|  |
| --- |
|  **Day: Thursday Date: 10.9.2014**  |
| **Time** | **Class** | **Notes** | **Scales** |
| On Own\_\_3\_\_ | 10 Ring Rows1 (5-10-5 drill)Repeat until class starts | Be ready to demo quickly. Full instruction later on. |  |
| Group\_5\_\_ |  Partner Band Sprints (indoors) | Spend a minute going over safety and proper sprint mechanicsAt least 4-5 each, get them pumping! |  |
| Drill7-8 |  5-10-5 Drills | Get 2-3 runs in each direction each. Have them face the clock and try to beat scores. Time the last one with stop watch (fastest in each heat) |  |
| Skill/Str8-10 | Rope Climbs and Ring Rows | Spend some more time than usual on these today. Different wrap variations, lots of practice time.  | Go over ring row and the proper technique. May need some extra rings hung out of trailer.  |
| Instruct  | Wrap variations, with lots of practices time. Use the longest ropes for those trying their first climbs  | Have camera ready!  | Rope climb king? Challenge:5 climbs for time wrapping with OPPOSITE foot |
| **WOD:** For time:2 Rope Climbs80 Double Unders2 Rope Climbs60 Double Unders2 Rope Climbs40 Double Unders2 Rope Climbs20 Double Unders 15 cap | Rx+: Starts with 100 DU’s, legless rope climbs |  Singles:100-80-60-40 (20 extra each rnd)Rope Climbs:15 Ring Rows/rndPlease leave time to go over these properly. |