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|  **Day: Wednesday Date: 10.8.2014** |
| **Time** | **Class** | **Notes** | **Scales** |
| On Own\_\_5\_\_\_ | 15 KB Swings10 Burpees15 KB Swings10 Push UpsX2 | 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 walk2 – Push Up karaoke\*3 – Partner wheel barrel or crab walk4- Wide grip burpee broad jumps | \* Push Up karaoke – same position as side plank walk, just crossing arms in front and behindMake 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 |  |
| Mobility2-3 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/Str15 | Push Press or Push Jerk5RM | Whichever one they feel more comfortable.  |  |
| Instruct2-3  | 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 Rest16 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. |