



Week 14

MON 3/30/2026	TUES 3/31/2026	WED 4/1/2026	THUR 4/2/2026	FRI 4/3/2026
			EB IS 68	VINCE 4/5 IS 72
<b>WARM UP</b>	NEW CYCLE WARM UP ACTIVATION/PREP 5'	<b>WARM UP</b>	PICK 1 FROM A AND 1 FROM B – highlight are different	<b>WARM UP</b>
Teams of 2 8 Rds :40 on :20 off (4 each) Weighted planks (hands) Partner stacks bumper plates	Lat pull down W pull down Lt pull over  WARM UP/TENSION 10' 1- (low bars) Plank walk (outs) to bar* 2- (low bars) Supine compression, tuck, toes to bar, hands on bar 3-(low bars) toes tucked under bar, long hollow body, lift as high as possible 4-(same as above), curl, fold, compress	Teams of 2 w/ a WB 5 mins every :30 (no transition) Athletes lay side by side, supine, 1 athlete works at a time. Chest press with some power. Ball leaves hands (like a volleyball set maybe...but with a heavier ball).	<b>A 2:00</b>	Teams of 2, 1 athlete works at a time 3:00 ME ring rows (max 5/) 1:00 rest/transition 2:00 ME ring rows :30 rest/transition 1:00 ME ring rows
<b>PRIORITY: BODYWEIGHT/STR.</b>	*Can step out to, can tap, can grab	<b>PRIORITY: STRENGTH</b>	<b>B</b>	<b>PRIORITY: CONDITIONING</b>
4 Rds for quality 8x UB WB, rest :20, 8x UB WB 400 M row :30 L-sit hold (cumulative) :30 UB sandbag or Dball hold (hug hold) (heavy)	COMPRESSION – 3 LEVELS FROM SEATED - 2 Rds A) 20x (10ea) Seated straddle, hands on bar (chest height), foot over object (DB/Yoga block) B) 20x (10ea) Seated lean fwd, finger tips on floor, alt leg lifts (hollow body) C) 1:00 LSit on blocks, pushing hips back (feet on foam roller) and forward (like rolling shoot throughs)	LBBS 4 Rds x 3 reps Superset 10x plate or up to 12" box JUMP (jump up, step down)  BB Press/PP 4 Rds x 3x Press+3x PP Superset 10x Dbl DB PP/PJ  BB DL 4 Rds x 3 reps Comp to 3/25	200M FARMER CARRY 200X SINGLE UNDERS 30-50-100X DU 60X LOW WT'D BOX STEP UPS 20X SHUTTLE (IN LANE) (DB=1)  30X RED BALL AIR SQUAT 30X HANGING KNEE UPS SLR OR T2B STRICT 2X 1:00 LONG PLANK 20X INCH WORMS 2X – 20X BANDED SIDESTEP EA WAY/F/B 100X SPEED ROPE 30X PLANK HANDS TO ELBOWS 30X PLANK OVER MED BALL 30X DBALL SLAMS 30X DBALL OVER SHOULDER 30X MED BALL OR SANDBAG CLEANS 30X PLATE G20 30X DB PP  30X DB DL 30X DEVIL PRESS 30X KB SWING, RUSSIAN 30X KB SWING, AMERICAN	25-25' strength/technique With a partner/sharing bars/alternating sets  Clean pull Power clean Squat clean *climbing  Teams of 2 Annie with push ups (all on ground) 50-40-30-20-10 Jump Rope 20-20-20-20-20 Push ups (50 each) 1 athlete works at a time Split equally 15' cap
4 Rds for quality 8x UB WB, rest :20, 8x UB WB 400 M row :30 L-sit hold (cumulative) :30 UB sandbag or Dball hold (hug hold) (heavy)	PULLING/PULLING 2 Rds A) 10X HSPU – a) banded pike floor, b) pike box, c) wall (rx) B) 10X Towel pull ups(banded, bar/feet deck, Rx)			
Teams of 2 (need 15') 10 Rds 1:00 on :30 transition Alternate between rounds of: 2x25' shuttle runs (relay) 2x25' heavy bumper plate "pizza carry"	COMPRESSION –HANDS/FEET PIKE/T2B – 2-3 Rds A) 10x feet on plate, down slow (attempts) – advanced* B) 20x banded compressions (pike sit/fold over) start w/ red – 20x UB C) 15x incline bench T2B			