

|                | Monday                                                                    | Tuesday          | Wednesday                                                                       | Thursday         | Friday                                                           |
|----------------|---------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------|------------------|------------------------------------------------------------------|
| <b>Week 1</b>  | Deadlift<br>15, 12, 9                                                     | Run<br>400 m     | Push Press<br>15, 12, 9                                                         | Run<br>400 m     | Squat<br>15, 12, 9                                               |
| <b>Week 2</b>  | Deadlift<br>18, 15, 12                                                    | Run<br>400 m     | Push Press<br>18, 15, 12                                                        | Run<br>400 m     | Squat<br>18, 15, 12                                              |
| <b>Week 3</b>  | Deadlift<br>15, 12, 9                                                     | Run<br>400 m x 2 | Push Press<br>15, 12, 9                                                         | Run<br>400 m x 2 | Squat<br>21, 18, 15                                              |
| <b>Week 4</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12                               | Run<br>400 m x 2 | Push Press x 12<br>Run 400 m<br>Push Press x 12                                 | Run<br>400 m x 2 | Squat x 18<br>Run 400 m<br>Squat x 18                            |
| <b>Week 5</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12                               | Run<br>400 m x 3 | Push Press x 12<br>Run 400 m<br>Push Press x 12                                 | Run<br>400 m x 3 | Squat x 21<br>Run 400 m<br>Squat x 21                            |
| <b>Week 6</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 3 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 3 | Squat x 21<br>Run 400 m<br>Squat x 21<br>Run 400 m<br>Squat x 21 |
| <b>Week 7</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 4 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 4 | Squat x 21<br>Run 400 m<br>Squat x 21<br>Run 400 m<br>Squat x 21 |
| <b>Week 8</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 4 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 4 | Squat x 24<br>Run 400 m<br>Squat x 24<br>Run 400 m<br>Squat x 24 |
| <b>Week 9</b>  | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 5 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 5 | Squat x 24<br>Run 400 m<br>Squat x 24<br>Run 400 m<br>Squat x 24 |
| <b>Week 10</b> | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 5 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 5 | Squat x 27<br>Run 400 m<br>Squat x 27<br>Run 400 m<br>Squat x 27 |
| <b>Week 11</b> | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 6 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 6 | Squat x 27<br>Run 400 m<br>Squat x 27<br>Run 400 m<br>Squat x 27 |
| <b>Week 12</b> | Deadlift x 12<br>Run 400 m<br>Deadlift x 12<br>Run 400 m<br>Deadlift x 12 | Run<br>400 m x 6 | Push Press x 12<br>Run 400 m<br>Push Press x 12<br>Run 400 m<br>Push Press x 12 | Run<br>400 m x 6 | Squat x 30<br>Run 400 m<br>Squat x 30<br>Run 400 m<br>Squat x 30 |

# Crossfit Journal Training Guide

**R Bogdan**



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## **Table of Contents Crossfit Journal Training Guide**

1. Understanding the eBook Crossfit Journal Training Guide
  - The Rise of Digital Reading Crossfit Journal Training Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Crossfit Journal Training Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Crossfit Journal Training Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Crossfit Journal Training Guide
  - Personalized Recommendations
  - Crossfit Journal Training Guide User Reviews and Ratings
  - Crossfit Journal Training Guide and Bestseller Lists
5. Accessing Crossfit Journal Training Guide Free and Paid eBooks
  - Crossfit Journal Training Guide Public Domain eBooks
  - Crossfit Journal Training Guide eBook Subscription Services
  - Crossfit Journal Training Guide Budget-Friendly Options
6. Navigating Crossfit Journal Training Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Crossfit Journal Training Guide Compatibility with Devices
  - Crossfit Journal Training Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Crossfit Journal Training Guide
  - Highlighting and Note-Taking Crossfit Journal Training Guide
  - Interactive Elements Crossfit Journal Training Guide
8. Staying Engaged with Crossfit Journal Training Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Crossfit Journal Training Guide
- 9. Balancing eBooks and Physical Books Crossfit Journal Training Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Crossfit Journal Training Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Crossfit Journal Training Guide
  - Setting Reading Goals Crossfit Journal Training Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Crossfit Journal Training Guide
  - Fact-Checking eBook Content of Crossfit Journal Training Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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