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| **Day: Wednesday Date: 10.8.2014** | | | |
| **Time** | **Class** | **Notes** | **Scales** |
| On Own  \_\_5\_\_\_ | 15 KB Swings  10 Burpees  15 KB Swings  10 Push Ups  X2 | Start right away, cut them off at 5 min mark | Just be ready to give KB swing crash course to anyone super new |
| Group  \_\_4-5\_\_ | Shoulder line drills:  1 – push up side walk  2 – Push Up karaoke\*  3 – Partner wheel barrel or crab walk  4- Wide grip burpee broad jumps | \* Push Up karaoke – same position as side plank walk, just crossing arms in front and behind  Make cones shorter than usual. Just go 1 direction. Give recovery between as they jog back. Make it hurt a little but don’t kill them |  |
| Mobility  2-3 Max | Coaches call: Overhead shoulder prep. | Something active, upbeat, and quick. No bands or lax balls.  If running behind, or oversized group, you may skip this. |  |
| Skill/Str  15 | Push Press or Push Jerk  5RM | Whichever one they feel more comfortable. |  |
| Instruct  2-3 | Quick verbal review with member or coach demo and explanation of the differences. | Encourage to stick with one they feel most comfortable, but not to shy away from the jerk. They should feel urge to re-dip as it gets heavier, and that is sometimes the best way to learn. |  |
| **WOD:**    4 RFT:  250m Row  25 Unbroken KB Swings (53/36)  5 Unbroken PP/PJ (155/105)  1 Min Rest  16 cap | | 200m Run can be used in place of row if all rowers are being used. Should not be an option otherwise.  A stagger start if more than 12 should be good, everyone should spread out. May need to use a diff rower each round, but that’s ok. | Breaking reps = scaling, but should move to a lighter weight if this happens. |