CROSSFIT HALE

LIVE BETTER.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Testing week 3/26	March Birthday WOD	CF Total 1RM Press 1RM Back Squat 1RM Deadlift	Test: Double Unders + Metcon (non-retest)	Test: Ring Dips + Test: 3RFT: 30 Wall Balls 200m Run 10 Power Cleans (135/95)	Test: Bench 1RM + Test: Open 11.2 15 min AMRAP: 9 Deadlifts (155/105) 12 Push Ups 15 Bos Jumps	Test: Front Squat 5RM	1RM Snatch
	2	3	4	5	6	7	8
4/2	Strength: Sumo Deadlift	Stamina	Double Under Skills	Strength: Bench Press	Endurance	Guest Day: Partner WOD	Oly: 1RM Clean + Jerk
	9	10	11	12	13	14	15
4/9	Strength: Back Squat	Strength: Bench Press	Pull Up/Kipping Skills	Stamina	Pacing, Endurance	Hero WOD	Oly Snatch
	16	17	18	19	20	21	22
4/16	Strength: Back Squat	Power	Ring Dip Skills	Stamina + practice pull ups	Cardio	Hero WOD	Oly Split Jerk
	23	24	25	26	27	28	29
4/23	Strength: Deadlift	Strength: Bench Press	Double Under Skills	Metcon: Stamina	Metcon: Endurance	Guest Day + April Birthday WOD	Oly Snatch
	30	1	2	3	4	5	6
4/30/2018	Prep for LiftOff: Squat Skills	Prep for LiftOff: Bench Press & Deadlift Skills	Handstand/HS Walk Skills	Power *if you're doing lift off, take this one easy	Endurance *if you're doing lift off, REST, or come in to mobilize & get moving	Lift Off!!	Power/Active Recovery
	7	8	9	10	11	12	13
5/7/2018 Testing Week Next Cycle	Testing Week TBD	Testing Week TBD	Testing Week TBD	Testing Week TBD	Testing Week TBD	Testing Week TBD	Testing Week TBD