Week 46 – 5TH WEEK - LAST WEEK THIS CYCLE

MON 11/9/2026	TUES 11/10/2026	WED 11/11/2026	THUR 11/12/2026	FRI 11/13/2026
WARM UP	WARM UP	**WARM UP**	Teams of 2	**WARM UP**
10 MIN CAP 500M ROW+ 3 RDS 7X RR OR PULL UP 7X PUSH UP (DECK) 7X AIR SQUAT	2x bear crawl 4x shuttle run 6x burpee 8x push up 10x pull up 12x air squat STRENGTH 4 RDS (need 15' at the end) 5x pull up – spot/help (band or partner spot) :20 over the bar hang underhanded 20 bike pulls 5x high banded negative emphasis pull up – partner spot 3 RDS 5x push up 5x deficit push up 5x ring push up Rest 1:30 ish 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 floor press	CELEBRATING VETERANS' DAY TODAY WITH CHAD1000X We have been training for this, we're ready to honor Chad Wilkinson. Read the story from the website at the whiteboard, pair people up, quick step up warm up …and 3,2,1, Go!	2 Rds each Athl 1: 500M Row Athl 2: 20x alternating DB C&J or snatch 4 Rds each Athl 1: 200M Row Athl 2: 10x burpees 2 Rds Together: 200M weighted walk Alternate sets of 10: 60x situps 2 Rds 50x sandbag over rig 30x Dball backward throw to each other 2 Rds each Athl 1: 500M Row Athl 2: 20x KB swing + 10x KB goblet squat 4 Rds each Athl 1: 200M Row Athl 2: 1:00 heavy rope practice 2 Rds Together: 200M weighted walk Split equally: 25x push ups + 25x ring rows	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.		**PRIORITY: STRENGTH**		**PRIORITY: STRENGTH/METCON**
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		Teams of 2 50 min cap **CHAD1000X** **1000x box step ups for time.**		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