



Week 30

MON 7/20/2026	TUES 7/21/2026	WED 7/22/2026	THUR 7/23/2026	FRI 7/24/2026
WARM UP	NEW!	WARM UP	Week 4	WARM UP
2:00 machine 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap	Teams of 2 Both athletes work at same time to accomplish work in each section – rest as needed 400M Row 20x burpees (=athlete 1 200m row while athlete 2 10x burpees for 2 rounds...or, athlete 1 100m row while athlete 2 5 burpees – for 4 rounds...u pick!)	2:00 banded leg press 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap	Easy warm up 1 slow round 30' bear crawl 30' crab walk or 2x :15 hold 7x each pull up, push up, squat 7x feet secured weighted curl up to sit up (working hollow) 3 parts – any order (choose one part and work through)	2:00 jump rope/jumping jacks 3 Rds 7x RR/Rx Pull up 7x push up (Rx, bar, band>=blue, knee) 7x air squat 8:00 cap
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH	PRESSING 2 Rds 7x Pressing drill (working to one foot take off – ok against wall...working on “floating” up) OR back to the wall, jump/pressing to a 12” box (attempting to float) OR WW to HS with spotter, OR Kick up to HS hold with spotter 10x HSPU or progression (5” wall riser, Box pike, tripod, banded tripod)	PRIORITY: CONDITIONING
LEGS – PC (Even weeks) 3 Rds (all UB), as a superset* 6 x BB DL 12 x ea Sngl Leg DB RDL, (scale to staggered stance) 25 x Glute bridge (wt'd if 25x to full extension UB) SHOULDERS 3 Rds (all UB), as a superset* 6 x Seated (box/bench) DB strict press 12 x BB PP 25 x DB lateral raise (banded upright row for substitution) TIME PERMITTING – CORE 3 x 12 DB/KB Russian Twist 3x 20 sit ups	400M Row 40x Dball Backward throw 40x sandbag over rig 20x shuttle runs (down and back = 1 (I'd do 10 bags, 5 shuttles x 4 rounds) EASY ROUND- MOBILITY ROUND – BREAK INTO 2 RDS 400M row 5x press up into child pose 5x ea side knees side to side (legs) 5x ea side side plank up/down 400M Row 40x box/plate jump up/step off 400M Row 400x jump rope 400M Row 80x single KB alt. HPC & PP/JK Back to top	CHEST 3 Rds (all UB), as a superset* 6 x BP (same load across, coaches spot) 12 x DB incline press/fly (floor -wall ball) 25 x push-ups – full plank, no knees. For regressions: blue band or less, bar for scaling. Deficit on yoga blocks, DB's, balls for progressions. BICEPS 3 Rds (all UB), as a superset* 6 x rope pull 12 x incline DB bicep curl (benches on 12” boxes) 25 x banded biceps curls TIME PERMITTING – CORE 3 x150' ea side carry – farmer or lateral rack 3x 20 sit ups	PULL/PUSH/CORE 2 Rds 7x Pull up – 2” hold, slower eccentric 7x push up 7x feet secured weighted curl up to sit up (working hollow) 70% ME VUPS (Bill banded x 8, Trish14, Jean13, Carolyn13, Libby11, Sharon11, EB11, Mickey10) PULL/CORE 2 RDS 3x full rope climb, or 5-7 efforts footwork, or 12x pull for biceps with rope 10x T2B (attempts) – bar or benches under mobile bars 10x seated, banded compression (Lsit with band on rig above and behind you – PVC maybe)	BACK 3 Rds (all UB), as a superset* 6 ea x DB Bent over row 12 x DB pull over (bench/floor) 25 x L-Sit (floor), banded retractions TRICEPS 3 Rds (all UB), as a superset* 6 x DB triceps extension/skull crusher (bench) 12 x Diamond pushups (full plank, blue band or less, or bar) 25 x Banded triceps extension TIME PERMITTING – CORE 3 x 12 sit-ups 3 x 12 weighted sit-ups (plate overhead)