



Week 15

MON 4/13/2026	TUES 4/14/2026	WED 4/15/2026	THUR 4/16/2026	FRI 4/17/2026
Keith F 4/14 (70!)	Minty (82)	Marcia E (71), Minty 4/16 (82),	* Ed and Sam OOT	*Ed and Sam OOT
<b>WARM UP</b>	WARM UP ACTIVATION/PREP 5' Lat pull down W pull down Lt pull over	<b>WARM UP</b>	Coaches run the cardio (and participate)	<b>WARM UP</b>
Partners, 10: ME Row for meters – must split equally (time or meters) We are socring this. Ref: 3/23 13' for 2500m	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, <b>then fold, compress</b>	Happy Tax Day! Teams of 2 split 46 burpees equally (20+26=46) 5' cap	A. 5 Rds 200 M Row 7x burpees  B. 5 Rds 10 cal bike 10x plate jumps 10x air squats  C. 5 Rds 10x Dball over shoulder 10x Dball Slam  D. 5 Rds 10x KB swing 10x KB front rack lunge  E. 5 Rds 20x situps 5x step back burpees  F. 5 Rds 15 steps WL 30x jump rope 30x toe ups  G. 5 Rds 10x push ups 7x inch worms (no burpee) 3x burpees  H. 2 Rds 200M farmer carry 200M OH plate carry	I. 3 Rds 20x plate G20 30x jump rope 40x low box step ups  J. 5 Rds 10x ball chest pass to wall or rig (may have to use front /concrete wall) 30' bear crawl 10x serratus push ups  K. 5 Rds Dbl DB Complex 7x DL 7x HPC 7x PP  L. 5 Rds 10x step ups (higher box) 10x step back lunge 10x banded side step (ea)  M. 5 Rds 100M Row 10 cal bike 30x jump rope  N. 5 Rds 200M Row 15 air squats 10 push ups 5 RR  O. 3 Rds 200M Row or 10 cal bike 20x sandbag over rig  P. 5 Rds 10x burpee 20x sandbag/dball over shoulder 30x dball slam
<b>PRIORITY: BODYWEIGHT/STR.</b>	<b>PRIORITY: STRENGTH</b>	<b>PRIORITY: STRENGTH</b>	<b>PRIORITY: CONDITIONING</b>	<b>PRIORITY: CONDITIONING</b>
4 Rds for quality <ul style="list-style-type: none"> <li>10x jump off's (12" max) focus on landing</li> <li>10 ea x sngl DB bent over row</li> <li>20x UB body rows</li> </ul> (need 20') 6 weeks to Memorial Day! Teams of 2 – Murph Prep 10 total rounds, alternating (5 each) 10x supine DB floor press 10x air squats	*Can step out to, can tap, can grab  COMPRESSION – 2 Rds <b>A or B:</b> A) 20x (10ea) Seated straddle, hands on bar (chest height...or we lower it this week), foot over object (DB/Yoga block), OR <b>B) 20x (10ea) Seated lean fwd, finger tips on floor, leg lifts (hollow body) – both feet at same time (advancing)</b> <b>C) 30x LSit on blocks, pushing hips back (feet on foam roller) and forward (like rolling shoot throughs)</b>  <b>PULLING/PULLING/COMPRESSION/T2 b</b> A) 10X HSPU – a) banded pike floor, b) pike box, c) wall (rx) B) 10X Pull up or chin up C) <b>20x banded compressions (pike sit/fold over) start w/ red – 20x UB</b> D) <b>15x incline bench T2B – raise bench</b> <b>E is optional – don't have a meeting after gymnastics</b> E) <i>10x feet on plate, down slow (attempts) – advanced* (pike press to HS start) – use hips band</i>	LBBS 4 Rds x 3 reps Comp 4/1, 4/8  BB PP or PJ 4 Rds x 3 reps Superset 10x banded retractions  KBs (will be set up by load) 4 Rds 5x sngl KB DL R + 5x left, then increase load x 1 "level" and repeat.	Individual, with a WB 5x :40 AMRAP/:20 off 3x press out 3x biceps curl 3x hinge DL Restart ea round with press out  Reminder: gallon of water is 8#	15' Bench Press 12-9-6-3 Previously started with 15 and there was no 3. Comp (ish) to 11/14/25, 12/26/25, 2/20/26, 3/18/26  10' 3 Rds 15x UB Dbl DB biceps curl (choose hand position) 15x banded triceps extension *While UB, push loads and difficulty.  15-20' BB DL 9-6-3-9-6-3 *second set of 9-6-3- increase loads by approx. 10#sdx