



[SAMPLE PROGRAMMING]

WODPREP AFFILIATE PROGRAMMING

SIMPLE COACHING = BETTER COACHING

Day 3	Warm-up	Skill / Strength	Workout of the Day
Mon,	Monday Warm-Up	Snatch Complex EMOM	12 Minute AMRAP
	0 - 12 minutes	12 - 24 minutes	24 - 60 Minutes
Day 4	Warm-up	Skill / Strength	Workout of the Day
Tue,	Tuesday Warm-Up	No Skill Strength Today	30 Minute EMOM
	0 - 12 minutes		12 - 60 Minutes
Day 5	Warm-up	Skill / Strength	Workout of the Day
Wed,	Wednesday Warm-Up	Power Cleans	Every 90s
	0 - 12 minutes	12 - 26 minutes	26 - 60 Minutes
Day 6	Warm-up	Skill / Strength	Workout of the Day
Thu,	Thursday Warm-Up	No Skill Strength Today	Push/Pull AMRAPs (14 Mins x 2)
	0 - 12 minutes	12 - 28 minutes	28 - 60 Minutes
Day 1	Warm-up	Skill / Strength	Workout of the Day
Fri,	Friday Warm-Up	Front Squat	Wall Ball / Box Jumps Overs
	0 - 14 minutes	14 - 32 minutes	32 - 60 Minutes
PARTNER	Warm-up	Workout of the Day	
Sat,	Specific Workout Warm up	Partner Workout	
	0 - 16 minutes	16 - 60 Minutes	
RECOVERY	Warm-up	Workout of the Day	
Sun,	No Warm-up Necessary	Active Recovery	
	0 - 0 minutes	0 - 60 Minutes	





Monday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/MD6fqN2OCHU>



WARM UP	SKILL STRENGTH	WORKOUT OF THE DAY
Monday Warm-Up	Snatch Complex EMOM	12 Minute AMRAP
0 - 12 minutes	12 - 24 minutes	24 - 60 Minutes

0:00	WARM UP	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.
	Monday Warm-Up	
12:00	8 MINUTE	
2:00 Cardio into 1 Wall Walk + 5 Seconds hold at the top 10 Air Squats x 3 Rounds	Cardio	GOAL STIMULUS 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.
	https://youtu.be/QE7nV8rqHyA	
	SCALING	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	WORKOUT	GOAL STIMULUS	Hang Snatch Pull
Pre Skill/ Strength Warm-up	1:00 AMRAP of with an empty barbell 3 Hang Snatch Pulls 2 Muscle Snatch 1 Power Snatch 1 Snatch Balance 1 Squat Snatch rest 30s - Add weight x 3 rounds	10:00 -17:00 Warm-up Snatch 17:00 - 19:00: Allow the athlete to place equipment and return to the whiteboard.	https://youtu.be/1NFTKmNyQ18
WHITEBOARD			Muscle Snatch
An optional warm-up to help prepare athletes for the Snatch Complex EMOM. See Coaching Video on how to incorporate this into the class timeline.			https://youtu.be/R8SsPB6ZTKg
			Power Snatch
			https://youtu.be/3LYWNg6SLO
			Snatch Balance
			https://youtu.be/CcEWGL6DPEc
			Squat Snatch
			https://youtu.be/JEaDMO_1fCI

