



Training for the week of February 6, 2012

STRENGTH SCHEDULE: 5-3-1 WEEK #1

LIFT	WEIGHT	MAX REPS	LIFT	WEIGHT	MAX REPS
Back Squat.....			Deadlift.....		
Shoulder Press.....			Hang Clean.....		

CONDITIONING SCHEDULE AND RESULTS

Monday February 6 Tuesday February 7

"Rahoi"
 Complete as many rounds as possible in 12 minutes of:
 24 inch Box Jump, 12 reps
 95 pound Thruster, 6 reps
 6 Bar-facing burpees

NOTES:

SCORE:

Tabata Mash-up
 Handstand Push-ups
 Ring Dips

NOTES:

SCORE:

Wednesday February 8

Three rounds for time of:
 275 pound Deadlift, 10 reps
 50 Double-unders

NOTES:

SCORE:

Thursday February 9

AMRAP 10 minutes
 5 Strict Pull-ups
 10 Push-ups
 15 Squats

No chalk
 No kipping if you need a band

NOTES:

SCORE:

Friday February 10

AMRAP 8 minutes
 3 Push Press, 60-80kg
 5 Ball Slams, heavy

NOTES:

SCORE:

Saturday February 11

Sandbag Mile

Rest 5 minutes

Run 1 Mile

NOTES:

SCORE:

Sunday
 February 12

GYM CLOSED ON SUNDAY