

Supplementary Materials

Example of a weekly training program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	<p>A1. Every 2 minutes, for 8 minutes (4 sets): snatch Press from Receiving x 2 reps</p> <p>A2. Every 2 minutes, for 6 minutes (3 sets): muscle Snatch x 2 reps</p> <p>A3. Every 2 minutes, for 6 minutes (3 sets): drop Snatch x 2 reps</p> <p>B. For time: 20 snatches @ 80% of 1-RM</p> <p>C. Five sets of: front squat x 3 reps @ 85% of 1-RM</p> <p>D. Three sets of: GHD weighted hip extension x 12 reps; bulgarian split squats x 8 reps each leg</p>	<p>A. Every 2 minutes, for 8 minutes (4 sets): Sotts Press x 3 reps</p> <p>B. Take 20 minutes to build to today's 1-RM: Power Clean + Power Jerk</p> <p>C. Every 2 minutes, for 20 minutes (10 sets): Split Jerk *Sets 1-2 = 3 reps @ 65% *Sets 3-4 = 3 reps @ 70% *Sets 5-6 = 2 reps @ 75% *Sets 7-8 = 2 reps @ 80% *Sets 9-10 = 1 rep @ 85%</p>	<p>A. Three sets of: Pause Deadlifts x 8 reps @ 62.5% Rest 3 minutes</p> <p>B. Three sets of: Dumbbell Floor Press x 8 reps Rest 2 minutes</p> <p>C. Four sets of: Dumbbell Skull Crushers x 10 reps Rest 2 minutes</p> <p>D. Three sets of: Back Squat x 8 reps @ 72.5% Rest 3 minutes</p>	Rest day	<p>A1. Every 2 minutes, for 6 minutes (3 sets) of: Snatch Press from Receiving x 3 reps</p> <p>A2. Every 2 minutes, for 6 minutes (3 sets) of: Drop Snatch x 1 rep</p> <p>B. Build to today's heavy Snatch from Hang Every 90 seconds, for 6 minutes (4 sets): Snatch x 1 rep</p> <p>C. Front Squat *Set 1 – 4 reps @ 65-70% *Set 2 – 3 reps @ 70-75% *Set 3 – 2 reps @ 75-80% *Set 4 – 2 reps @ 80-85% *Set 5 – 1 rep @ 85-90% *Set 6 – 1 rep @ 90% *Set 7 – 1 rep @ 92-95%</p>	<p>A. Build to today's 1-RM Clean & Jerk</p> <p>B. Every 90 seconds, for 6 minutes (4 sets): Clean & Jerk x 1 rep @ 90% of today's 1RM</p> <p>C. Three sets of: Split Stance Romanian Deadlift x 8 reps each leg Rest 60 seconds Kettlebell Biceps Curls x 8 reps Rest 60 seconds</p>	Rest day
Conditioning	<p>Every 10 minutes, for 30 minutes (3 sets): 20 sandbag squats (150/100 lbs) 400 m run 10 muscle-ups 20 sandbag squats (150/100 lbs) 400 m run</p>	<p>For time: 30 Chest-to-Bar Pull-Ups 6 Ground to Overhead (245/165 lbs) 20 Chest-to-Bar Pull-Ups 4 Ground to Overhead 10 Chest-to-Bar Pull-Ups 2 Ground to Overhead</p>	<p>A. Three rounds for time of: 15 Dumbbell Thrusters (50/35 lbs) 12 Toes-to-Bar 9 Burpees Over the Dumbbells</p> <p>B. For time: 100 Double-Unders 500 Meter Row 50 Alternating Pistols 500 Meter Row 100 Double-Unders</p>		<p>Four sets for times of: 10 Muscle-Ups 20 Box Jump-Overs 30 Dumbbell Snatches (50/35 lbs) 400 Meter Run Rest 4 minutes</p>	<p>Every minute, on the minute, for 21 minutes: Minute 1: 8 Burpee Dumbbell Thrusters (35/25 lbs) Minute 2: 15/10 Calorie Assault Bike Minute 3: 15 Pull-Ups</p>	