12:00	SKILL STRENGTH	23:00 - 31:00 Snatch 31:00 - 34:00- Have the athlete prepare and set up for the workout. Grab equipment and gear needed.
	Snatch Complex EMOM	
24:00	8 MINUTE	
Every Minute x 4 Minute: Hang Snatch Pull + Hang Power Snatch + Snatch Balance Loads per set: 50,55,60,65% then Every Minute x 4 Minute: Hang Snatch + Overhead Squat Loads per set: 65,70,75,80%	CUES	GOAL We want to work on the 2nd pull of the snatch, into a solid 3rd pull into the catch position, and then improve the overhead catch position. STIMULUS This should be lightweight, allowing the athlete to focus on each position. For each set, they should increase the weight by 5% (RPE:6; you could do 3 more reps at this weight)
	Hang Snatch Pull	
	Starting in the hang perform the snatch pull by explosively extending the body, keeping the bar close, and returning it smoothly to the ground, all while maintaining a strong, balanced posture. https://youtu.be/1NFTKmNyQ18	
	Snatch Balance	
	With a barbell resting on their back with a snatch grip. push your body under the bar while pressing up against the barbell until they end at the bottom of the squat with the arms locked out overhead. https://youtu.be/CcEWGL6DPEc	
Hang Snatch	SCALING Athletes can avoid squatting by keeping all squat movements to power.	
From the top of the knee, extend through the legs, transition under the bar, secure it overhead, and stand up https://youtu.be/VV1va2iYEJM		
Overhead Squat		
Feet set slightly outside of hips. Squeeze shoulder blades together. Press the bar upwards. Brace the core, push hips back and bend at knees. https://youtu.be/EpJhRYwBUew	Aerobic conversions - www.wodprep.com/conversion Movement Library - https://wodprep.com/movements	

See next page for Monday's workout.



Monday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/MD6fqN2OCHU>



(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 x 2 Rounds	34:00-38:00 Transition and Break 38:00-43:00 Prep Work for Workout	Wall Walk https://youtu.be/LUO4Aq4wqgA
WHITEBOARD			Dual Dumbbell Front Squat https://youtu.be/_UMGYek9zXs
An optional warm-up to prepare athletes for the 12 Minute AMRAP workout. See Coaching Video on how to incorporate this into the class timeline.			Rowing https://youtu.be/q7sxG-NW7pY

24:00	WORKOUT OF THE DAY		
	12 Minute AMRAP	43:00 - 55:00 Workout	55:00 - 60:00 Clean up equipment and get ready for the next class.
60:00	16 MINUTE		
RX WORKOUT	12 minutes AMRAP of 3 Wall Walks 6 Dual Dumbbell Front Squats (50/35) 9/6 Cals Row	RX MOVEMENT CUES Wall Walk https://youtu.be/LUO4Aq4wqgA Dual Dumbbell Front Squat https://youtu.be/_UMGYek9zXs Rowing https://youtu.be/q7sxG-NW7pY	WORKOUT GOAL 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.
			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	12 minutes AMRAP of 3 Angled Wall Walks 6 Dual Dumbbell Front Squats (35/25) 9/6 Cals Row	FITNESS MOVEMENT CUES Angled Wall Walk https://youtu.be/3cNW6Y8XvZw Dual Dumbbell Front Squat https://youtu.be/_UMGYek9zXs Rowing https://youtu.be/q7sxG-NW7pY	WORKOUT SCALING Sub reps for wall walk lower Dumbbell weight. Aerobic conversions - www.wodprep.com/conversion Movement Library - www.wodprep.com/movements
			WORKOUT COOL DOWN 2:00 Easy Cardio : 10-20 Banded Shoulder Distraction 5-10 Shoulder Taps x 2 Rounds

EXTRA WORK	WORKOUT	GOAL & STIMULUS	MOVEMENT CUES
Clean and Jerk Complex	Every Minute x 5 Mintues: 1 Hang Clean Pull + 1 Hang Power Clean + 2 Split Jerk Load per set (50/55/60/65/70%)	We want to work on the turnover into the catch position and finish with split jerk skills.	Hang Clean Pull https://youtu.be/FZaEgAAzH4Y?si=TWURoHgTTO
WHITEBOARD			Hang Power Clean https://youtu.be/VzLlSt5HVUQ
Optional after class work for a gym's more competitive athletes.			Split Jerk https://youtu.be/2Yxv3mI8KVs



Tuesday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/mGfxZlc5ciw>



WARM-UP	SKILL/ STRENGTH	WORKOUT OF THE DAY
Tuesday Warm-Up	No Skill Strength Today	30 Minute EMOM
0 - 12 minutes		12 - 60 Minutes

