



WWW.WODPREP.COM

WP COMPETE

SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING





PROGRAMMING SUMMARY



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

07

DAILY COACH FEEDBACK

08

DAILY WATER COOLER

09

24 HOUR WODPREP SUPPORT

10

DELIVERED THROUGH WOD UP APP



MONDAY

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 MENTRONOME 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)

FRONT SQUAT:
5X3 (3SEC PAUSE EACH REP)
ON THE 2:00
@65%

E)

CONDITIONING:
4 MINUTE AMRAP
10 GHD SIT UPS
10 V UPS
6/4 W FACING HSPU
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

F)

SECONDARY AEROBIC WORK:
30 MINUTE ZONE 2
(180 MINUS AGE, OR SLOWER)
ON C2 BIKE OR ANY MACHINE





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)

STRICT HANDSTAND PUSH-UP:

ESTABLISH 1 MAX UB SET

THEN 4X50% OF MAX UB

REST AS NEEDED

C)

SEATED ARNOLD PRESS :

3X10 @MAKE SURE TO OWN THE TOP,

GET A GOOD FULL ELBOW LOCKOUT

EVERY REP.

DONT RUSH THROUGH THEM

REST :30

D1)

BARBELL GOOD MORNING:

3X6 (2SEC PAUSE)

ALL SETS SHOULD BE CHALLENGING

:30 REST

D2)

WEIGHTED GHD HIP EXTENSION:

3X8 (2SEC PUASE AT THE TOP)

:30 REST

D3)

NEUTRAL GRIP DUMBBELL BENCH PRESS:

3X10 REPS

1:00 REST

E)

ROW CONDITIONING:

750M @2-5SEC FASTER THAN 3K

REST 2:00

X5



WEDNESDAY

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)

LEGLESS ROPE CLIMB:

3 ON THE 3:00

X6 SETS

REST REMAINDER OF THE ROUND

C)

THRESHOLD TRAINING:

12/9 CAL BIKE SPRINT

12 BAR FACING BURPEES

REST 1:1

X4 ROUNDS

D)

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

E)

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

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)

OVERHEAD SQUAT:

5X3

(3SEC PAUSE IN THE BOTTOM EACH REP)

@65%

E)

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

F)

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.



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)

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



GETTING STARTED



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 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
