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| **Day: Thursday Date: 10.9.2014** | | | |
| **Time** | **Class** | **Notes** | **Scales** |
| On Own  \_\_3\_\_ | 10 Ring Rows  1 (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 mechanics  At least 4-5 each, get them pumping! |  |
| Drill  7-8 | 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/Str  8-10 | 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 Climbs  80 Double Unders  2 Rope Climbs  60 Double Unders  2 Rope Climbs  40 Double Unders  2 Rope Climbs  20 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/rnd  Please leave time to go over these properly. |