



WWW.WODPREP.COM



WP PRO

SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING





TRACKS INCLUDED IN WP PRO



01

WP CLASSIC

02

WP COMPETE

03

WP MASTERS RX

04

WP INTERMEDIATE

05

WPx GYMNASTICS

06

WPx ENGINE

07

WPx WEIGHTLIFTING

08

WPx STRENGTH





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 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)

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



WWW.WODPREP.COM

WP MASTERS RX

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 & OVER 35

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 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

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

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

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

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



WWW.WODPREP.COM

WP MASTERS INTERMEDIATE SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING





PROGRAMMING SUMMARY



01

5 DAYS A WEEK PROGRAMMING

06

IDEAL FOR ATHLETES OVER 35

02

60 – 90 MINUTES DURATION

07

DAILY COACH FEEDBACK

03

VIDEO DEMO MOVEMENTS

08

DAILY WATER COOLER

04

DAILY COACHING CHALK TALK

09

24 HOUR WODPREP SUPPORT

05

WORLD ATHLETE LEADERBOARD

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:

: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

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 THROUGHs

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



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



WWW.WODPREP.COM

WP CLASSIC SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING





PROGRAMMING SUMMARY



01

5 DAYS A WEEK PROGRAMMING

06

IDEAL FOR ATHLETES LIMITED ON TIME

02

60 MINUTES DURATION

07

DAILY COACH FEEDBACK

03

VIDEO DEMO MOVEMENTS

08

DAILY WATER COOLER

04

DAILY COACHING CHALK TALK

09

24 HOUR WODPREP SUPPORT

05

WORLD ATHLETE LEADERBOARD

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

X3 MINUTES

**INTRODUCE METRONOME JUMPING

B)

DEPTH DROP TO BOX JUMP OVER:
EVERY 60 SECONDS,
COMPLETE 6 REPS
X 4 TOTAL ROUNDS (4 MINUTES)
ALTERNATE FEET EACH REP ON THE DEPTH DROP.

DEPTH BOX HEIGHT IS 14-16 INCHES

BOX HEIGHT TO CLEAR: WHATEVER YOU ARE COMFORTABLE WITH. START WITH SOME PLATES AND BUILD EACH SET. OR CAN START WITH 20 INCH BOX AND BUILD

C)

TRANSITION INTO PAUSE HANG POWER CLEAN:
EVERY 90 SECOND COMPLETE 2 REPS OF THE 2 TRANSITION INTO PAUSE HANG POWER CLEANS
7 SETS
- ADD 5-10 LBS FROM YOUR HEAVIEST WEIGHT FROM LAST WEEK.
(11 MINUTES)

D)

CONDITIONING:
4 MINUTE AMRAP
20 V UPS
5 WALL WALKS
50FT DB/KB OVERHEAD WALKING LUNGE
(A WEIGHT YOU CAN DO UB, WITH A GOOD LOCKOUT)
20 RING ROWS

REST 1:00
X4 ROUNDS

E)

SCHEDULE:
0-6 MINUTES WARM UP
6-9 MINUTE HIGH POGO
10-12 SET UP FOR DEPTH JUMP
13-17 DEPTH JUMP
18-20 SET UP FOR POWER CLEANS
21-32 POWER CLEAN
35-55 METCON



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% (2:30)
REST 1:00 BETWEEN SETS
ADD WEIGHT THEN

2X2@78% (2:30)
REST 1:00 BETWEEN SETS

5X1@87-90% (7:30)
ADD WEIGHT THEN

REST 1:00 BETWEEN SETS.
TOTAL TIME (13:00)

B)

EMOM:

M1: SEATED ARNOLD PRESS X 10 REPS
- MAKE SURE TO OWN THE TOP, GET A
GOOD FULL ELBOW LOCKOUT EVERY REP.
DON'T RUSH THROUGH THEM
M2: FORWARD FACING MEDBALL SCOOP
TOSS X 14 REPS TOTAL (7 EACH SIDE)
M3: 8 BANDED ROTATIONS LEFT SIDE
- ADD MORE RESISTANCE
M4: 8 BANDED ROTATIONS RIGHT SIDE
- ADD MORE RESISTANCE
M5: RDL WALKS X 40S OF WORK

X 3 ROUNDS
(15:00)

C)

ROW CONDITIONING:
ON A 8:00 CLOCK
MAX METERS ROWED

EVERY 2 MINUTE COMPLETE 8
BURPEES AS FAST AS POSSIBLE
- START ON THE ROWER THAN
PERFORM BURPEES AT
2:00/4:00/6:00

REST 3:00
X 2 ROUNDS
(22:00)

D)

SCHEDULE:
WARM UP 6 MINUTES
6-19 BENCH PRESS
2:00 TRANSITION AND SET UP
21-36 EMOM
37 -59 CONDITIONING





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)

TRIPLE BROAD JUMP:

2 ON THE MINUTE

X5 SETS

B)

EMOM:

M1: 1 MAX UB SET OF TOP HALF PULL UPS

M2: 7 SINGLE LEG BOX JUMP EACH LEG

- KEEP BOX THE SAME HEIGHT AS LAST WEEK

X 8 MINUTES

B)

EMOM:

M1: 1 MAX UB SET OF TOP HALF PULL UPS

M2: 7 SINGLE LEG BOX JUMP EACH LEG

- KEEP BOX THE SAME HEIGHT AS LAST WEEK

X 8 MINUTES

C)

CONDITIONING:

30-MINUTE AMRAP OF

800 M RUN

20 PUSH UPS

30 RUSSIAN KB SWINGS

D)

SCHEDULE:

8 MINUTE WARM UP

8-13 (TRIPLE JUMP)

14-22 EMOM

5 MINUTE WORKOUT PREP

27-57 WORKOUT

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)

4X3 (ON THE MINUTE) AT A

CHALLENGING HEIGHTS

:30 REST INTO PULL UPS

B)

STRICT PULL-UP:

:30 SECONDS AMRAP OF MAX REPS

:30 REST BACK INTO BOX JUMPS

X 4 ROUNDS

COMPLETE AS MANY AS POSSIBLE
WITHOUT A BAND, IF YOU CANNOT
COMPLETE MORE THEN 3 REPS ADD A
BAND.

C)

POWER SNATCH COMPLEX:

EVERY 90 SECOND COMPLETE 2 REPS OF
THE 2 TRANSITION INTO PAUSE HANG
POWER CLEANS

7 SETS

- START OFF WITH AN EMPTY BAR AND BUILD
SLOWLY AS LONG AS THE FORM FEELS
STRONG.

(11 MINUTES)

START @ 80% OF LAST WEEKS HEAVIEST
WEIGHT.

D)

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

12/10 CAL BIKE

SUB SANDBAG FOR DUAL KB FRONT RACK
CARRY.

SCHEDULE: 8 MINUTE WARM UP

8-20 SEATED BOX JUMP/PULLUP SUPERSET

14-25 POWER SNATCH

33-53 WORKOUT



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)

A1)

BANDED ANGELS:

4X12

A2)

SIDE PLANK BANDED ROW:

4X15 EACH SIDE

B)

PUSH UP:

:30 MAX REPS

REST :30

X9 MINUTES

C)

SPRINT:

3X40M RUN @70%

REST :30 BETWEEN

5X60M RUN@80%

REST :30

2X100M RUN@90%

REST ;30 IN BETWEEN

REST 3:00

18X60M @HIGH EFFORT BUILDING ON PACES
FROM LAT WEEK ON THE MINUTE

D)

SCHEDULE:

0-10 (GO RIGHT INTO ANGELS AND PLANK)

12-21 PUSHUP

10 MINUTE RUN WARM UP

32-57 RUN SPRINT WORK



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