0:00	WARM UP	00:00 - 04:00 White Board 04:00 - 15:00: Warm-up Suggestion: Coach the athlete through one round, adjust, and then let them perform independently while correcting their form.											
12:00	8 MINUTE												
	Tuesday Warm-Up												
2:00 AMRAP of 3 Kip Swings 6 Banded Good Mornings 9 Plate Hops rest 1:00 2:00 AMRAP of 2 Deadlifts 4 Air Squats 1 Deadlift 4 Wall Balls Rest 1:00		<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Kip Swing https://youtu.be/TgQAuC2Jmzo</td> <td rowspan="3" style="vertical-align: top;">GOAL STIMULUS We want to use the longer warm up to go over the movements that the athlete is going to see in the workout today. Use the warm-up to Prime them for the EMOM.</td> </tr> <tr> <td>Banded Good Morning https://youtu.be/8W4jViIG2E</td> </tr> <tr> <td>Plate Hops https://youtu.be/2UQrH4sNQTo</td> </tr> <tr> <td>Deadlift https://youtu.be/1PaJokMhEIs</td> <td rowspan="2" style="vertical-align: top;">SCALING Modify any move that the athlete can not complete. Find our most common modifications here -</td> </tr> <tr> <td>Wall Balls https://youtu.be/CrSsh97-Prl</td> </tr> <tr> <td colspan="2">Aerobic conversions - www.wodprep.com/conversion</td> </tr> <tr> <td colspan="2">Movement Library - https://wodprep.com/movements</td> </tr> </table>	Kip Swing https://youtu.be/TgQAuC2Jmzo	GOAL STIMULUS We want to use the longer warm up to go over the movements that the athlete is going to see in the workout today. Use the warm-up to Prime them for the EMOM.	Banded Good Morning https://youtu.be/8W4jViIG2E	Plate Hops https://youtu.be/2UQrH4sNQTo	Deadlift https://youtu.be/1PaJokMhEIs	SCALING Modify any move that the athlete can not complete. Find our most common modifications here -	Wall Balls https://youtu.be/CrSsh97-Prl	Aerobic conversions - www.wodprep.com/conversion		Movement Library - https://wodprep.com/movements	
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Movement Library - https://wodprep.com/movements													

SKILL STRENGTH WARM UP	WORK	GOAL STIMULUS	Deadlift
Pre Skill/ Strength Warm-up	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/1PaJokMhEIs
WHITEBOARD			
An optional warm-up to help prepare athletes for the . See Coaching Video on how to incorporate this into the class timeline.			

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Wednesday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

https://youtu.be/A0swBk0pA_M



WARM-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	WARM-UP	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.	
	Wednesday Warm-Up		
12:00	8 MINUTE		
2:00 Shuttle run into 3 Rounds of 5 Burpees 5 Hang Muscle Cleans 5 Push Press	Shuttle Run	GOAL STIMULUS	
	https://www.youtube.com/watch?v=Mzp9VIX4hqk		We are getting prepared for the intervals, and the power cleans in today's workout.
	Burpee		
	https://youtu.be/Zken1HuusEg		
	Muscle Clean	SCALING	
	https://youtu.be/mfS4QmPqhpA		Modify any move that the athlete can not complete. Find our most common modifications here -
Push Press			
https://youtu.be/QTAD-zb-qH8			
		Aerobic conversions - www.wodprep.com/conversion	
		Movement Library - https://wodprep.com/movements	

(Optional) Warm-up	WARM UP	GOAL STIMULUS	Power Clean
Pre Skill/ Strength Warm-up	Build to 70% of Power Clean	Start at (30%) increase 10% until they reach 70%	https://youtu.be/UaKNIsKsR0o
WHITEBOARD		10:00 -13:00 Warm-up Power Clean 13:00 - 15:00: Allow the athlete to place equipment and return to the whiteboard.	
An optional warm-up to help prepare athletes for the Power Cleans. See Coaching Video on how to incorporate this into the class timeline.			

