Week 45

MON 11/2/2026	TUES 11/3/2026	MON 11/4/2026	THUR 11/5/2026	FRI 11/6/2026
WARM UP	NEW SWITCH UP: STRENGTH BIAS PULLING, INTENSITY BIAS PUSHING (WHICH IS REALLY HARD TO DO!) WARM UP 2x bear crawl 4x shuttle run 6x burpee 8x push up 10x pull up 12x air squat	**WARM UP**	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!) 400M Row 40x Dball Backward throw 400M Row 40x box step overs 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 step ups 400M Row 400x jump rope 400M Row 40x KB swings	**WARM UP**
8 MIN CAP 500M ROW+ 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT		8 MIN CAP 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT		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.	STRENGTH 3 RDS (need 15' at the end) 7x high banded negative emphasis pull up – partner spot 5x push up 2x:10 or :20 over the bar hang underhanded 5x deficit push up 2x:10 or :20 over the bar hang underhanded 5x ring push up 7x pull up – spot/help (band or partner spot)	**PRIORITY: STRENGTH**		**PRIORITY: STRENGTH/METCON**
3-4 RNFT 60X BOX STEP UP (ALT LEGS) - +10 20X UB PLATE G2O 5X UB BODY ROWS -go lower PARTNER UP ON A BB 12:00 ALTERNATING EMOM 6 RDS/ATHLETE :30 ME HPC :30 TRANSITION *CLIMBING IN LOAD	CONDITIONING 15' AMRAP 30x jumping pull up 15X PLYO PUSH UP, slightly overbanded 30x jumping pull up 20X MED BALL CHEST PASS TO WALL 30x jumping pull up 20x BANDED STANDING PRESS (back against wall, red/blue) or BENCH PRESS)	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		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