



# [ SAMPLE PROGRAMMING ]

# **WODDPREP** AFFILIATE PROGRAMMING

SIMPLE COACHING = BETTER COACHING

Day 3	Warm-up	Skill / St	rength	Workout of the Day	
Mon,	Monday Warm-Up	Snatch Com	nplex EMOM	12 Minute AMRAP	
	0 - 12 minutes	12 - 24 n	ninutes	24 - 60 Minutes	
Day 4	Warm-up	skill / st	rength	Workout of the Day	
Tue,	Tuesday Warm-Up	No Skill   Stre	ngth Today	30 Minute EMOM	
140,	0 - 12 minutes			12 - 60 Minutes	
Day 5	Warm-up	skill / st	rength	Workout of the Day	
Wed,	Wednesday Warm-Up	Power	Cleans	Every 90s	
	0 - 12 minutes	12 - 26 n	ninutes	26 - 60 Minutes	
Day 6	Warm-up	skill / st	rength	Workout of the Day	
Thu,	Thursday Warm-Up	No Skill   Strength Today		Push/Pull AMRAPs (14 Mins x 2)	
	0 - 12 minutes	12 - 28 n	ninutes	28 - 60 Minutes	
Day 1	Warm-up	skill / st	rength	Workout of the Day	
Fri,	Friday Warm-Up	Front	Squat	Wall Ball / Box Jumps Over	
	0 - 14 minutes	14 - 32 n	ninutes	32 - 60 Minutes	
PARTNER	Warm-up			Workout of the Day	
Sat,	Specfic Workout Warm up	:		Partner Workout	
	0 - 16 minutes			16 - 60 Minutes	
RECOVERY	Warm-up			Workout of the Day	
Sun,	No Warm-up Neces	sary		Active Recovery	
	0 - 0 minutes			0 - 60 Minutes	



	Μ	onday, [SAMPLE	PROGRAMMING ]		
	Coaching Chalk Talk	https://y	<u>/outu.be/MD6fqN2OCHU</u>	шÖdpre	
WARM	1 UP	SKILL   STRENGT	Ή	WORKOUT OF THE DAY	
Monday W	/arm-Up	Snatch Complex	EMOM	12 Minute AMRAP	
0 – 12 minutes		12 – 24 minutes		24 - 60 Minutes	
0:00 I Monday Warn 2:00 8 MINUTE	04:00 - 10:00	-	round, adjust, and then let them	perform independently while correcting their	
	Cardio		GOAL   STIMULUS		
2:00 Cardio	https://youtu.t	be/QE7nV8rqHyA		e inverted position and the squat before moving to bein athletes prepare for spatching	

2:00 Cardio into 1 Wall Walk + 5 Seconds hold at the top 10 Air Squats x 3 Rounds	https://youtu.be/QE7nV8rqHyA	We want to warm up the inverted position and the squat before moving on to the barbell work to help athletes prepare for snatching. We want to prime the athlete for today's workout.	
		SCALING Modify any move that the athlete can not complete. Find our most common modifications here -	
		Aerobic conversions - <u>www.wodprep.com/conversion</u> Movement Library - <u>https://wodprep.com/movements</u>	

(Optional) WARM UP	WORKOUT	GOAL   STIMULUS	Hang Snatch Pull
Pre Skill/ Strength	1:00 AMRAP of	10:00 -17:00 Warm-up Snatch	https://youtu.be/1NFTKmNyO18
Warm-up	with an empty barbell	17:00 - 19:00: Allow the	Muscle Snatch
wann-up	3 Hang Snatch Pulls	athlete to place equipment and return to the whiteboard.	https://youtu.be/R8SsPB6ZTKg
WHITEBOARD	2 Muscle Snatch 1 Power Snatch		Power Snatch

	i Fowei Silateli	······································		
An optional warm-up to help prepare	1 Snatch Balance	https://youtu.be/3LY/WNg6SL0		
athletes for the Snatch Complex	1 Squat Snatch	Snatch Balance		
EMOM. See Coaching Video on how	rest 30s	https://youtu.be/CcEWGL6DPEc		
to incorperate this into the class timeline.	- Add weight x 3 rounds	Squat Snatch		
anne inne.	x 5 Tourios	https://youtu.be/JEaDMO_1FCI		
SKILL   STRENGTH				
Snatch Complex	23:00 - 31:00 Snatch			
EMOM		ip for the workout. Grab equipment and gear needed.		
4:00				
8 MINUTE				
	CUES	GOAL		
Every Minute x 4 Minute:	Hang Snatch Pull	We want to work on the 2nd pull of the snatch, into a solid 3rd pull into		
Hang Snatch Pull + Hang Power	Starting in the hang perform the snatch pull by explosively extending the bady keeping the bar	the catch position, and then improve the overhead catch position.		
Snatch + Snatch Balance	explosively extending the body, keeping the bar close, and returning it smoothly to the ground, all			
Loads per set: 50,55,60,65%	while maintaining a strong, balanced posture.			
than	https://youtu.be/1NFTKmNyO18			
then	Snatch Balance			
Every Minute x 4 Minute:	With a barbell resting on their back with a snatch	STIMULUS		
Hang Snatch + Overhead Squat	grip. push your body under the bar while pressing up against the barbell until they end at the bottom of	This should be lightweight, allowing the athlete to focus on each		
Loads per set: 65,70,75,80%	the squat with the arms locked out overhead.	position. For each set, they should increase the weight by 5% (RPE:6;		
	https://youtu.be/CcEWGL6DPEc	you could do 3 more reps at this weight)		
[	Hang Snatch			
	From the top of the knee, extend through the legs,			
	transition under the bar, secure it overhead, and			
	stand up	SCALING		
	https://youtu.be/VV1va2tYEjM	Athletes can avoid squatting by keeping all squat movements to		
	Overhead Squat	power.		
	Feet set slightly outside of hips. Squeeze shoulder			
	blades together. Press the bar upwards. Brace the			
	core, push hips back and bend at knees.	Aerobic conversions - <u>www.wodprep.com/conversion</u>		
ſ	https://youtu.be/EpJhRYwBUew	Movement Library - https://wodprep.com/movements		

