



Week 11

MON 3/9/2026	TUES 3/10/2026	WED 3/11/2026	THUR 3/12/2026	FRI 3/13/2026
WARM UP	WK 8-repeat WARM UP 10'	WARM UP	Teams of 2	WARM UP
10 mins, Individual 10x supine knees side to side rotation 10x ea side banded wood chop 10x situps or 5x V-ups 5x supermans	10x PVC pass through :30 each side green or black banded lat stretch :20 dbl band shoulder stretch (chest through) – for OH :30 seated pec stretch w/ crab 10x chin ups - easier 10x push up – easier 5x air squat :20 active inverted hold: floor pike, box pike, wall hold	Teams of 2 w/ a mod WB 2 Rds :40 on/:20 off (6' total) :40 on/:20 off 3x DL, pass :40 on/:20 off 3x HPC, pass :40 on/:20 off 3x FS, pass	50' AMRAP 500M Row (250/250) 200x SU or 100x DU (if doing both, 100x SU for athlete 1 and 50x DU for athlete 2) (scale for jumping will be rowing or biking again – preserving the stimulus)	TBD
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 Rds for Quality 2x40' WL (wt'd if able, Dbl DB front rack) 250M row (full sprint) 8x ea side single DB HPC&J (not alt) 12' EMOM, :30 transition Teams of 2, alternating minutes (1 wk/1 rest) Within the minute: 50x single unders/jumps (or 25x DU) 10x KB swing (eye level)	3 RDS 20' 20x inverted plate steps 7x chin ups 7x ring push ups 3x ea side ME high knee hold (rig support) (hip flex) PRACTICE <ul style="list-style-type: none"> • 5-7x Strict T2B (partner/coach spot) • HS kick up on wall (partner) – spot, pull away from wall, or pike off higher box (partner) lifting one leg • LATS: seated T2B press down on bar (lats) toes to bar • Seated rope climb (biceps/pull) 	Partner up on bar, assist counting rounds, ALTERNATING rounds 4 rounds of 4 cycles of: Bear-ish Complex** DL HPC FS PP BS PP **try to climb each round (not each cycle). *Bear Complex is PC not HPC 4 Rds 20x UB Plate G20 Superset w/ 1:00 plank	50x DBall or Sandbag over bar (back and forth) 200M Carry (together)	TBD