR NORMAL DB WEIGHT  
IN THE OPEN

3 POWER CLEANS @80-90% OF HEAVIEST  
HPC IN D

REST 1:00

X4 ROUNDS

PACE AT HIGH REPEATABLE EFFORT

GOAL IS SAME SCORE EACH ROUND

# TUESDAY

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## WARM UP

BENCH PRESS

2 ROUNDS:

5 PRONE ANGELS

5 BANDED ANGELS

15 FACE PULLS

5 TEMPO PUSHUPS @ 3333

### A1)

FORWARD FACING MEDBALL SCOOP TOSS:

4X14 BACK AND FORTH (7 EACH SIDE)

REST :30 INTO A2

### A2)

ROTATIONAL BANDED PRESS:

4X8 EACH SIDE

(ADD MORE RESISTANCE)

### B)

CLOSE GRIP BENCH PRESS:

USING YOUR 1RM

2X3@68%

2X2@78%

5X1@87-90%

### C)

STRICT HANDSTAND PUSH-UP:

ESTABLISH 1 MAX UB SET

THEN 4X50% OF MAX UB

REST AS NEEDED

### D)

SEATED ARNOLD PRESS :

3X10 @MAKE SURE TO OWN THE TOP,  
GET A GOOD FULL ELBOW LOCKOUT  
EVERY REP.

DONT RUSH THROUGH THEM

REST :30

### E1)

BARBELL GOOD MORNING:

3X6 (2SEC PAUSE)

ALL SETS SHOULD BE CHALLENGING

:30 REST

### E2)

WEIGHTED GHD HIP EXTENSION:

3X8 (2SEC PUASE AT THE TOP)

:30 REST

### E3)

DEFICIT PUSH-UPS:

3X10-15 REPS

1:00 REST

### F)

ROW CONDITIONING:

750M @2-5SEC FASTER THAN 3K

REST 2:00

X5





# WEDNESDAY

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## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARD

20 LINE HOPS Laterally

10 JUMP SQUATS

## A)

SINGLE LEG BOX JUMP:

10 ON THE SAME LEG (IN A MINUTE)

REPEAT EACH LEG

X2

## B)

TOP HALF PULLUPS:

1 MAX UB SET

ON THE :90

X6 SETS

IF YOU CAN NOT DO MORE THAN 3 THAN  
ADD A BAND

## C)

ROPE PULLUP:

2 SETS EACH HAND ON TOP (4 TOTAL SETS)

X4-6 REPS

## D)

THRESHOLD TRAINING:

12/9 CAL BIKE SPRINT

12 BAR FACING BURPEES

REST 1:1

X4 ROUNDS

## E)

RUN CONDITIONING:

18:00 RUN

@SAME PACE AS LAST WEEK

REST 3:00

X2

START MONITORING HR. AND ONCE YOU  
REACH YOUR PACE. PLEASE PUT YOUR AVG  
HR AND PACE FOR THE SECOND RUN IN THE  
NOTES

## F)

OPTIONAL BODY MOVER:

3 SETS

5 KB WINDMILLS TO EACH SIDE

(START BUILDING WEIGHT IF YOU CAN)

10 INCH WORM TO PUSHUP

:30 COUCH STRETCH EACH LEG

10 GHD HIP EXTENSIONS

(2SEC PAUSE IN THE AT THE TOP)

(ADD LOAD FROM LAT WEEK)



# FRIDAY

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## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARDS

20 LINE HOPS Laterally

10 JUMP SQUATS

### A)

SEATED BOX JUMP:

5X3 AT ALL CHALLENGING HEIGHTS

REST 1:00 BTW SETS

### B)

POWER TO HANG SNATCH TRANSITIONS:

2 TRANSITIONS INTO PAUSE HANG

POWER SNATCH

X2 (WITHOUT PUTTING THE BAR DOWN)

X5 SETS

ADD 10-15LBS FROM LAST WEEK

### C)

HANG POWER SNATCH:

5X1 BUILDING EACH SET TO A TECHNICALLY SOUND HEAVY FOR THE DAY.

MUST PAUSE IN THE CATCH WITHOUT STANDING FOR 0:02 THEN STAND.

GOAL IS TO KEEP FEET UNDER YOU AND NOT SPLIT WIDE

### D)

STRICT PULL-UP:

:30 MAX STRICT PULL UPS

(DOES NOT NEED TO BE UB)

REST :15

INTO 1 MAX UB SET OF STRICT HSPU

REST 1:00

X4 SETS

### E)

CONDITIONING:

20 MINUTES @70-80% EFFORT

10 SINGLE ARM DB SNATCH (NOT ALTERNATING)

INTO 25FT OH WALKING LUNGE

SWITCH ARMS

10 SINGLE ARM DB SNATCH (NOT ALTERNATING)

INTO 25FT OH WALKING LUNGE

150FT SANDBAG CARRY AT CHEST 100/70

12/10 CAL BIKE

MUST BE UB THROUGH 10 DB SNATCH AND 25FT LUNGE WITHOUT PUTTING DB DOWN

CHOOSE A DB WEIGHT THAT YOU CAN MANAGE AT THE 70-80% EFFORT.