See next page for Monday's workout.



# Monday, [SAMPLE PROGRAMMING]

#### Coaching Chalk Talk

#### https://youtu.be/MD6fqN2OCHU



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(Optional) Pre Workout Warm-up	WARM UP	GOAL   STIMULUS	MOVEMENT CUES
Workout Warm-up	:30 Row (Tough Pace 1 Wall Walk 4 DB Front Squat	34:00-38:00 Transition and Break 38:00-43:00 Prep Work for Workout	Wall Walk <a href="https://youtu.be/LUO4Aq4wqgA">https://youtu.be/LUO4Aq4wqgA</a> Dual Dumbbell Front Squat
WHITEBOARD	x 2 Rounds		https://youtu.be/_UMGYek9zXs
An optional warm-up to prepare athletes for the 12 Minute AMRAP workout. See Coaching Video on how to incorperate this into the class timeline.			Rowing https://youtu.be/q7sxG-NW7pY

WORKOUT OF THE DAY			
I 12 Minute AMRAP	43:00 - 55:00 Workout 55:00 - 60:00 Clean up equipment and get ready for the next class.		
16 MINUTE RX WORKOUT			
12 minutes AMRAP of 3 Wall Walks 6 Dual Dumbbell Front Squats (50/35) 9/6 Cals Row	Wall Walk <a href="https://youtu.be/LUO4Aq4wqgA">https://youtu.be/LUO4Aq4wqgA</a> <a href="https://youtu.be/">Dual Dumbbell Front Squat <a href="https://youtu.be/">https://youtu.be/</a> <a href="https://youtu.be/">Rowing</a></a>	6+ Rounds, maintain a consistent pace throughout the workout. The first round will feel good, but the wall walk fatigue will start to add up. Pacing the wall walk early is a good skill to practice.	
	https://youtu.be/q7sxG-NW7pY	WORKOUT STIMULUS	
		This is a threshold workout; athletes should feel like they must maintain a high effort to keep the same pace as they get deeper into the workout. RPE: 7 (Vigorous effort, you can still speak in short sentences but maintaining a conversation is difficult. Breathing is noticeably more challenging.)	
FITNESS WORKOUT	FITNESS MOVEMENT CUES	WORKOUT SCALING	
12 minutes AMRAP of 3 Angled Wall Walks 6 Dual Dumbbell Front Squats (35/25) 9/6 Cals Row	Angled Wall Walk https://youtu.be/3cNW6Y8XvZw   Dual Dumbbell Front Squat   https://youtu.be/_UMGYek9zXs   Rowing   https://youtu.be/q7sxG-NW7pY	2:00 Easy Cardio : 10-20 Banded Shoulder Distraction 5-10 Shoulder Taps x 2 Rounds	

EXTRA WORK	WORKOUT	GOAL & STIMULUS	MOVEMENT CUES
	Every Minute x 5 Mintues:	We want to work on the	Hang Clean Pull
Clean and Jerk Complex	1 Hang Clean Pull + 1 Hang Power	turnover into the catch	https://youtu.be/FZaEqAAzH4Y?si=TWURoHgTTO
	Clean + 2 Split Jerk	position and finish with split jerk skills.	Hang Power Clean
WHITEBOARD	Load per set (50/55/60/65/70%)	jerk skills.	https://youtu.be/VzLIsT5HVUQ
Optional after class work for a			Split Jerk
gym's more competitive athletes.			https://youtu.be/2Yxv3ml8KVs

	Т		
	Coaching Chalk Talk	https://youtu.be/mGfxZ1c5ciw	WODPREP
	-		
WAR	M-UP	SKILL/ STRENGTH	WORKOUT OF THE DAY
Tuesday	Warm-Up	No Skill   Strength Today	30 Minute EMOM
0 – 12 n			12 - 60 Minutes

