

"A wise son [heareth] his father's instruction: but a scorner heareth not rebuke."

KJV

Proverbs 13:1

"TIMOTHY I"

***Base:** ROM / Barbell Complex-10 Minute Cap

(Elite Full; Competitor Full; Novice Full, Scale Loads.)

***Skill:** Dead Lift-5 Minute Cap

- See [Video](#)

***Strength:** 6 Rounds of 3 Reps Dead Lift-15 Minute Cap

- 3-3-3-3-3 (18)
 - Scale Loads to form: progress to 3 Rep DL Max

(Elite-Full, Competitor-Full; Novice 4 Rounds; take care with form. Follow video protocols and reduce loads for safety.)

***MetCon:** 5 Rounds for Time of 18 Minute Cap.

- 3 Rope Ascents
 - 6 Towel Pull Ups Substitute for 1 Rope Ascent.
- 5 Body Weight Dead Lifts
- 50 Speed Jump Rope; Regular Both Feet
 - Any Jump Rope form is acceptable-Do it fast.

(Elite Full; Competitors Full; Novice 3 Rounds; 1 Rope Ascent, 1/2 BWDL, 25 Jumps.)

***Stamina:** "Tri-Bata" 3 Tabata Protocol Sprints 15 Minute Cap

- Row, Ride, Run
 - 60 Second R&R between Rounds
 - Choose all or any for 3 Rounds

(Elite Full; Competitors Full; Novice 1 Tabata Round of your choice.)

***Endurance:** Buddy Carry 400

- No Buddy, use Mr. Sandbag

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****Training Levels: Elite-Competitors-~~Novice~~ WOD** components are color-coded and annotated for scaling. Always scale loads and reps to skill and strength level. Train hard with purpose and have fun. . .*