Week 47 – NEW & LAST CYCLE OF THE YEAR

MON 11/16/2026	TUES 11/17/2026	WED 11/18/2026	THUR 11/19/2026	FRI 11/20/2026
		Maggie T 11/19->		Sunday 11/22 Yogurt
WARM UP 3 RDS 5X EA ARM SNGL ARM LAT PULL DOWN 5X INCH WORM (+ PUSH UPS IF POSS) 5X AIR SQUATS 8 MIN CAP	WARM UP 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	**WARM UP** 2 MINUTES OF JUMPING 3 RDS 7X RR/PULL UP 7X PUSH UPS (BANDS BLUE OR LESS) 7X AIR SQUAT 8 MIN CAP	Teams of 2 2 Rds each Athl 1: 200M Row Athl 2: 20x alternating DB C&J or snatch 3 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: 200M Row Athl 2: 20x KB swing + 10x KB goblet squat 3 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 Back to top	**WARM UP** TEAMS OF 2 WEIGHTED PLANKS 8 ALTERNATING ROUNDS (4 EACH) :30 ON/:30 TRANSITION
PRIORITY: BODYWEIGHT/STR. **4 RDS FOR QUALITY** 5X WB* 2X20' WL (wt'd if proficient) 10x PUSH UPS 10X SITUPS OR V-UPS *WB will increase by 1 rep each week. Start working light ball, appropriate depth. **BB COMPLEX** Partner up on base bar, similar load 14' ALTERNATING EMOM (7 rds ea) DL HPC PC SQUAT CLEAN Technique and speed…load after technique and speed are solid.		**PRIORITY: STRENGTH** **SQUAT** 4 RDS 4X BS + 2X FS – SAME LOAD PER SET CLIMBING EACH ROUND. SUPERSET 6X DROP JUMPS (start low and climb) **CLEAN & JERK** 3 RDS X 5 REPS PC&J/PP Work Grace Loads Not UB **DEADLIFT** 4 RDS x 3 REPS BB DL		**PRIORITY: STRENGTH/METCON** BENCH PRESS – 15/20 MINS 5-3-1-5-3-1 **CONDITIONING-ROWING PREP FOR NEXT 4-5 WEEKS** PARTNERS 6-8x ALTERNATING (RELAY) ROUNDS: YOU ARE TESTING 200M ROW (OR BIKE 8/6 CALORIES) TIME. GOAL: 1:00 ISH OR FASTER. REMAINDER OF 1:30 CAP WILL =KB SWINGS IN UPCOMING WEEKS. NOTE TIME ON EACH ROUND – MAX 1:30. REMAINING TIME (TIME PERMITTING) – PARTNER UP, 100X KB SWINGS