WARM UP I Tuesday Warm-Up 2:00 8 MINUTE		one round, adjust, and then let them perform independently while correcting their
	Kip Swing	GOAL   STIMULUS
2:00 AMRAP of 3 Kip Swings 6 Banded Good Mornings	https://youtu.be/TgQAuC2Jmzo	We want to use the longer warm up to go over the movements that the
	Banded Good Morning	athlete is going to see in the workout today. Use the warm-up to Prime
	https://youtu.be/8W41jV1iG2E	them for the EMOM.
9 Plate Hops	Plate Hops	
rest 1:00	https://youtu.be/2UQrH4sN0To	
2:00 AMRAP of	Deadlift	SCALING
2 Deadlifts 4 Air Squats	https://youtu.be/1PaJokMhEls	Modify any move that the athlete can not complete. Find our most
1 Deadlift	Wall Balls	common modifications here -
4 Wall Balls	https://youtu.be/CrSsh97-Prl	
Rest 1:00		Aerobic conversions - www.wodprep.com/conversion
		Movement Library - https://wodprep.com/movements

SKILL   STRENGTH WARM UP	WORK	GOAL   STIMULUS	Deadlift
Pre Skill/ Strength Warm-up WHITEBOARD	2:00 AMRAP of 2 C2B/Pull Up/ Ring Rows 10 Double Unders 5 Cals bike/Row Then, build to 70% of Deadlifts.	Focus on driving through your legs and quickly transitioning into the squat position. Pause in the catch if you feel unstable.	https://youtu.be/1PaJokMhEls

An optional warm-up to help prepare athletes for the . See Coaching Video on how to incorperate this into		
the class timeline.		


See next page for Tuesday's workout.



WORKOUT OF THE DAY <b>30 Minute EMOM</b> 30 MINUTE	23:00-25:00 Transition and Break 25:00 - 55:00 Workout 55:00 - 60:00 Clean up equipment and get ready for the next class			
RX WORKOUT	RX MOVEMENT CUES	WORKOUT GOAL		
Every Minute x 30 Minutes: M1: 3-6 Deadlifts + 8-10 Wall Balls. M2: Cals Row (85% effort) M3: 8-12 C2B + 20-30 DU	Deadlift https://youtu.be/1PaJokMhEls Wall Balls https://youtu.be/CrSsh97-Prl Kipping Chest To Bar Pull-up	Athletes should choose a rep scheme that allows them to finish each piece before the 50s mark. Keep the row to a moderate pace, athlete should feel like they worked hard but can move to the next movements without rest.		
M4: Cals Bike (85% effort)	https://youtu.be/vsqNsLnMDpE			
M5: Rest	Double Unders	WORKOUT STIMULUS		
Deadlifts (70%) Wall Ball (20/14)	https://youtu.be/0DeIXUIZ5I0 Assault Bike https://youtu.be/vP7EFv37GLE Rowing https://youtu.be/q7sxG-NW7pY	This workout should feel aerobic. Each Minute, the athlete should feel like they are working hard but can repeat the effort. RPE 6: Moderate effort, somewhat challenging but sustainable. A conversation is possible but requires some effort.		
FITNESS WORKOUT	FITNESS MOVEMENT CUES	WORKOUT SCALING		
Every Minute x 30 Minutes: M1: 3-6 Deadlifts + 8-10 Wall Balls. M2: Cals Row (85% effort)	Deadlift <a href="https://youtu.be/1PaJokMhEls">https://youtu.be/1PaJokMhEls</a> <a href="https://youtu.be/CrSsh97-Prl">Wall Balls</a> <a href="https://youtu.be/CrSsh97-Prl">https://youtu.be/CrSsh97-Prl</a>	Lower skill and reps to achieve the correct stimulus.		
M3: 8-12 Pull Ups + 20-30 Single	Kipping Pull Ups (Small)	Aerobic conversions - www.wodprep.com/conversion		
Unders	https://youtu.be/UCOsCFxXirw	Movement Library - https://wodprep.com/movements		
M4: Cals Bike (85% effort) M5: Rest	Single Unders	COOL DOWN		
Deadlifts (70%) Wall Ball (14/10)	https://youtu.be/_VMrYk4Zyml	:20-30s Downward Dogs 10 Cat Cows 3 Inch Worms x 3 Rounds		

EXTRA WORK	WORKOUT	GOAL & STIMULUS	MOVEMENT CUES
Muscle Up EMOM (Death	Death by EMOM	We want to work on the skill	Bar Muscle Up
By) WHITEBOARD	M1: Compete 1 Ring/Bar Muscle up	and capacity of the muscles up. IF athletes don't have muscle ups, they can do some	https://youtu.be/TAq5DDumbbellAFHk
5,,			Kipping Ring Muscle Up
WHITEBOARD	<ul> <li>Every minute, add one rep until</li> </ul>	skill work to work on it.	https://youtu.be/g7nLCOrSu90
Optional after class work for a gym's more competitive athletes.	you can no longer complete it within the minute.		