12:00	SKILL STRENGTH	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.	
	Power Cleans		
26:00	10 MINUTE		
Set 1: 2 Reps (70%) Set 2: 2 Reps (75%) Set 3: 2 Reps (80%) Set 4: 2 Reps (85%) Rest 90s between sets.	MOVEMENT CUES	GOAL	
	Power Clean		We want to work on speed in the turnover. With the intent of aggressive full extension. Athletes should feel fast with each rep. A good setup and patience on the pull are essential for the power clean.
	https://youtu.be/UaKNIsKsR0o	STIMULUS	
			This should feel strong and fast. RPE 7- Could do more than 1-2 reps for each set.
	Lower the weight		
		https://wodprep.com/movements	



Wednesday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

https://youtu.be/A0swBk0pA_M



WORKOUT SPECIFIC WARM UP	WARM UP	GOAL STIMULUS	Hang Power Clean
Workout Warm-up	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/VzLl5T5HVUQ
			Shoulder to Overhead https://www.youtube.com/shorts/VJwXc6blgW8
WHITEBOARD			Burpee https://youtu.be/Zken1HuusEg
An optional warm-up to prepare athletes for the Every 90s workout. See Coaching Video on how to incorporate this into the class timeline.			

26:00	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.	
60:00	18 MINUTE		
RX WORKOUT	RX MOVEMENT CUES	WORKOUT GOAL	
Every 90s for 18 Minutes (6 Rounds) Set 1: 5 Hang Power Cleans (115/75) 5 Shoulder to Overheads (115/75) 5 Burpees Max Shuttle Runs Set 2: Rest Score is shuttle runs.	Hang Power Clean https://youtu.be/VzLl5T5HVUQ	We want the athlete to get to the shuttle runs before the 1:00 mark. Then they should aim for 4-5 Shuttle runs.	
	Shoulder to Overhead https://www.youtube.com/shorts/VJwXc6blgW8		
	Burpee https://youtu.be/Zken1HuusEg		
	Shuttle Run https://www.youtube.com/watch?v=Mzp9VIX4hgk		
		WORKOUT STIMULUS	
		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	
Every 90s for 18 Minutes (6 Rounds) Set 1: 5 Hang Power Cleans (95/65) 5 Shoulder to Overheads (95/65) 5 Burpees Max Shuttle Runs Set 2: Rest	Hang Power Clean https://youtu.be/VzLl5T5HVUQ	Lower the weight	
	Shoulder to Overhead https://www.youtube.com/shorts/VJwXc6blgW8		
	Burpee https://youtu.be/Zken1HuusEg		
	Shuttle Run https://www.youtube.com/watch?v=Mzp9VIX4hgk		
		Aerobic conversions - www.wodprep.com/conversion	
		Movement Library - https://wodprep.com/movements	
		COOL DOWN	
		5 Samson Stretch each :20-30s Plegon Stretch x 3 Rounds	

EXTRA WORK	WORKOUT	GOAL & STIMULUS	MOVEMENT CUES
Rope Climb Work	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/vP7EFy37GLE
WHITEBOARD			
Optional after class work for a gym's more competitive athletes.			



Thursday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/ny58ucoSuWw>



WARM-UP
Thursday Warm-Up
0 - 12 minutes

SKILL/ STRENGTH
No Skill Strength Today
12 - 28 minutes

WORKOUT OF THE DAY
Push/Pull AMRAPs (14 Mins x 2)
28 - 60 Minutes

WARM-UP		
0:00		8 MINUTE
12:00		8 MINUTE
Thursday Warm-Up		
	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 their form.	
2:00 Cardio then 3 Rounds of 12 Banded Pull Ups 12 Plank Shoulder Taps 6 Push Ups 6 Ring Rows	Banded Pull Up https://youtu.be/pil4AdUg17g Plank Shoulder Taps https://youtu.be/yeQAMEg4TUQ Push Up https://youtu.be/K58vC1fIEI Ring Row https://youtu.be/R879iRog4t8	GOAL STIMULUS We are preparing for the workout by focusing on pushing and pulling movements. SCALING Modify any move that the athlete can not complete. Find our most common modifications here - Aerobic conversions - www.wodprep.com/conversion Movement Library - www.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 incorporate this into the class timeline.			

