

~ September SWOD 2010 ~

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b></p> <p><b>Rest Day</b></p>	<p><b>2</b></p> <p><b>Apprentice/Craftsman:</b> Squat 5 reps @75% of 1RM Squat 3 reps @85% of 1RM Squat 1 rep+ @95% of 1RM <b>* Rest 20 min before starting the DWOD!</b></p> <p><b>Expert:</b> Weighted Pull Ups 3, 3, 3, 3</p> <p><b>Elite:</b> Press 5x5 (set new PR) Weighted Pull Ups 3, 3, 3, 3</p>	<p><b>3</b></p> <p><b>Apprentice/Craftsman:</b> Press 5 reps @75% of 1RM Press 3 reps @85% of 1RM Press 1 reps or fail @95% of 1RM</p> <p><b>Expert &amp; Elite:</b> Power Snatch 1 RM GHD Sit Ups 3x15</p>
<p><b>6</b></p> <p><b>Apprentice/Craftsman:</b> DL 5 reps @40% of 1RM DL 5 reps @50% of 1RM DL 5 reps @60% of 1RM</p> <p><b>Expert &amp; Elite:</b> Strict Chin Ups 3 x max Press 1RM</p>	<p><b>7</b></p> <p><b>Apprentice/Craftsman:</b> Bench 5 reps @40% of 1RM Bench 5 reps @50% of 1RM Bench 5 reps @60% of 1RM</p> <p><b>Expert &amp; Elite:</b> 20 min of Gymnastic Skill Work * 5 minutes each of: free handstands, Parallele HSPU, bar muscle ups, &amp; Levers.</p>	<p><b>8</b></p> <p><b>Rest Day</b></p>	<p><b>9</b></p> <p><b>Apprentice/Craftsman:</b> Squat 5 reps @40% of 1RM Squat 5 reps @50% of 1RM Squat 5 reps @60% of 1RM</p> <p><b>Expert &amp; Elite:</b> Bench: 2 @ 70%, 2 @ 80%, 4x1 @ 90%</p>	<p><b>10</b></p> <p><b>Apprentice/Craftsman:</b> Press 5 reps @40% of 1RM Press 5 reps @50% of 1RM Press 5 reps @60% of 1RM</p> <p><b>Expert &amp; Elite:</b> Deadlift: 3 @ 70%, 3 @ 80%, 3 @ 85%, 3 @ 90%</p>
<p><b>13</b></p> <p><b>Apprentice/Craftsman:</b> Snatch grip DL 5 reps @65% of 1RM Snatch grip DL 5 reps @75% of 1RM Snatch grip DL 5 reps+ @85% of 1RM</p> <p><b>Expert:</b> Squat 10x2 @ 65% of 1 RM (45 seconds rest)</p> <p><b>Elite:</b> DL 5 reps @65% of 1RM DL 5 reps @75% of 1RM DL 5 reps+ @85% of 1RM</p>	<p><b>14</b></p> <p><b>Apprentice/Craftsman:</b> OHS 5 reps @65% of 1RM OHS 5 reps @75% of 1RM OHS 5 reps+ @85% of 1RM</p> <p><b>Expert:</b> Press 5x5 @ 85% of 1 RM</p> <p><b>Elite:</b> Press 5 reps @65% of 1RM Press 5 reps @75% of 1RM Press 5 reps+ @85% of 1RM</p>	<p><b>15</b></p> <p><b>Rest Day</b></p>	<p><b>16</b></p> <p><b>Apprentice/Craftsman:</b> Front Squat 5 reps @65% of 1RM Front Squat 5 reps @75% of 1RM Front Squat 5 reps+ @85% of 1RM</p> <p><b>Expert:</b> 20 min of Gymnastic Skill Work * 5 minutes each of: free handstands, Parallele HSPU, bar muscle ups, &amp; Levers.</p> <p><b>Elite:</b> Squat 5 reps @65% of 1RM Squat 5 reps @75% of 1RM Squat 5 reps+ @85% of 1RM</p>	<p><b>17</b></p> <p><b>Apprentice/Craftsman:</b> Bench 5 reps @65% of 1RM Bench 5 reps @75% of 1RM Bench 5 reps+ @ 85% of 1RM</p> <p><b>Expert:</b> Bench 5, 5, 3, 3, 1, 1, 1, 1</p> <p><b>Elite:</b> Bench 5 reps @65% of 1RM Bench 5 reps @75% of 1RM Bench 5 reps+ @ 85% of 1RM</p>