	Wednesday, [SAMPLE PROGRAMMING]				
	Coaching Chalk Talk <u>https://youtu.be/A0swBk0pA</u>				
	M-UP	SKILL/ STRENGTH	WORKOUT OF THE DAY		
Wednesday Warm-Up		Power Cleans	Every 90s		
0 - 12 minutes		12 - 26 minutes	26 - 60 Minutes		

0:00 I Wednesday Warm-Up 12:00 8 MINUTE	00:00 - 04:00 White Board 04:00 - 10:00: Warm-up Suggestion: Coach the athlete through one round, adjust, and then let them perform independently while correcting their form.		
	Shuttle Run	GOAL   STIMULUS	
2:00 Shuttle run	https://www.youtube.com/watch?v=Mzp9VIX4hqk	We are getting prepared for the intervals, and the power cleans in	
into	Burpee     today's workout.       https://youtu.be/Zken1HuusEg     today's workout.		
3 Rounds of			
5 Burpees			
5 Hang Muscle Cleans	https://youtu.be/mfS4QmPqhpA		
5 Push Press	Push Press	SCALING	
	https://youtu.be/QTAD-zb-qH8	Modify any move that the athlete can not complete. Find our most	
		common modifications here -	
		Aerobic conversions - www.wodprep.com/conversion	
		Movement Library - https://wodprep.com/movements	

(Optional) Warm-up	WARM UP	GOAL   STIMULUS	Power Clean
Pre Skill/ Strength	Build to 70% of Power Clean	Start at (30%)	https://youtu.be/UaKNIsKsR0o
Warm-up		increase 10% until they reach 70%	
WHITEBOARD		10:00 -13:00 Warm-up Power Clean	

An optional warm-up to help prepare	13:00 - 15:00: Allow the athlete	
athletes for the Power Cleans. See	to place equipment and return to	
Coaching Video on how to	the whiteboard.	
incorperate this into the class		
timeline.		

12:00 I Power Cleans 26:00 10 MINUTE	15:00 - 18:00: Break down the strength/skill work and give instruction and cues. 18:00 - 30:00 Power Clean 30:00 - 32:00- Have the athlete prepare and set up for the workout. Grab equipment and gear needed.				
	MOVEMENT CUES	GOAL			
Set 1: 2 Reps (70%)	Power Clean	We want to work on speed in the turnover. With the intent of aggressive			
Set 2: 2 Reps (75%) Set 3: 2 Reps (80%) Set 4: 2 Reps (85%)	Drive through the legs, then pull underneath the bar, thinking about quick elbows and catching the bar on the shoulder with your hips above 90.	full extension. Athletes should feel fast with each rep. A good setup and patience on the pull are essential for the power clean.			
Rest 90s between sets.	https://youtu.be/UaKNIsKsR0o				
		STIMULUS			
		This should feel strong and fast. RPE 7- Could do more than 1-2 reps for each set.			
		SCALING			
		Lower the weight			
		https://wodprep.com/movements			

See next page for Wednesday's workout.



# Wednesday, [SAMPLE PROGRAMMING]

#### Coaching Chalk Talk

https://youtu.be/A0swBk0pA\_M



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WORKOUT SPECFIC WARM UP	WARM UP	GOAL   STIMULUS	Hang Power Clean
Workout Warm-up WHITEBOARD An optional warm-up to prepare athletes for the Every 90s workout. See Coaching Video on how to incorperate this into the class timeline.	5 Hang Power Cleans 5 Shoulder to Overhead 5 Burpees x 2 Rounds - get fast in the second rounds	32:00-34:00 Transition and Break 34:00-38:00 Prep Work for Workout	https://youtu.be/VzLIsT5HVUQ Shoulder to Overhead https://www.youtube.com/shorts/VJwXc6blgW8 Burpee https://youtu.be/Zken1HuusEg

WORKOUT OF THE DAY	-				
Every 90s	38:00 - 56:00 Workout 56:00 - 60:00 Clean up equipment and get ready for the next class.				
18 MINUTE RX WORKOUT	RX MOVEMENT CUES WORKOUT GOAL				
	Hang Power Clean	We want the athlete to get to the shuttle runs before the 1:00 mark. Then			
Every 90s for 18 Minutes	https://voutu.be/VzLisT5HVUQ	they should aim for 4-5 Shuttle runs.			
(6 Rounds)	Shoulder to Overhead				
Set 1:	https://www.youtube.com/shorts/VJwXc6blgW8				
5 Hang Power Cleans (115/75)	Burpee				
5 Shoulder to Overheads (115/75)	https://youtu.be/Zken1HuusEg	••			
5 Burpees	Shuttle Run	WORKOUT STIMULUS			
Max Shuttle Runs Set 2: Rest Score is shuttle runs.	https://www.youtube.com/watch?v=Mzp9VIX4hqk	The first part is at sprint effort, and the shuttle run is at a threshold pace. Try to stay unbroken for this workout. The athlete should feel like they went a little too hard, but they can keep that pace.			
FITNESS WORKOUT	FITNESS MOVEMENT CUES	WORKOUT SCALING			
	Hang Power Clean	Lower the weight			
Every 90s for 18 Minutes	https://youtu.be/VzLIsT5HVUQ				
(6 Rounds)	Shoulder to Overhead				
Set 1:	https://www.youtube.com/shorts/VJwXc6blgW8				
5 Hang Power Cleans (95/65)	Burpee	Aerobic conversions - www.wodprep.com/conversion			
5 Shoulder to Overheads (95/65) 5 Burpees	https://youtu.be/Zken1HuusEg	Movement Library - https://wodprep.com/movements			
Max Shuttle Runs	Shuttle Run	COOL DOWN			
Set 2: Rest	https://www.youtube.com/watch?v=Mzp9VIX4hqk	5 Samson Stretch each :20-30s Plegon Stretch x 3 Rounds			