See next page for Thursday's workout.



Friday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/KqVuEmHA5IU>



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	WARM UP	<p>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.</p>	
14:00	10 MINUTE		
Friday Warm-Up			
<p>: 20s Couch Stretch 5 Goblet Squats @ tempo 4141 3 Broad Jumps x 2 Rounds :30s Cardio 10 Wall balls 3 Front Squats x 3 Rounds</p>	Couch Stretch	GOAL STIMULUS	
	https://youtu.be/aMrjDm2Kh9w		We are working on warming up the legs and explosiveness for today's work.
	Goblet Squat		
	https://youtu.be/HwonP6fIZ0s		
	Broad Jump	SCALING	
	https://youtu.be/00gZih6B-nc		Modify any move that the athlete can not complete. Find our most common modifications here -
	Wall Balls		
https://youtu.be/CrSsh97-Prl			
Front Squat	Aerobic conversions - www.wodprep.com/conversion		
https://youtu.be/0rgupjXebL4		Movement Library - https://wodprep.com/movements	

(Optional) Warm-up	Overview	Goal	Front Squat
Pre Skill/ Strength Warm-up	3-4 Minutes to build to a working front squat weight.	10:00 -15:00 Warm-up Front Squat 15:00 - 17:00: Allow the athlete to place equipment and return to the whiteboard. 17:00 - 19:00: Break down the strength/skill work and give instruction and cues.	https://youtu.be/0rgupjXebL4
Whiteboard			
An optional warm-up to help prepare athletes for the Front Squat. See Coaching Video on how to incorporate this into the class timeline.			

14:00	SKILL / STRENGTH	<p>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.</p>
32:00	12 MINUTE	
Front Squat		
<p>Every 4:00, complete all 3 sets.</p> <p>0:00 - 04:00 Set 1: 2 Reps (80%) Set 2: 2 Reps (84%) Set 3: 1 Reps (88%) 04:00 - 08:00 Set 4: 2 Reps (83%) Set 5: 2 Reps (87%) Set 6: 1 Reps (91%)</p> <p>Rest the remainder of the time.</p>	CUES	GOAL
	Front Squat	
	Stand with feet hip-width apart, toes angled out. Squat down, maintaining balance and alignment, rise up while staying upright and controlled in breathing https://youtu.be/0rgupjXebL4	STIMULUS
	SCALING	
		Goblet squat or Box squat.
		wodprep.com/movements



Friday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/KqVuEmHA5IU>



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

32:00	WORKOUT OF THE DAY		
	Wall Ball / Box Jumps Overs 15 MINUTE	40:00 - 55:00 Workout 55:00 - 60:00 Clean up equipment and get ready for the next class.	
	RX WORKOUT 42-35-21 Wall Ball (20/14) Box Jump Over (24/20) 15 Minute Time Cap	RX MOVEMENT CUES Wall Balls https://youtu.be/CrSsh97-PrI Box Jump Over https://www.youtube.com/watch?v=f6AR27I-DwU	WORKOUT GOAL 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 WORKOUT 35-21-14 Wall Ball (14/10) Box Jump Over (20) 15 Minute Time Cap	FITNESS MOVEMENT CUES Wall Balls https://youtu.be/CrSsh97-PrI Box Jump Over https://www.youtube.com/watch?v=f6AR27I-DwU	WORKOUT SCALING Lower the weight and the height of the box. Aerobic conversions - wodprep.com/conversion Movement Library - wodprep.com/movements
			WORKOUT COOL DOWN :20s Couch Stretch 5 Samson Stretch x 4 Rounds