TRY TO KEEP THE HR UNDER 180 - AGE DURING THIS WORKOUT.

YOU'LL NEED TO REST, MOVE STEADY, AND PROBABLY USE A DB LIGHTER THAN YOU NORMALLY USE, AND BIKE MODERATE. THATS OK.



# SATURDAY

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## WARM UP

RUNNING WARM UP

TRANSCRIBED THE DRILLS:

10M OUT WALK BACK X 10

20M OUT WALK BACK X 10

50M HASH MARKS (FAST FEET) FORWARDS  
& BACKWARDS

30M (20M SPEED UP, 10M TO SLOW DOWN)

45M (35M SPEED UP, 10M TO SLOW DOWN)

60M (50M SPEED UP, 10M TO SLOW DOWN)

## A)

15 MINUTE EMOM:

MIN 1: A BIG SET OF STRICT DIPS (MATADOR, BOX)

MIN 2: :30 SUPPORT HOLD

MIN 3: :30 MAX GOBLET SQUATS @53/35

## B)

NEUTRAL GRIP DUMBBELL BENCH PRESS:

:30 MAX UB REPS

REST 1:00

X5 SETS

## C)

RENEGADE ROW:

:30 MAX REPS

:30 REST

X5 MINUTES

## D)

SPRINT:

6X40M RUN @70%

REST :30 BETWEEN

5X60M RUN@80%

REST :30

5X100M RUN@90%

REST ;30 IN BETWEEN

REST 3:00

18X60M ON THE :90

## E)

(OPTIONAL)

SHOULDER HEALTH AND HIP MOBILITY:

20 MINUTES

1:00 ALTERNATING SINGLE ARM PASSIVE  
HANG (BACK AND FORTH)

15 DUAL DB SEATED PRESS

1:00 DOWNWARD DOG

10 SINGLE ARM KB HANG SNATCH  
(EACH ARM) AT A HEAVY LOAD



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# WP MASTERS INTERMEDIATE SAMPLE PROGRAMMING

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SIMPLE COACHING = BETTER COACHING





# MONDAY

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## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARDS

20 LINE HOPS Laterally

10 JUMP SQUATS

## A)

HIGH POGO JUMPS:

:30 WORK

:30 REST

X5 MINUTES

WORKING THE METRONOME TO ABOUT  
YOUR DU PACE SOMEWHERE AROUND  
100-110 BPM

## B)

TRANSITIONS INTO PAUSE HANG POWER CLEAN:

2 TRANSITIONS INTO PUASE HANG POWER  
SNATCH

X2 (WITHOUT PUTTING THE BAR DOWN)

X6-7 SETS

ADDING 10-15LBS FROM LAST WEEK

## C)

STRICT PRESS:

USING YOUR MOST RECENT 1RM

5X3 @75%

(3SEC NEGATIVE EACH REO, AND NO  
BOUNCE OFF THE SHOULDERS. HOLD FOR 5  
SECONDS AFTER LAST REP)

## D)

SINGLE ARM DUMBBELL UPRIGHT ROW:

3X12

(LIGHT)

RENEGADE ROW:

3X20

(HEAIVER, DO NOT LET HIPS ROTATE)

## E)

CONDITIONING:

4 MINUTE AMRAP

10 V UPS

1 WALL WALK INTO A

:15-:20 WALL FACING HS HOLD

50FT DOUBLE DB/KB OVERHEAD CARRY

(A WEIGHT YOU CAN DO UB, WITH A GOOD  
LOCKOUT)

10 RING ROWS

(MUST BE UNBROKEN AND A CHALLENGING  
ANGLE)

REST 1:00

X4 ROUNDS



# TUESDAY

---

## WARM UP

### BENCH PRESS

2 ROUNDS:  
5 PRONE ANGELS  
5 BANDED ANGELS  
15 FACE PULLS  
5 TEMPO PUSHUPS @ 3333

### A)

CLOSE GRIP BENCH PRESS:  
USING YOUR 1RM  
2X3@68%  
2X2@78%  
5X1@87-90%

### B)

SEATED ARNOLD PRESS:  
3X10 @MAKE SURE TO OWN THE TOP  
GET A GOOD FULL ELBOW LOCKOUT EVERY REP.  
DON'T RUSH THROUGH THEM.