EXTRA WORK	WORKOUT	GOAL & STIMULUS	MOVEMENT CUES
Rope Climb Work WHITEBOARD Optional after class work for a gym's more competitive athletes.	5 Rope Climbs 20 Cals Bike 4 Rope Climbs 20 Cals bike 3 Rope Climbs 20 Cals bike 2 Rope Climbs 20 Cals Bike 1 Rope Climbs 12 Minute TIme Cap	We want to work on pushing the pace on the rope climbs and try to keep a good pace on the bike.	Rope Climb         https://youtu.be/zedJyPkb3Ns         Assault Bike         https://youtu.be/vP7EFv37GLE

	Th	Thursday, [sample programming]		
	Coaching Chalk Talk	https://youtu.be/ny58ucoSu		
	WARM-UP	SKILL/ STRENGTH	WORKOUT OF THE DAY	
Thursd	lay Warm-Up	skill/ strength No Skill   Strength Today	WORKOUT OF THE DAY Push/Pull AMRAPs (14 Mins x 2)	

WARM-UP			
Thursday Warm-Up 8 MINUTE	00:00 - 04:00 White Board 04:00 - 14:00: Warm-up Suggestion: Coach the athlete through one round, adjust, and then let them perform independently while correcting form.		
	Banded Pull Up	GOAL   STIMULUS	
2:00 Cardio	https://youtu.be/pli4AdUg17g	We are preparing for the workout by focusing on pushing and pulling movements.	
then	Plank Shoulder Taps		
3 Rounds of	https://youtu.be/yeQAMEg4TU0		
12 Banded Pull Ups 12 Plank Shoulder Taps	Push Up https://youtu.be/K58vC1fIE1I		
6 Push Ups	Ring Row	SCALING	
6 Ring Rows	https://youtu.be/R879iRoq4t8	Modify any move that the athlete can not complete. Find our most common modifications here -	
		Aerobic conversions - www.wodprep.com/conversion	
		Movement Library - https://wodprep.com/movements	

(Optional) Warm-up	Overview	Goal	
Pre Skill/ Strength Warm-up	Have athlete build to working weight.		
Whiteboard			

An optional warm-up to help prepare athletes for the . See Coaching		
Video on how to incorperate this into the class timeline.		

See next page for Thursday's workout.



