



Week 21

MON 5/18/2026	TUES 5/19/2026	WED 5/20/2026	THUR 5/21/2026	FRI 5/22/2026
				5/23 Bob W (86), 5/24 Sherri U (73)
WARM UP	WARM UP 30' BEAR CRAWL PUSHING HEAVY MED BALL	WARM UP	Teams of 2 – split as desired	WARM UP
Teams of 2, Relay style 2:00 ME RR or Rx pull up 2:00 ME push ups (on ground) 2:00 ME air squat (not boxes)	20X BANDED STRADDLE OR L SIT PUSHING BLOCK INTO BAND 20X (NOT UB) KIPPING SWING 10x AIR SQUATS	Teams of 2 relay style, 8' AMRAP 4x 25 feet, switch Banded resisted walking *Coaches may have to assist for safety	50' AMRAP 500M Row (250/250) or 20 cal Bike)10/10	Individual, 5 minutes :30 HKM :30 jumping jacks Alternate every :30, no rest
No rest btw 2:00 sets	PUSH PULL = 2 RDS 6x push up – 3 second eccentric, fast up 4x chin up+4x pull up – 2" pause at top (over band and play with leg position in band on way down)		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)	PRIORITY: CONDITIONING
PRIORITY: BODYWEIGHT/STR.	4x chin up+4x pull up – 2" pause at top (over band and play with leg position in band on way down)	PRIORITY: STRENGTH	30x DBall or Sandbag over bar (back and forth)	Teams of 2, relay style 3:00 ME BB Bicep Curls, athletes choose reps (3-5) per before switching. Same bar.
4 Rds for quality 15x UB banded chest press (standing) 200M row (full sprint) 8x inch worms (working toward pushups – negatives!) :30 heavy sandbag or Dball hold	CORE/PRESS = 2 RDS 15x incline bench tuck, SL Down 10x pressing drill: jump onto/over yoga block OR LIFT OFF 12" BOX OR PLATES	3 Rds 6x DB front squat (one DB held by head) 25x split squat (no Bulgarian today). OK to load w/ single or Dbl DB but no heavier than FS load.	200M Carry (together)	4 Rds, alternate between 6x pallof press (standing (easiest), tall kneeling, half kneeling (hardest)) 6x each DB bent over rows
9 minutes, Teams of 2, relay style Box step ups (choose 3-5 reps per athlete before starting and stick with that plan).	PUSH PULL – 2 RDS 7-10x tricep dips, or 30" plyo box toe assisted dips 7-10x low bar pull up (toe or partial squat assist) 7-10x banded/RX/Loaded RR	4 Rds x 3 reps BB HPC & PP/JK climbing	30x Burpee Box step overs	Annies got Balls Teams of 2, split equally 50-40-30-20-10 Jump rope 20-20-20-20-20 Wall balls Allow 15-20 mins
	COOL DOWN BANDED LAT STRETCH BANDED PEC STRETCH	5x 6 reps BB DL Rds 1,2,3 climbing to a heavy (not failure) 6 Rds 4,5,6 across at same load	500M Row or 20 cal bike	Recovery workout – Murph Monday – rest up!
			100x KB swings	
			50x "step over band" with heavy object "hug"	
			IF A SINGLE: 250 M ROW OR 10 CAL BIKE 100X SINGLE UNDERS 15X DBALL/SANDBAG OVER BAR 200M CARRY 15X BURPEE BOX STEP OVER 250 M ROW OR 10 CAL BIKE 50X KB SWINGS 25X STEP OVER BAND W/ HUG	