

Monday 120409 (Day 1)

"He that keepeth his mouth keepeth his life: [but] he that openeth wide his lips shall have destruction."

KJV

Proverbs 13:3

"TITUS"

***Base:** ROM / 20 Each-6 Minute Cap

- 20 Handstand Push Ups
- 20 MedBall Burpee

***Skill:** Hang Clean-5 Minute Cap

- See Video

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

***Strength:** 5 Rounds of 5 Rep Max Hang Clean Press-18 Minute Cap

- 5-5-5-5-5 (25)
 - Scale Loads: Work for a good form 5 Rep Max
 - Work with a spotter: 3-4 Reps too heavy; 6-7 Reps too light.
 - The idea here is failure @ between 4-6 reps: This is heavy and hard so make the most of it.

(Elite-Full, Competitor-Full; Novice Full; Scale loads.)

***MetCon:** 5 Rounds For Time 12 Minute Cap.

- 20 Dumbbell Hang Clean Press
 - 10 Each Side
- 20 Suitcase Row / Barbell or Dumbbell
 - 10 Each Side

<http://youtu.be/Nf1QdOmRBO4>

- 5 Samson Pull Ups

(Elite Full; Competitors Full; Novice 3 Rounds NFT.)

***Stamina:** Sprints for Time 15 Minute Cap

- 400 Meter Run / Row
 - 1/2 Sprint Time R&R
- 10 x 30 Meter Sprints with 10 Meter slow and glide-40
 - 15 Seconds R&R between Sprints
- 10 x 10 Meter Starts with 10 Meter slow and glide-20
 - 15 Seconds R&R between Sprints

(Elite Full; Competitors Full; Novice 5 x 30; 5 x 10; Run / Row 200.)

***Endurance:** AbCore

- 300

leave a comment. . .

***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. . .