



Week 16

MON 4/20/2026	TUES 4/21/2026	WED 4/22/2026	THUR 4/23/2026	FRI 4/24/2026
WARM UP	WARM UP ACTIVATION/PREP 5' Lat pull down W pull down Lt pull over	WARM UP	16 athletes 4 rowers, 2 bikes, 1 rope	WARM UP
Partners with similar squat ability/depth. With a single DB held in front rack 4 minute Challenge Alternating sets 1-2-3-4-5-6...continuing up Athlete 1 does 1 squat, athlete 2 does 1 squat. Athlete 1 does 2 squats, athlete 2 does 2 squats. And so on.	WARM UP/TENSION 10' 1- (low bars) Plank walk (outs) to bar* OR WALL – 5x w/ 10x touches 2- (low bars) Supine compression, TUCK, toes to bar, hands on bar *Can step out to, can tap, can grab COMPRESSION – 2 Rds A or 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) 20x (10ea) Seated lean fwd, finger tips on floor, leg lifts (hollow body) – both feet at same time (advancing) C) 30x L Sit on blocks, pushing hips back (feet on foam roller) and forward (like rolling shoot throughs) – new: hips don't go forward of hands. To hands + behind hands.	Teams of 2 w/ PVC or light BB 5 Rds :30 on / :30 off Athletes alternate every :30 and pup up where partner leaves off. Bear Complex DL HPC FS PP BS PP	2 athletes per station 6 minute stations, :30 transition 7 stations ROW 150'S – PLATE HOLD OH 35/25 BIKE 15/12 CALS – WALL SIT SQUAT HOLD	(Murph Prep) Teams of 2 (last performed as a RR) 3:00 ME Body Rows 1:00 rest 2:00 ME Body Rows 1:00 rest 1:00 ME Body Rows Make level of difficulty such that 5 reps is difficult. No more than 5 reps/round.
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 Rds for quality <ul style="list-style-type: none"> 10x step up, jump off (12" max) 10x ea side banded wood chop, goal: half kneeling 75x single unders or 35x DU or 25x DU attempts (need 20') Teams of 2 3000M Row + 100x sit ups, split evenly. 1 athlete works at a time <i>Previous challenges were 2500 meters in 15' and (3/23) 2500 meters in 13 minutes with 11 teams completing.</i> Teams will have to MOVE FAST to finish! Coaches scale for teams.	PULLING/PULLING/ COMPRESSION/T2B A) Hold on HSPU this week B) 10X Pull up or chin up C) 20x banded compressions (pike sit/fold over) start w/ red – 20x UB D) 15x incline bench T2B – raise bench E) Box or plate compression core lifts	Front Squat 4 Rds x 5 reps Superset 10x Jump up/Step off (BJ/Plate Jump) BB HPC&PP/PJ 6 Rds x 3 reps Superset 10x banded lat pull down BB DL 4 x 5 reps *reminder DL X 3 on 3/18, 3/25, 4/1, 4/8 and 4/17.	ROW 200 – ROPE PULL FROM SEATED TO STAND 50X SINGLE UNDERS OR 10-20X DUBS – BANDED COMPRESSION AROUND TOES/BLOCK ROW 150'S – PLATE HOLD IN FRONT 10/20 ROW 250– DBALL or SANDBAG HUG OVER SHOULDER ROW 200 – INVERTED PLANK HOLD (FEET ON 12" BOX OR WALL) (SHOULDER TOUCHES TO MAKE HARDER)	20-25' on Clean Complex (comp to 4/3) Partner on a BB to share barbell and schedule rest Clean Pull + Power Clean + Squat Clean Teams of 2 15' Max Effort, 1 athlete works at a time For Reps 3:00 PC 3:00 push ups 3:00 air squats 3:00 PC *knee pushups OK Air squats to target if not below parallel Max wt on BB 75/50-55