

Rigorous Training

October 2013 Programming

CFB

CROSSFIT ★ BIRMINGHAM

<http://CrossFitBirmingham.com>

This is a compilation of our October 2013 programming. To program for our box and followers, we use a 5 days on 2 days off schedule. Our clients may hit different splits, of course, based on their current fitness levels, personal/work schedules, goals, recovery times, etc. Some warm-ups, skills, and drills we do before the workouts are not included in this ebook (only the workout of the day is written).



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All the workouts contained in this book are provided for educational and informational purposes only. Consult a physician before starting any new diet or exercise program.

Three rounds for time of: 200 Meter run
10 Pull-ups
200 Meter run
10 Box jumps, 24"/20" (land and stand)
200 Meter run
10 Deadlifts, 185#/135#

::Strength | Technique:: Work up to a heavy (relatively) snatch single

- Advanced > squat snatch only
- Beginner and novices > power snatch

Notes: Whenever you see the WOD post and it says work up to a heavy or challenging (insert lift here) single, it does not mean go for a 1 rep max. There should be 3 or less failed attempts when working up to a heavy or challenging single. When it does happen, you're working beyond your capacity and technique... stop your ego from telling you to go for a 1 rep max when the WOD does not call for it.

::WOD::

9 Squat snatches, 115#/75#
50 Double unders
6 Squat snatches, 115#/75#
75 Double unders
3 Squat snatches, 115#/75#
100 Double unders

For time:

Start with 50 Sit-ups, then

Three rounds of:

10 Push presses, 85%BW/70%BW Unbroken (can rest bar in rack position or locked out overhead)
10 Burpees over bar
400 Meter run

Then finish with 50 Sit-ups

Notes: If you break (drop the bar or have to set it down before 10 reps) you must start the set over at rep number 1! Rx for men is using 85% of bodyweight and women 70% of bodyweight for push presses.

"The 300 Workout"

For time:

25 Pull-ups
50 Deadlifts, 135#/95#
50 Pushups
50 Box jumps, 24"/20" (land and stand)
50 Floor wipers, 135#/95#
50 Single-arm Clean-and-Press, 35#/26# KB
25 Pull-ups
22 Minute time cap.

Notes: Thumbs under on pull-ups or no Rx. Simple. 25 reps each arm on clean and press. Keep your standards. If you can achieve full range of motion on the movements, we expect it, and it is required for an Rx designation.

::Strength | Skill::

A. 2 Position squat clean - floor, then mid-thigh [\[video demo\]](#)

1-1-1-1-1 Reps

::WOD::

B. EMOTM for 14 minutes:

Even minutes: 5 strict presses

Odd minutes: 15 sit-ups

Notes: A. Technique > consistency > intensity. If your technique/form isn't there, back off on the load. If you've got the technique, make sure you're consistent before increasing intensity (load).

B. Strict presses should be relatively heavy and challenging with a 1 second pause at the lockout position, but should not revert to push presses or jerks.

Here's a video explaining MAP Training [\[video\]](#)

MAP (Maximum Aerobic Power) Training

7 min at 90% aerobic effort, rest 4 minutes and then do it again, and then again (3 times total with a 4 minute break in between each bout). The goal is to keep a sustainable pace at a 90% aerobic effort.

7 Minutes of:

5 Hang power snatches

10 Plank jacks

15 Double unders (40 singles)

Rest 4 minutes

7 Minutes of:

7 Kettlebell swings (above eye level only)

7 Froggers

15 Double unders (40 singles)

Rest 4 minutes

7 Minutes of:

5 Hang power snatches

10 Plank jacks

15 Double unders (40 singles)

Notes: No water, no chalking up, no untying and re-tying shoelaces during the the 7 min effort. All unbroken with no rest. No sitting or lying on the floor in between the 7 min efforts.

This aerobic WOD was designed NOT to leave anyone gassed and on the floor. It was about learning how to keep and pace breathing in this mixed modality at 90% and keeping the weighted movements relatively light in order to go unbroken in ALL movements with a quick transition.

"StrengthCON Total"

1. Power Clean

Max effort. Receive the bar anywhere above a parallel squat. Stand it up under control.

2. Thruster

Max effort. Unrack from the stands and take a full depth squat and stand it up all the way to an overhead locked out position. Pause at the top under control. Lower weight down to shoulders and rack the bar. No jerking.

3. Pull-up

Max effort weighted pull-up. Use a belt with chain to load up weight. Achieve full extension at the bottom and get your chin height over the bar. Any grip is acceptable.

After warm-ups, 3 attempts are allowed.

Must be performed in the specific order.

Combine all 3 lifts for your StrengthCON Total.

Two rounds for time of:

25 Toes to bar

25 Burpees

25 Wall ball shots, 20#/14#

600 Meter run

"Loredo"

Six rounds for time of:

24 Squats

24 Push-ups

24 Walking lunge steps (total)
400 Meter run

::PreWOD::

Max double unders in 5 minutes

“DT”

Five rounds of:

12 Deadlifts, 155#/110#

9 Hang power cleans, 155#/110#

6 Push jerks, 155#/110#

Notes: As always, this WOD can and will be scaled as needed. You will use 1 barbell throughout with the same weight. If you cannot strict press the weight, you will need to scale down - Coach's discretion. This is not designed for the push jerks to be done in "singles" nor will it be allowed.