EXTRA WORK	WORKOUT	GOAL STIMULUS	MOVEMENT CUES
Intervals WHITEBOARD Optional after class work for a gym's more competitive athletes.	20 Alt V-Ups 16 Alt Hang C+J 12 Burpees to 6" Rest 1:00 x 4 Rounds	Move at a quality pace for this workout, try to go unbroken, and take a breath between each rep.	Alternating V Ups https://youtu.be/78jy7yQKJ6E
			Single Arm Dumbbell Hang Clean And Jerk https://youtu.be/B8kcuK-dxy4
			Burpee to Target https://youtu.be/FToMxgFU3v8



Saturday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/xPmUgTI3X-4>



WARM-UP

Specific Workout

Warm up

0 - 16 minutes

WORKOUT OF THE DAY

Partner Workout

16 - 60 Minutes

0:00 16:00	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							
	Specific Workout Warm up								
	12 MINUTE								
	50 ft Each of High Knees, Butt Kickers, Knee Pulls, Quad stretch, Cossack into 400 M Run 10 Muscle Snatch 10 Muscle Clean and Strict Press 200 M Run 5 Power Snatch (working weight) 5 Power Clean and Jerks (working weight)	<table border="1"> <tr> <td>High Knees https://www.youtube.com/watch?v=DfjpR6dzLVg</td> <td rowspan="4">GOALS A specific warm-up to prepare athletes for the Partner Workout workout.</td> </tr> <tr> <td>Butt Kickers https://www.youtube.com/watch?v=xRjI6d9mtCo</td> </tr> <tr> <td>Knee Pulls https://www.youtube.com/watch?v=YJpv8fbALcw</td> </tr> <tr> <td>Quad Stretch https://www.youtube.com/watch?v=KhPuvVtoCCg</td> </tr> <tr> <td></td> <td>SCALING Sub out any movement using WODprep's movement modifications. wodprep.com/movements</td> </tr> </table>	High Knees https://www.youtube.com/watch?v=DfjpR6dzLVg	GOALS A specific warm-up to prepare athletes for the Partner Workout workout.	Butt Kickers https://www.youtube.com/watch?v=xRjI6d9mtCo	Knee Pulls https://www.youtube.com/watch?v=YJpv8fbALcw	Quad Stretch https://www.youtube.com/watch?v=KhPuvVtoCCg		SCALING Sub out any movement using WODprep's movement modifications. wodprep.com/movements
High Knees https://www.youtube.com/watch?v=DfjpR6dzLVg	GOALS A specific warm-up to prepare athletes for the Partner Workout workout.								
Butt Kickers https://www.youtube.com/watch?v=xRjI6d9mtCo									
Knee Pulls https://www.youtube.com/watch?v=YJpv8fbALcw									
Quad Stretch https://www.youtube.com/watch?v=KhPuvVtoCCg									
	SCALING Sub out any movement using WODprep's movement modifications. wodprep.com/movements								

16:00 60:00	WORKOUT OF THE DAY	16:00 - 21:00: Allow the athlete to place equipment and return to the whiteboard. 21:00-55:00: Work Out 55:00 - 60:00 Cool Down from the workout.													
	Partner Workout														
	30 MINUTE														
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Sunday, [SAMPLE PROGRAMMING]

Coaching Chalk Talk

<https://youtu.be/2JTzk9hi4CU>



WARM-UP

No Warm-up Necessary

0 - 0 minutes

WORKOUT OF THE DAY

Active Recovery

0 - 60 Minutes

0:00	WORKOUT OF THE DAY	00:00 - 04:00 White Board	
	Active Recovery	4:00- 10:00 Allow the athlete to place equipment and return to the whiteboard.	
60:00	40 MINUTE	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 https://www.youtube.com/watch?v=ao5nY7lb088	Let's focus on body movement with added tension to prepare for the upcoming week.
		Single Unders https://youtu.be/_VMrYk4ZymI	
		American Kettlebell Swings https://youtu.be/Qarf7hwxSy4	WORKOUT STIMULUS
		Rowing https://youtu.be/q7sxG-NW7pY	Keep your effort in Zone 2, ensuring you can comfortably maintain conversation throughout the workout. RPE 4: Brisk Pace. Heart rate picking up.
		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!		