



Training for the week of February 20, 2012

5-3-1 SCHEDULE: 5 reps at 75% - 3 reps at 85% - Max reps at 95%

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

CONDITIONING SCHEDULE AND RESULTS

Monday February 20 Tuesday February 21

AMRAP 10 Minutes
 1 Clean & Jerk
 1 Overhead Squat
 5 Deadlifts
 5 Burpees

Same weight for all lifts, M:80kg W:60kg

NOTES:

SCORE:

Row 500m
 Row 1000m
 Row 500m

Rest as needed between efforts

NOTES:

SCORE:

Wednesday February 22

Pick a benchmark

NOTES:

SCORE:

Thursday February 23

CrossFit Games Open WOD #1

[Register here](#)

NOTES:

SCORE:

Friday February 24

Max Efforts
 Shoulder Press
 Burpee Race
 Consecutive double unders

NOTES:

SCORE:

Saturday February 25

Seven rounds for time of:
 15 foot Rope climb, 1 ascent
 10 Wallball shots, 20 pound ball
 15 Kettlebell swings, 1.5 poods
 20 Double-unders

NOTES:

SCORE:

Sunday
 February 26

GYM CLOSED ON SUNDAY