## Thursday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

https://youtu.be/ny58ucoSuWw



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20:00-24:00 Transition and Break 24:00 - 55:00 Workout 55:00 - 60:00 Clean up equipment and get real <b>RX MOVEMENT CUES</b> Dumbbell Bench Press https://www.youtube.com/watch?v=hm_TrCkhJgo Rowing https://youtu.be/q7sxG-NW7pY Feet Elevated Inverted Row (supine row) Barbell Bent Over Row https://youtu.be/EacnufDu7Qk Kipping Handstand Push Up	WORKOUT GOAL         This is a lower intensity workout; we want the athlete to move from exercise to exercise feeling good with each movement. The athlete should be able to go unbroken and maintain their pace on the calories throughout the workout. We are really looking for that bodybuilding pump.         WORKOUT STIMULUS         This should feel good from the beginning if the athlete wants a
Dumbbell Bench Press         https://www.youtube.com/watch?v=hm_TrCkh.Jgo         Rowing         https://youtu.be/q7sxG-NW7pY         Feet Elevated Inverted Row (supine row)         Barbell Bent Over Row         https://youtu.be/EacnufDu7Qk	This is a lower intensity workout; we want the athlete to move from exercise to exercise feeling good with each movement. The athlete should be able to go unbroken and maintain their pace on the calories throughout the workout. We are really looking for that bodybuilding pump. WORKOUT STIMULUS This should feel good from the beginning if the athlete wants a
Dumbbell Bench Press         https://www.youtube.com/watch?v=hm_TrCkh.Jgo         Rowing         https://youtu.be/q7sxG-NW7pY         Feet Elevated Inverted Row (supine row)         Barbell Bent Over Row         https://youtu.be/EacnufDu7Qk	This is a lower intensity workout; we want the athlete to move from exercise to exercise feeling good with each movement. The athlete should be able to go unbroken and maintain their pace on the calories throughout the workout. We are really looking for that bodybuilding pump. WORKOUT STIMULUS This should feel good from the beginning if the athlete wants a
https://www.youtube.com/watch?v=hm_TrCkhJgo Rowing https://youtu.be/q7sxG-NW7pY Feet Elevated Inverted Row (supine row) Barbell Bent Over Row https://youtu.be/EacnufDu7Qk	exercise to exercise feeling good with each movement. The athlete should be able to go unbroken and maintain their pace on the calories throughout the workout. We are really looking for that bodybuilding pump. WORKOUT STIMULUS This should feel good from the beginning if the athlete wants a
Rowing         https://youtu.be/q7sxG-NW7pY         Feet Elevated Inverted Row (supine row)         Barbell Bent Over Row         https://youtu.be/EacnufDu7Ok	<ul> <li>should be able to go unbroken and maintain their pace on the calories throughout the workout. We are really looking for that bodybuilding pump.</li> <li>WORKOUT STIMULUS</li> <li>This should feel good from the beginning if the athlete wants a</li> </ul>
https://youtu.be/q7sxG-NW7pY Feet Elevated Inverted Row (supine row) Barbell Bent Over Row https://youtu.be/EacnufDu7Qk	throughout the workout. We are really looking for that bodybuilding pump.           WORKOUT STIMULUS           This should feel good from the beginning if the athlete wants a
Feet Elevated Inverted Row (supine row) Barbell Bent Over Row https://youtu.be/EacnufDu7Qk	pump.         WORKOUT STIMULUS         This should feel good from the beginning if the athlete wants a
Barbell Bent Over Row https://youtu.be/EacnufDu7Qk	WORKOUT STIMULUS           This should feel good from the beginning if the athlete wants a
https://youtu.be/EacnufDu7Qk	This should feel good from the beginning if the athlete wants a
Kipping Handstand Push Up	
	challenge have them move the weight with a slowdown and fast up
https://youtu.be/-N7wC69ljvw tempo. RPE 6: Athletes can complete 3-4 more reps	
	movement.
FITNESS MOVEMENT CUES	WORKOUT SCALING
Dumbbell Bench Press	Have athletes use a weight that allows them to complete the reps
https://www.youtube.com/watch?v=hm_TrCkhJgo	unbroken. If the athlete wants a challenge have them use a higher skill
Rowing	for the bodyweight movement. Push up: sHSPU and Ring Rows: Strict
https://youtu.be/q7sxG-NW7pY	··· Pull up's.
Ring Row	Aerobic conversions - wodprep.com/conversion
https://youtu.be/R879iRoq4t8	Movement Library - wodprep.com/movements
Dumbbell Bent Over Row	COOL DOWN
https://www.youtube.com/watch?v=VP_f9V854og	10 Scorpions
Push Up	10 Shoulder Taps
https://youtu.be/K58vC1flE1l	10 Cals Bike
Assault Bike	— x 3 Rounds
https://youtu.be/vP7EFv37GLE	
	https://youtu.be/-N7wC69ljvw FITNESS MOVEMENT CUES Dumbbell Bench Press https://www.youtube.com/watch?v=hm_TrCkhJgo Rowing https://youtu.be/q7sxG-NW7pY Ring Row https://youtu.be/R879iRog4t8 Dumbbell Bent Over Row https://youtu.be/R879iRog4t8 Dumbbell Bent Over Row

# Friday, [SAMPLE PROGRAMMING]

#### Coaching Chalk Talk

#### https://youtu.be/KqVuEmHA51U



WARM-UP	SKILL/ STRENGTH	WORKOUT OF THE DAY
Friday Warm-Up	Front Squat	Wall Ball / Box Jumps Overs
0 – 14 minutes	14 – 32 minutes	32 - 60 Minutes

0:00 I Friday Warm-Up 14:00 10 MINUTE	<ul> <li>00:00 - 04:00 White Board</li> <li>04:00 - 10:00: Warm-up</li> <li>Suggestion: Coach the athlete through one round, adjust, and then let them perform independently while correcting their form.</li> </ul>		
	Couch Stretch	GOAL   STIMULUS	
: 20s Couch Stretch	https://youtu.be/aMrjDm2Kh9w	We are working on warming up the legs and explosiveness for today's	
5 Goblet Squats @ tempo 4141	Goblet Squat	work.	
3 Broad Jumps	https://youtu.be/HwonP6flZ0s		
x 2 Rounds :30s Cardio	Broad Jump https://youtu.be/00gZih6B-nc		
10 Wall balls	Wall Balls	SCALING	
3 Front Squats x 3 Rounds	https://youtu.be/CrSsh97-Prl	Modify any move that the athlete can not complete. Find our most	
X S ROUIIUS	Front Squat	common modifications here -	
	https://youtu.be/0rgupjXebL4		
		Aerobic conversions - www.wodprep.com/conversion	
		Movement Library - https://wodprep.com/movements	

(Optional) Warm-up	Overview	Goal	Front Squat
Pre Skill/ Strength	3-4 Minutes to build to a working	10:00 -15:00 Warm-up Front	https://youtu.be/0rgupjXebL4
Fie Skill/ Suengui	front squat weight.	Squat	
Warm-up		15:00 - 17:00: Allow the athlete	
		to place equipment and return to	
Whiteboard		the whiteboard.	

	ule writeboard.	 4
	17:00 - 19:00: Break down the	
An optional warm-up to help prepare	strength/skill work and give	
athletes for the Front Squat. See	instruction and cues.	
Coaching Video on how to		
incorperate this into the class		
timeline.		

