

Week 42



MON 10/12/2026	TUES 10/13/2026	MON 10/14/2026	THUR 10/15/2026	FRI 10/16/2026
WARM UP	WARM UP 2x bear crawl 4x shuttle run 6x burpee 8x push up 10x pull up 12x air squat	WARM UP	Viking Workout – partners	WARM UP
8 MIN CAP 500M ROW+ 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT	PULLING CIRCUIT 3 Rds Pull ups (see below) ME in 1 set jumping pull ups – shoot for 20+ 7X negative pull up – start high over bar and step off target.	8 MIN CAP 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT	Raging Waters – Traverse 1,000meters (spit anyway) Wield a Weapon – 100x single arm KB swings Move the Camp – 100x (JK, only 75x) Sandbag over rig (to partner – back and forth)	2 RDS (4') :30 ON/:30 OFF INCH WORM PLANK 2 RDS (4') :30 ON/:30 OFF BIRD DOG - R ARM/L LEG BIRD DOG – L ARM/R LEG
PRIORITY: BODYWEIGHT/STR.	PUSHING 50x pushups*, see below INVERSION CIRCUIT 2 Rds *ME (up to :30) HS hold – FS, btw bands, wall or box. *2:00 kick up/hold practice →kick up to FS (spotter) *3x WW AFAP → to wall facing HS PULLUPS Trish: Rx – 3 sets of 2x UB Mickey: 3 sets of 2x UB new orange (ask me for a spot) JEAN: 5 sets of 1x Green Red (ask me for a spot) Sharon: 5 sets of 1x Green Red (ask me for a spot) PUSHING - :10 min btw Trish:Rx 3x5, 4x3, 11x2, 1x1 Mickey: 7x2, 36x1 Jean: 40x1	PRIORITY: STRENGTH 4 RDS 5X LBBS (CLIMBING) 8X HEEL ELEVATED GOB SQUAT (ACROSS) PUSH PRESS 4 RDS X 5 REPS CLIMBING 4 RDS 5X BB DL 8X EA SINGLE DB RDL	Move the Camp – 20x 50' (25x2) heavy carry (farmer, sandbag, front rack DB, DB/KB OH bilat or single, or mixed) Wood Chops – 100x (JK, only 75x) Banded. Partner holds plate overhead while one is woodchopping. Split anyway Back in the Boat – 1,000 meters (split anyway)	PRIORITY: STRENGTH/METCON BENCH PRESS 5 RDS X 3 REPS CLIMBING CONDITIONING 6 X 3:00 STATIONS, :30 TRANSITION (RX →SCALING) ROW AIR SQUAT → TARGET FOR DEPTH JUMP ROPE → CUT ROPES →TOE UPS HEAVY HOLD SIT UP/V-UP →SEATED KNEE UP ON BOX BURPEE → BLUE MAT GET DOWN/GET UP
3-4 RNFT 30X BOX STEP UP (ALT LEGS) 20X UB PLATE G20 20X UB BODY ROWS PARTNER UP ON A BB 12:00 ALTERNATING EMOM 6 RDS/ATHLETE :30 ME HPC :30 TRANSITION *CLIMBING IN LOAD				