



Week 8

MON 2/16/2026	TUES 2/17/2026	WED 2/18/2026	THUR 2/19/2026	FRI 2/20/2026
Mark is 65				
WARM UP	WEEK 5 WARM UP 10' – same as last week	WARM UP	16 athletes 4 rowers, 2 bikes, 1 rope	WARM UP
Teams of 2 6 Rds :40 on :20 off W/ bar @ head height Dball or Rogue sandbag or heavy WB over bar. Partner returns the ball. Singles –work back and forth on a bar	10x PVC pass through :30 each side green or black banded lat stretch 1:00 seated pec stretch 30' crab walk or crab hold :20 10x underhanded ring rows working to box 10x push up – scaled if needed 5x pausing bottom of the squat hold + quad stretch after set of 5 :20 active inverted hold: floor pike, box pike, wall hold	Individual 5 Rs :40 on :20 off With PVC or light BB AMRAP 3x DL 3x HPC 3x FS 3x PP/PJ Steady AMRAP, restart every Rd w/ DL	2 athletes per station 6 minute stations, :30 transition 7 stations ROW 150'S – PLATE HOLD OH 35/25	Teams of 2 Athlete 1: 5:00 on rower for meters Athlete 2: AMRAP rounds of: <ul style="list-style-type: none"> 10x Supine knees side to side rotation w/ medball btw knees and feet off ground 10x high banded wood chop left then 10x right. @ 5:00 switch
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH	BIKE 15/12 CALS – WALL SIT SQUAT HOLD	PRIORITY: CONDITIONING
4 Rd for quality 10x UB WB, :30 rest, 5x UB WB 40' WL 40' bear crawl Teams of 2 (19") 10 Rds 1:00 on/ 1:00 off 1:00 work Athlete 1: 1 burpee Athlete 2: 8x KB DL + 8x KB swing (R) Athlete 1: 35x single unders/jumps or 20x DU 1:00 rest 1:00 work Next round Athlete 1&2 switch	3 RDS 20x inverted plate step ups (10-25- 35-45#) 20x pike (seated) legs over DB/Yoga Block (L=1, R=1) 10x chin ups 3 RDS 20X jumping pull ups (UB) 10x push ups (harder progression) 3x WW (as far as you're comfortable) 3 RDS 10x scap pull ups 10x kipping swing (back/forth = 1) *to create tension, ball between or band around feet, or 10x each box slides	4 Rds 3x BB FS + 3x Thrusters Climbing Comp 2/4 Play off CF Open 20.3 Teams of 2 Training – NFT 21x BB DL (Wt 1) 21x Dbl DB PP 15x BB DL Wt 1 15x Dbl DB PP 9x BB DL Wt 1 9x Dbl DB PP 21x BB DL Wt 2 4x :10 wall plank hold 2x each 15x BB DL Wt 2 4x :10 wall plank hold 9x BB DL Wt 2 4x :10 wall plank hold Rx Masters 55+ Men: DL 185/225 PP 95 Women: DL 125/165 PP 65	ROW 200 – ROPE PULL FROM SEATED TO STAND 50X SINGLE UNDERS OR 10-20X DUBS – SIDE PLANKS (ALTERNATE EACH ROUND) ROW 150'S – PLATE HOLD IN FRONT 10/20 ROW 200– DBALL or SANDBAG HUG (>30# OR 25#+DBS) ROW 200 – INVERTED PLANK HOLD (FEET ON 12" BOX) (SHOULDER TOUCHES TO MAKE HARDER)	Bench Press 15-12-9-6 Comp 12/26, 11/14 (w/ row) Annie 12' cap 50-40-30-20-10 Sit ups Single Unders/Double Unders/Jumps Scored NOT UNBROKEN Comp 11/7/25, 8/4/25