<p><b>20</b></p> <p><b>Apprentice/Craftsman:</b> Snatch grip DL 3 reps @70% of 1RM Snatch grip DL 3 reps @80% of 1RM Snatch grip DL 3 reps+ @90% of 1RM</p> <p><b>Expert:</b> Press 8x3 @ 65% of 1 RM (45 seconds rest)</p> <p><b>Elite:</b> DL 3 reps @70% of 1RM DL 3 reps @80% of 1RM DL 3 reps+ @90% of 1RM</p>	<p><b>21</b></p> <p><b>Apprentice/Craftsman:</b> OHS 3 reps @70% of 1RM OHS 3 reps @80% of 1RM OHS 3 reps+ @90% of 1RM</p> <p><b>Expert:</b> Power Cleans 3, 3, 3, 3, 3, 3</p> <p><b>Elite:</b> Press 3 reps @70% of 1RM Press 3 reps @80% of 1RM Press 3 reps+ @90% of 1RM</p>	<p><b>22</b></p> <p><b>Rest Day</b></p>	<p><b>23</b></p> <p><b>Apprentice/Craftsman:</b> Front Squat 3 reps @70% of 1RM Front Squat 3 reps @80% of 1RM Front Squat 3 reps+ @90% of 1RM</p> <p><b>Expert:</b> Power Snatch 8x2</p> <p><b>Elite:</b> Squat 3 reps @70% of 1RM Squat 3 reps @80% of 1RM Squat 3 reps+ @90% of 1RM</p>	<p><b>24</b></p> <p><b>Apprentice/Craftsman:</b> Bench 3 reps @70% of 1RM Bench 3 reps @80% of 1RM Bench 3 reps+ @90% of 1RM</p> <p><b>Expert:</b> Bench 5x1 Full GHD Sit-ups 3 x 15 *Superset the two exercises.</p> <p><b>Elite:</b> Bench 3 reps @70% of 1RM Bench 3 reps @80% of 1RM Bench 3 reps+ @90% of 1RM</p>
<p><b>27</b></p> <p><b>Apprentice/Craftsman:</b> Snatch grip DL 5 reps @75% of 1RM Snatch grip DL 3 reps @85% of 1RM Snatch grip DL 1 rep+ @95% of 1RM</p> <p><b>Expert:</b> Deadlift 5 RM</p> <p><b>Elite:</b> DL 5 reps @75% of 1RM DL 3 reps @85% of 1RM DL 1 rep+ @95% of 1RM</p>	<p><b>28</b></p> <p><b>Apprentice/Craftsman:</b> OHS 5 reps @75% of 1RM OHS 3 reps @85% of 1RM OHS 1 rep+ @95% of 1RM</p> <p><b>Expert:</b> Press 5RM</p> <p><b>Elite:</b> Press 5 reps @75% of 1RM Press 3 reps @85% of 1RM Press 1 rep+ @95% of 1RM</p>	<p><b>29</b></p> <p><b>Rest Day</b></p>	<p><b>30</b></p> <p><b>8hr separation between the DWOD and SWODs today!</b></p> <p><b>Apprentice/Craftsman:</b> Front Squat 5 reps @75% of 1RM Front Squat 3 reps @85% of 1RM Front Squat 1 rep+ @95% of 1RM</p> <p><b>Expert:</b> Rest</p> <p><b>Elite:</b> Squat 5 reps @75% of 1RM Squat 3 reps @85% of 1RM Squat 1 rep+ @95% of 1RM</p>	