::WOD::

For time:

50 Sit-ups

5 Hang power snatches, 135#/95#

400 Meter run

7 Hang power snatches, 135#/95#

400 Meter run

9 Hang power snatches, 135#/95#

400 Meter run

50 Sit-ups

::Strength::

Deadlifts, work up to a heavy triple (3 reps) in ~20 minutes

Notes: This is not necessarily a 3 rep MAX. Beginners and novices, will work on deadlift technique and work up to challenging 5 rep sets.

::MetCon::

Five rounds for time:

5 Handstand push-ups (no kip)

10 No push-up burpees

30 Double unders

::Skills::

Toes to bar practice

::WOD::

Eight rounds for time of:

8 Toes to bar

8 Burpees

8 Wall ball shots

Notes: Grip is important. Thumbs under grip when you hang from the bar - pull-ups/toes to bar. Thumbs under, always. Coaches - start issuing 10 burpees for the entire class for each "non-use penalty" of the thumbs under grip. This is to be done after the WOD. Everyone does them.

::PreWOD::

AbDomination™ Core Workout #6 - The 8 Minute Results Getter!

4 exercises, 30 seconds each, 4 rounds:

Plank Jacks

Crunches

Alternating Elbow Planks

Ankle Touches

::WOD::

"Bring Sally Up" - Squats

Air squat, empty barbell squat, or loaded barbell squat. Choose carefully. "Sit in the hole" at the bottom position. Scale as needed. This is a time under load effort - your legs will be under load for at least 3:28 (duration of the song). Down when it says down, up when it says up.

::WOD::

For 7 Minutes EMOTM (Every Minute On The Minute)

5 Thrusters, ~50% 1RM

10 Sit-ups

Once you complete your 15 reps within minute 6, RUN 400 Meters (the time clock will continue running)

You will have 4 minutes to complete the run and then rest...

Then begin another 7 Minutes EMOTM (starting at 11:00 on the running time clock)

5 Thrusters, ~50% 1RM

10 Sit-ups

The workout will be complete within 18 minutes.

The % above is just a targeted weight - there is no prescribed weight. The goal is to use a challenging weight with thrusters and complete the 70 reps within the workout at 5 reps per minute.

Five rounds for time of:

10 Pull-ups, chest to bar/chin height over bar

10 Burpee box jumps, 24"/20" (forward exit)

40 Double unders

Notes: No butterfly pull-ups allowed. Rx is chest to bar for men, chin height over bar for women. Burpee box jumps are forward exit.

As always, scale as needed.

::Snatch Practice:: (25+ minutes)

Grease the groove, then work sets of:

80% x 1 x 3 sets, 85% x 1 x 3 sets, 90% x 1 x 3 sets

::WOD::

Three rounds for time of:

15 Kettlebell swings

200 Meter run

15 Toes to bar

200 Meter run

Notes: Hit 3 solid sets of 1 before moving up in weight on snatches. This is practice and we're looking for consistency. No pressouts.

Two rounds for time of:

10 Power clean and jerks, 135#/95#

200 Meter run

20 Deadlifts, 135#/95#

200 Meter run

10 Power clean and jerks, 135#/95#

200 Meter run

20 Floor wipers, 135#/95#

200 Meter run

Notes: Use the same bar/weight throughout WOD.

"Owned" (Again)

Perform in *any* order:

30 Walking lunge steps, Dual 53#**KB/35# in the rack position (KB in each hand)**

1000 Meter row, damper setting 10

15 Box jumps, 30"/24"

15 Overhead squats, 135#/95#

15 L pull-ups (deadhang - no kip - feet remain above hip level at all times)

15 **Triple clap** push-ups
15 No Kip hand stand push-ups
15 **Double squat** wall ball shots, 20#/14# <== Unbroken
15 One-arm power snatch, 95#/65# - Left
15 One-arm power snatch, 95#/65# - Right
2 Non-consecutive no legs rope climbs (must climb rope 2 **separate** times within the WOD)

The Bear Complex

7 sets of the sequence:

Power clean
Front squat
Push press
Back squat
Push press

5 rounds

Rest between rounds as needed.

No resting the bar on the ground during the set.

Go for MAX load on last round.

::WOD::

Five rounds for time of:

10 Hang power snatches, 115#/80#

40 Double unders

Notes: Scale snatches as needed. Must be able to go unbroken for at least the first round for snatches. We'll have our usual 5-1 ratio of singles to DUs.

Eight rounds for time of:

10 Pull-ups

10 Wall ball shot

18 Minute time limit. (Scale as needed.)

Notes: Wall ball shots are no different than any other squat based movement. Full range starts with the hips fully open (standing tall) until you squat down with the hip crease below the knee.

*Note how many rounds you go unbroken.

14 Minute AMRAP

10 Shoulder to overhead, 115#/75#

15 Kettlebell swings, 53#/35#

20 Hand release push-ups

Notes: No "competition snatch swings." Perform true American swings.



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