14:00 I Front Squat	 19:00 -28:00 Front Squat 28:00 - 31:00- Have the athlete prepare and set up for the workout. Grab equipment and gear needed.	
32:00 12 MINUTE		
	CUES	GOAL
Every 4:00, complete all 3 sets.	Front Squat	
0:00 - 04:00 Set 1: 2 Reps (80%) Set 2: 2 Reps (84%) Set 3: 1 Reps (88%)	Stand with feet hip-width apart, toes angled out. Squat down, maintaining balance and alignment, rise up while staying upright and controlled in breathing <u>https://youtu.be/0rgupjXebL4</u>	The athlete will feel a challenge at the start of this session. After the first two reps, the athlete should add weight and complete the next set. It will become more challenging, but the reps should never feel unachievable.
04:00 - 08:00 Set 4: 2 Reps (83%)		STIMULUS
Set 5: 2 Reps (87%) Set 6: 1 Reps (91%) Rest the remainder of the time.		This will be tougher than the previous session, but overall, the athlete should feel strong through each front squat. RPE 8: Athlete should be able to complete 1-2 more reps.
		SCALING
		Goblet squat or Box squat.
		wodprep.com/movements

See next page for Friday's workout.



## Friday, [sample programming]

Coaching Chalk Talk

https://youtu.be/KqVuEmHA51U



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WORKOUT SPECFIC WARM UP	WARM UP	GOAL   STIMULUS	Air Squat
Workout Worm up	5 Air Squats 5 Box Jump Step Downs	31:00-35:00 Transition and Break 35:00-40:00 Prep Work for	
Workout Warm-up	x 3 Rounds	Workout	Box Jump https://youtu.be/uSg9uwug9X8
WHITEBOARD	10 Wall Balls		Wall Balls
An antianal many in to provou	10 Box Jump Overs		https://youtu.be/CrSsh97-Prl
An optional warm-up to prepare athletes for the Wall Ball / Box Jumps	x 2 Rounds		Box Jump Over
Overs workout. See Coaching Video			https://www.youtube.com/watch?v=f6AR27I-DwU
on how to incorperate this into the class timeline.			

 40:00 - 55:00 Workout 55:00 - 60:00 Clean up equipment and ge	t ready for the next class.
RX MOVEMENT CUES	WORKOUT GOAL
Wall Balls <a href="https://youtu.be/CrSsh97-Prl">https://youtu.be/CrSsh97-Prl</a> Box Jump Over <a href="https://www.youtube.com/watch?v=f6AR27I-DwU">https://www.youtube.com/watch?v=f6AR27I-DwU</a>	This workout will feel like a grinder; athletes should pick a rep scheme that allows them to keep consistent sets. I would break the wallballs up early and find a steady pace they can keep for the box jump overs. Under 15 Minutes is the goal.
	WORKOUT STIMULUS
	Athletes will feel good in the first set if they pace correctly, but in the second set, after the box jump overs, athletes will start to feel leg fatigue. This is where they need to have a plan. Athletes should challenge them selves to not rest for long periods between their chosen sets. RPE 8: Could barely talk, breathing heavily, outside your comfort one
FITNESS MOVEMENT CUES	WORKOUT SCALING
Wall Balls <a href="https://youtu.be/CrSsh97-Prl">https://youtu.be/CrSsh97-Prl</a> Box Jump Over <a href="https://www.youtube.com/watch?v=f6AR27I-DwU">https://www.youtube.com/watch?v=f6AR27I-DwU</a>	Lower the weight and the height of the box.
	Aerobic conversions - wodprep.com/conversion
	Movement Library - wodprep.com/movements
	WORKOUT COOL DOWN
	x 4 Rounds
	55:00 - 60:00 Clean up equipment and ge         RX MOVEMENT CUES         Wall Balls         https://youtu.be/CrSsh97-Prl         Box Jump Over         https://www.youtube.com/watch?v=f6AR27I-DwU         FITNESS MOVEMENT CUES         Wall Balls         https://youtu.be/CrSsh97-Prl

20 Alt V-U		
Intervals 16 Alt Har 12 Burpee WHITEBOARD Rest 1:00	g C+J workout, try to go unbroken, and	Alternating V Ups https://youtu.be/78jy7yQKJ6E Single Arm Dumbbell Hang Clean And Jerk
WHITEBOARD         Rest 1:00           Optional after class work for a gym's more competitive athletes.         x 4 Round	s	https://youtu.be/B8kcuK-dxy4 Burpee to Target https://youtu.be/FToMxgFU3v8

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## Saturday, [SAMPLE PROGRAMMING]

