

~ September 2010 ~				
Mon	Tue	Wed	Thu	Fri
		1 Run (3) three 300 yard shuttles. Rest 5 minutes between shuttles. 300 yard shuttle runs are completed with (6) six 50 yard sprints. The objective is the change of direction; the ability to accelerate, decelerate into the turn, plant at the line and explode into a sprint.	2 21-15-9 reps for time of: Front Squat (M=135lb/W=95lb) Ring push-ups	3 5 rounds for time: 8 Handstand Push Ups 8 L Hold Pull Ups 8 Ring Dips 8 Push Ups with hands rotated backwards
6 Labor Day Max Effort 1k Swim	7 Utah/Nevada Sectional WOD#4 4 Rounds for time: Row 750m 30 Double-unders 15 Burpees Top times: M = 16:58 F = 19:07	8 HERO WOD "Johnson" 20 minute AMRAP of: 9 Deadlift, (M=245#/F=165#) 8 Muscle-ups 9 Squat clean (M=155#/F=95#)	9 12 minute AMRAP of: 4 Clapping Pull Ups 6 Clapping Push Ups 8 Standing Broad Jumps (minimum of 6 feet per jump) *Clapping pull up is done by pulling and releasing at the top of the pull up, clapping your hands and re-grasping the bar.	10 HERO WOD "Tyler" 5 rounds of: 7 Muscle-ups 21 reps Sumo-deadlift high-pull (95#)
13 Seven rounds for time of: 185 pound Front squat, 3 reps 7 L-pull-ups	14 For Time: 100 Double Unders 10 Knees to Elbows 75 Double Unders 20 Knees to Elbows 50 Double Unders 30 Knees to Elbows 25 Double Unders 40 Knees to Elbows	15 North Central Regional final event For time: 10 Snatches (145/95lbs) 20 Chest-to-Bar Pull-ups 30 Paralette jumps (24/20") 40 Ball Slams (45/30lbs) 30 Paralette jumps (24/20") 20 Chest-to-bar Pull-ups 10 Snatches (145/95lbs) Top times: M = 6:35 F = 8:09	16 3 Rounds For Time of: 5 Power Cleans (M=185#/F=95#) 10 Barbell Roll-outs 10 Burpees	17 For time: 30 Back Squats @ body weight 1000 meter row 30 Burpees
20 Complete for time: 15 Power Snatches 135 lbs 30 Box Jumps 24" 10 Power Snatches 135 lbs 20 Box Jumps 24" 5 Power Snatches 135 lbs 10 Box Jumps 24"	21 South Texas Sectional WOD#1 "Dead Man's Row" In 12 minutes, complete: 2K Row + Max Reps Deadlift (M=275#/F=185#) * Score = Row time - (Deadlift Reps x 5 seconds) Top times: M = 4:43 F = 6:26	22 "Filthy Fifty" For time: 50 Box jump, 24 inch box 50 Jumping pull-ups 50 Kettlebell swings, 1 pood Walking Lunge, 50 steps 50 Knees to elbows 50 Push press, 45 pounds 50 Back extensions 50 Wall ball shots, 20 pound ball 50 Burpees 50 Double unders	23 5 rounds for time of: Row 500 meters 7 Thrusters (M=135#/F=95#)	24 PA/MD 2010 Sectional WOD #1 3 minute AMRAP of: Clean and Jerk (M=155/F=85 lbs)
27 Danish Crossfit Open 2010 – WOD4 15 rounds of: 1 power snatch 1 OH squat 1 back thruster 1 squat jump 1back thruster (M=95#/F=65#)	28 10min AMRAP of: 20yds Bear Crawl 10 Split Jerks M=135lbs, W=95lbs 5 Pull Ups (Strict) no kipping *No Racks!!!	29 For Time Run 1600 meters Rest 3 minutes Run 1200 meters Rest 2 minutes Run 800 meters Rest 1 minute Run 400 meters	30 "Dominator" 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps of: Deadlifts (M=275#/F=185#) Power Cleans (M=155#/F=95#) Ring dips	
Notes: For 15 Sep WOD. Clarification on the Paralette jumps: For each rep to count, the feet must leave the ground at the same time, go over the Paralette without knocking it over, and land on the other side of the Paralette at the same time. In other words, you have to jump. You cannot do some sort of weird step-over maneuver. Don't try to game it. It's a Paralette jump. Jump over the Paralette. Snatch clarification: The barbell must start on the ground and finish in a locked out position over head. It may be a squat snatch, a power snatch, a muscle snatch or a split snatch. But it still has to be a snatch. It's a snatch. Do a snatch. Maybe it's an ugly snatch. But it needs to be a snatch.				