### C1)

FORWARD FACING MEDBALL SCOOP TOSS:  
4X14 BACK AND FORTH  
REST ;30 INTO C2

### C2)

ROTATIONAL BANDED PRESS:  
4X8 EACH SIDE  
(ADD MORE RESISTANCE)

### D)

RDL WALKS:  
4X20  
(10 STEPS EACH LEG)  
REST 1:00  
DURING REST COMPLETE 1 MAX SET  
OF PUSHUPS

### E)

ROW CONDITIONING:  
750M @2-5SEC FASTER THAN 3K  
REST 3:00  
X5



# WEDNESDAY

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## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARD

20 LINE HOPS Laterally

10 JUMP SQUATS

## A)

TRIPLE BROAD JUMP:

2 ON THE 2:00

X6 SETS

## B)

SINGLE LEG BOX JUMP:

ACCUMULATE 30 ON EACH LEG

CAN BUILD OR STAY THE SAME HEIGHT

## C)

GYMNASTICS AUX:

BANDED STRICT PULL-UPS;

5X1 BIG SET

(MUST BE UNBROKEN, MUST BE THE SAME  
NUMBER OF REPS FOR ALL SETS)

REST 1-2 MINUTES BETWEEN SETS

REST AS NEEDED

## D)

GYMNASTICS AUX:

4 ROUNDS FOR COMPLETION AND STEADY  
PACE

20 BANDED STRAIGHT ARM LAT PULLDOWNS

:20-:30 HOLLOW HOLD

:10-:15 ARCH HOLD

## E)

LONG RUN:

15:00 RUN

@SAME PACE AS LAST WEEK

REST 3:00

X2





# FRIDAY

---

## WARM UP

2-3 MINUTES ANY CARDIO

2 ROUNDS

25FT SPIDERMAN LUNGES W/ ROTATION

10 ALT COSSACK SQUATS

10 AIR SQUATS

5 INCHWORMS

2 ROUNDS

20 LINE HOPS FORWARD/BACKWARDS

20 LINE HOPS Laterally

10 JUMP SQUATS

### A)

SEATED BOX JUMP:

5X3 AT ALL CHALLENGING HEIGHTS

### B)

SINGLE LEG POGO:

:20 ON LEFT

REST :10

:20 ON RIGHT

REST :10

X5 MINUTES

### C)

POWER SNATCH COMPLEX

2 TRANSITIONS INTO PAUSE HANG POWER SNATCH

X2 (WITHOUT PUTTING THE BAR DOWN)

X6-7 SETS

ADD 10-15LBS FROM LAST WEEK

### D)

CHIN OVER BAR HOLD + NEGATIVE PULL-UP:

2 COMPLEXES

REST :30-1:00

X8

### E)

CONDITIONING:

20 MINUTES @70-80% EFFORT

10 SINGLE ARM DB SNATCH (NOT ALTERNATING)

INTO 25FT WALKING LUNGE

(HOLD DB BY SIDE -- SAME ARM YOU

SNATCHED WITH)

SWITCH ARMS

10 SINGLE ARM DB SNATCH (NOT ALTERNATING)

INTO 25FT WALKING LUNGE

(HOLD DB BY SIDE -- SAME ARM YOU

SNATCHED WITH)

150FT SANDBAG CARRY AT CHEST

12/10 CAL BIKE

CHOOSE A DB WEIGHT THAT YOU CAN MANAGE  
AT THE 70-80% EFFORT

### F)

JEFFERSON CURL:

5X3 (5311 TEMPO)



# SATURDAY

---

## WARM UP

RUNNING WARM UP

TRANSCRIBED THE DRILLS:

10M OUT WALK BACK X 10

20M OUT WALK BACK X 10

50M HASH MARKS (FAST FEET) FORWARDS  
& BACKWARDS

30M (20M SPEED UP, 10M TO SLOW DOWN)

45M (35M SPEED UP, 10M TO SLOW DOWN)

60M (50M SPEED UP, 10M TO SLOW DOWN)

## A)

NEUTRAL GRIP DUMBBELL BENCH PRESS:

:30 MAX UB REPS

REST 1:00

X5 SETS

## B)

DOUBLE DB BENT OVER ROW:

:30 MAX REPS

:30 REST

X5 MINUTES

## C)

GYMNASTICS AUX:

10 MINUTES OF STEADY MOVEMENT

1 MAX EFFORT DEAD HANG IN HOLLOW

5 PIKE HSPU

10 PARALLETTE SHOOT THROUGHES

## D)

SPRINT:

6X40M RUN @70%

REST :30 BETWEEN

5X60M RUN@80%

REST :30

5X100M RUN@90%

REST ;30 IN BETWEEN

REST 3:00

18X60M ON THE MINUTE



# GETTING STARTED

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01

Sign up to WODprep's Online Training via [WODprep.com](https://www.wodprep.com)

02

You will receive an invite via your emails. Follow the instructions on the email.

03

Take the time to watch our onboarding video and explore the WOD UP app.

04

If you have any questions, contact [support@wodprep.com](mailto:support@wodprep.com) and we'll be more than happy to help.





# About WODprep



At WODprep, we know that CrossFit can seem intimidating, scary, and confusing.

It doesn't need to be this way.

With simple, fun, and caring training programs we help people fall in love with functional fitness and discover their inner-athlete.

This changes lives for the better, both physically and mentally.

WODPREP.COM

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