#### Coaching Chalk Talk

#### https://youtu.be/xPmUgTI3X-4



WARM-UP	
Specfic Workout	
Warm up	
0 - 16 minutes	

WORKOUT OF THE DAY
Partner Workout
16 - 60 Minutes

0:00 Specfic Workout Warm up	00:00 - 04:00 White Board 04:00 - 16:00 Warm-up Suggestion: Coach the athlete through one round of the warm-up to instructed movement for each part and make adjustments, then let the athlete perform the rest of the warm-up on their own so the coach can walk around and correct form		
12 MINUTE	High Knees	GOALS	
	https://www.youtube.com/watch?v=DfjpR6dzLVg	A specfic warm-up to prepare athletes for the Partner Workout workout.	
50 ft Each of	Butt Kickers		
High Knees, Butt Kickers, Knee Pulls,	https://www.youtube.com/watch?v=xRjl6d9mtCo		
Quad stretch, Cossack	Knee Pulls		
into	https://www.youtube.com/watch?v=YJpv8fbALcw		
400 M Run	Quad Stretch	SCALING	
10 Muscle Snatch	https://www.youtube.com/watch?v=KhPuvVtnCCg	Sub out any movement using WODprep's movement modifications.	
10 Muscle Clean and Strict Press			
200 M Run 5 Power Snatch (working weight)			
5 Power Clean and Jerks (working weight)		wodprep.com/movements	

16:00 WORKOUT OF THE DAY		
Partner Workout	16:00 - 21:00: Allow the athlete to place equipme 21:00-55:00: Work Out 55:00 - 60:00 Cool Down from the workout.	nt and return to the whiteboard.
60:00 30 MINUTE		
RX WORKOUT	RX MOVEMENT CUES	WORKOUT GOAL

800 M Run 40 Power Snatches 800 M Run 40 Power Clean and Jerks 800 M Run (135/95) Time Cap 30 Minutes	Run         https://youtu.be/hXHEtlg5hjk         Power Snatch         https://youtu.be/3LYIWNg6SL0         Power Clean And Push Jerk         https://youtu.be/MbW6tN0A3gA	We want each athlete to finish the run between 4:30 - 5:00 and complete the barbell in sets of 5. The goal is to finish in 5-6 minutes per section. Some may finish faster due to built-in rest.
		This is an aerobic workout; the athlete should be able to go right into the barbell work right after the run—the last 800 in which the athletes can push the pace to finish the workout.
FITNESS WORKOUT	FITNESS MOVEMENT CUES	WORKOUT SCALING
800 M Run 40 Power Snatches 800 M Run 40 Power Clean and Jerks 800 M Run	Kipping Pull Up https://youtu.be/0ntWsHw6Vno Push Up https://youtu.be/K58vC1fIE1I	Have the athlete run a shorter distance or sub with cardio machines if the weather is terrible. 1000/800m Rowl 50/40 Cals Bike
(95/65)	Air Squat	Aerobic conversions - wodprep.com/conversion
Time Cap 35 Minutes	https://youtu.be/v7VQZPvgpul	Movement Library - wodprep.com/movements
		COOL DOWN
		1:00 Bike :20s bent knee calf stretch :20s Banded Crossbody Hamstring Stretch x 3 Rounds

	Su	nday, [SAMPLE PROGRAMMING]
	Coaching Chalk Talk	https://youtu.be/2JTZk9hI4CU
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	WARM-UP	WORKOUT OF THE DAY
No Warm-up Necessary 0 - 0 minutes		Active Recovery
		0 - 60 Minutes

0:00 I Active Recovery 60:00 40 MINUTE	00:00 - 04:00 White Board 4:00- 10:00 Allow the athlete to place equipment and return to the whiteboard. 10:00-15:00 - Coach the athlete on the movements. 15:00-55:00 Perform Workout 55:00 - 60:00 Clean up equipment and get ready for the next class.	
RX WORKOUT	RX MOVEMENT CUES	WORKOUT GOAL
30s Work / 30s Rest: M1: Plank M2: Bike M3: Single Unders M4: Row M5: KB Swings @ light weight M6: Run/Ski x 5 Rounds	Forearm Front Plank	Let's focus on body movement with added tension to prepare for the upcoming week.
	https://www.youtube.com/watch?v=ao5nY7lb088	
	Single Unders	
	https://youtu.be/_VMrYk4Zyml	
	American Kettlebell Swings	WORKOUT STIMULUS
	https://youtu.be/Oarf7hwxSy4	Keep your effort in Zone 2, ensuring you can comfortably maintain conversation throughout the workout. RPE 4: Brisk Pace. Heart rate picking up.
	Rowing	
	https://youtu.be/q7sxG-NW7pY	
	Assault Bike	
	https://youtu.be/vP7EFv37GLE	SCALING
		Keep your effort in Zone 2, ensuring you can comfortably maintain conversation throughout the workout.
		Aerobic conversions - wodprep.com/conversion
		Movement Library - wodprep.com/movements
		COOL DOWN
		Put away equipment and wrap up the class. Great work!

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