Accessory	<p>Strength Accessory Option</p> <p>A. Every minute, on the minute, for 7 minutes: 5 supinated grip bent over barbell rows 10 second max effort assault bike sprint</p> <p>B. Three sets of: sandbag squat x max reps 100 meter sled push</p> <p>C. Three sets of: harnessed bear crawl x 30 m</p>	<p>Strength Accessory Option</p> <p>A. Three sets of: EZ-Bar Bicep Curl x 10 reps Rest 30 seconds EZ-Bar Tricep Extension x 10 reps Rest 60 seconds</p> <p>B. Three sets of: Hanging Straight Leg Raises x AMRAP Rest 90 seconds Extended Plank x 60 seconds Med Ball Slams x 20 second AMRAP</p>	<p>Strength Accessory Option</p> <p>Three sets of: Double Kettlebell Romanian Deadlift x 12 reps Rest as needed Single-Leg Barbell Glute Bridge x 10 reps each leg Rest as needed</p>	<p>Strength Accessory Option</p> <p>A. Two sets for max reps of: 60 seconds of Stiff Leg Deadlift @ 25% of 1-RM Deadlift Rest 60 seconds</p> <p>B. In 12 minutes build to today's 3-RM Sumo Deadlift</p> <p>C. Two sets of: Deadlift x Max Reps @ 75% of 1-RM Heavy Sandbag Carry for max distance Rest 90 seconds</p> <p>D. One set of: 200 Meter Sled Sprint</p>	<p>Strength Accessory Option</p> <p>A. Three sets of: Supinated-Grip Chinese Barbell Rows x 8-10 reps Rest as needed</p> <p>B. Three Sets of: Half-Kneeling Landmine Rotations (right side) x 10 reps Rest 30 seconds Right Side Plank x 30 seconds Rest 60 seconds Half-Kneeling Landmine Rotations (left side) x 10 reps Rest 30 seconds Left Side Plank x 30 seconds Rest 60 seconds</p>
Gymnastics		<p>Aerobic/Gymnastics Option</p> <p>Every 8 minutes, for 24 minutes (3 sets) of: 40/30 Calorie Assault Bike 5 Bar Muscle Ups 10 Strict Handstand Push Ups to 10/5 cm Deficit 5 Bar Muscle Ups</p>	<p>Strict Gymnastics Volume Accumulation Option</p> <p>Six sets of: Ring Support Hold x 20 seconds Rest 15 seconds Strict Toes to Bar x 10 reps Rest 15 seconds Ring Dip Hold x 20 Seconds Rest 15 seconds Strict Pull-Ups x Max Reps Rest as needed</p>	<p>Four sets of: Supinated-Grip Strict L-Pull Ups x 3-5 reps Rest 60 seconds Handstand Walk x 30mts Rest 60 seconds Rope Climb x 2 ascents Rest as needed</p>	
Endurance	<p>Assault Bike Conditioning Option: Every 2 minutes, for 14 minutes (7 sets) of: 25 Calories of Assault Bike</p>		<p>Six sets for times of: 60 seconds max Calorie Ski-Erg 60 seconds max Calorie Row</p>	<p>Assault Bike Conditioning Option Two sets of: 10 minutes of Assault Bike Rest 5 Minutes</p>	<p>Running Endurance Option Four sets for times of: Run 2000 Meters @ 80-85% of 1-Mile Pace Rest 2 minutes</p>

Running Endurance
Option
Six sets of:
Run 200 Meters @ 100%
of 1-Mile Pace
Rest 60 seconds
Run 200 Meters @ 100%
of 1-Mile Pace
Rest 60 seconds
Run 400 Meters @ 80%
of 1-Mile Pace
Rest 60 seconds

60 seconds max Calorie
Assault Bike
60 seconds Sand Bag
Bear Hug Hold
(HEAVY)
Rest 2 minutes

Rowing Endurance Option
Two sets for times of:
Row 4000 Meters
Rest 4 minutes
