

Q2 - Cycle 3 (Speed and Cardio; One 15+ min workout every week)

Cycle	Week	M	T	W	T	F	Notes
3	19	12	13	14	15	16	May
	WTP	Neutral Spine w/hip ext	Neutral Spine w/hip ext	Neutral Spine	Neutral Spine	Neutral Spine OH	Work sets
	Strength	(Hang) P. Snatch	Shoulder Press	Mad Dawg Total	Back Squat	8-9-10	5 reps
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	Straight across
Neutral Spine	Conditioning	5 RFT 200 M Run 5 x Pull-ups or 3 x Muscle-ups	10/20/40 DUs 5 x HSPU Prog. 10 x KTE/TTB/PV	N/A	Big Loop then... 3 RFT: 300 M Run 6 x DB FS (20% BS) 6 x Burpees 6 x Plyo Push-ups 6 x Box Jumps	10, 9, 8 Evil Wheels Stir The Pot (both directions) Ring Rows	
	Mobility	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	
3	20	19	20	21	22	23	
	WTP	hip ext -> scap stability	hip ext -> scap stability	Scap stab. -> hip ext	knee ext -> hip ext	organize abs -> hip ext	Work sets
	Strength	Shoulder Press	Back Squat	(Hang) P. Snatch	Shoulder Press	8-9-10	3 reps
	Time Domain	2 x 4 Min	15 Min AMRAP	ABDomination	7 Min AMRAP	10 x 1 min	Straight across
Hip Ext	Conditioning	3 Rounds: 3 x Muscle-Up Prog 3 x Burpees 3 x DB FS/Thrusters (25% of SP)	5 RFT: 400 M Run 5 x OHS (50% BS or 85% Snatch) 3 x Box Jump (land with straight legs)	3 Rounds: 1:00 Ring Rows 1:00 Evil Wheel 1:00 Stir the Pot (switch directions at 30 sec)	7/21/42 DUs 7 x Plyo PU Prog 7 x KTE/TTB/PV	Odds: Monkey Bar Evens: 3 x HSPU.	
	Mobility	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	
3	21	26	27	28	29	30	
	WTP	Closed	hip rot -> hip ext	Scaps back to rot.	Head back to rot.	hip rot <-> shoulder ro	Work sets
	Strength	Closed	(Hang) P. Snatch	Shoulder Press	Back Squat	Leftovers	Find 1 RM
	Time Domain	Closed	10 Min GID	4 x 4 Min	8 Min	15 Min	
Ext Rot	Conditioning	Closed	5 Rounds for tech. 5 x Ring Rows 5 x Stir the Pot (in each direction) 5 x Evil Wheel	25/50/100 DUs 5 x Muscle-Up Prog. 5 x OHS * * Strive for 1 RM SP	4 RFT: 6 x DB FS/Thruster 6 x Burpee Box Jump 1 x Monkey Bar	Big Loop then... 3 Rounds 5 x Plyo PU prog. 5 x HSPU Prog. 5 x KTE/TTB/PV Then... Big Loop	
	Mobility	Closed	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	

			Conditioning Exercise Pool				Week			
Notes:			Type	Lvl 1	Lvl 2	Lvl 3	Lvl 4	1	2	3
			Endur	200 Run	200 Run	200 Run	200 Run	2	0	0
			Endur	400 Run	400 Run	400 Run	400 Run	0	1	0
			Endur	Big Loop	Big Loop	Big Loop	Big Loop	1	0	1
			Endur	Double-Unders	Double-Unders	Double-Unders	Double-Unders	1	1	1
Warm-up			Endur	Row	Row	Row	Row	0	0	0
Lower	Full	Upper	Push	Push-ups	Push-ups	HR Push-ups	Plyo Push-ups	1	1	1
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Ring rows	Pull-ups	Pull-ups	Muscle-ups	1	1	1
Roll Back and shoulders			Push	Donkey Kicks	HeS Kick-ups	HeS Negative	HS Push-ups	1	1	1
Test exercises			Squat	OHS	OHS	OHS	OHS	0	1	1
Squat: OHS	Hinge: Good Morn	Push: Divebomb PU	Plyo	DB FS	DB FS	DB Thrusters	DB Thrusters	1	1	1
Mobility/Stability			Plyo	Box Steps	Box Jumps	Box Jumps	Box Jumps	1	1	1
Banded Hip Flexor	Pain Peanut	Draw the sword	Push	Sprawls	Sprawls	Burpees	Burpees	1	1	1
Warm-up exercises			Pull	Bar Hang	Monkey Bar	Monkey Bar	Monkey Bar	0	1	1
Rot.: Shldr pass thru	Rot.: Shldr pass thru	Rot.: Shldr pass thru	Pull	Knee Raise	KTE	TTB	Pole Vaulter	1	1	1
Push: Divebomb PU	Push: Divebomb PU	Squat: OHS								
Pull: Chin-up	Pull: Chin-up	Pull: Chin-up								
Hinge: Good Morn	Squat: OHS	Hinge: Good Morn								
Uni: Bully Lunge	Uni: Bully Lunge	Uni: Bully Lunge	Skill Builders (GID)							
Strength			Abs	Evil Wheel				1	1	1
Lower	Upper	Full	Abs	Stirring the Pot				1	1	1
Back Squat	Press	(Hang) Pwr Sn	Abs	Ring Rows				1	1	1
Post-Workout Stretch			Combination							
Shoulder	Bottom of Squat		N/A				0	0	0	