

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

Crossfit Journal Training Guide

Paul Hough, Brad Schoenfeld



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independence improving your health and igniting your confidence through achievable science backed fitness methods Whether you re just starting out or already active crossfit offers scalable solutions that meet you where you are without the intimidation **Down and Dirty** Matt Davis,2014-07-01 Obstacle course races and mud runs such as Tough Mudder Spartan Race Warrior Dash Rugged Maniac and Muddy Buddy are all waiting for you to get Down and Dirty Author Matt B Davis offers an overview of the most popular races before tackling the most important concerns for any racer preparation and training Each obstacle focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race whether it s your first or you re a recent devotee who wants to try them all Because each race is different this book will supply training advice for a variety of obstacles and races *The Combat Position* Christopher Brennan,2011 Firefighting is combat and should be viewed as a warrior s calling Firefighters put themselves in harm s way to protect others a selflessness rooted in the same noble drive as the military warriors who defend our nation This book about combat is meant to be a guide for those who seek to follow a warrior s path the path of the fire service warrior Today s firefighter must be a warrior who will unflinchingly put his very life in harm s way to accomplish a mission but who is also fully informed about the path being chosen Embracing the philosophy of the fire service warrior and striving for the ready position the synthesis of physical and mental readiness that allows for optimum fireground performance can reduce firefighter injuries and fatalities The Combat Position Achieving Firefighter Readiness will be an invaluable tool for firefighters company officers chief officers and instructors *Professional Journal of the United States Army* ,2014

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Water Polo Players Guide Jesse Phillips, 2012-10-14 The Water Polo Players Guide is a resource for High School water polo athletes to learn about Philosophies of Athletics specific to Water Polo Strength and Conditioning Nutrition Supplements Hydration Game tactics Strategy This guide is not a resource to teach the fundamentals of the sport but rather an intermediate book to help develop high school water polo athletes The book contains blank pages for individual high school athletes and teams to add their own special 6 on 5 after goal and time out plays Please contact me with any questions you have or ideas on how to make this resource a more valuable tool for high school water polo athletes Jesse Phillips Jesse rosevillecrossfit com

Advanced Personal Training Paul Hough, Brad Schoenfeld, 2021-11-14 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence This book allows readers to develop their understanding of the scientific rationale behind important components of personal training such as monitoring fitness and training programme design Each chapter synthesizes the findings of cutting edge scientific research to identify optimum training methods and dispel some myths that are prevalent in the fitness industry The chapters within this new edition have been written by internationally renowned experts from several disciplines including strength and conditioning physiology psychology and nutrition Contributions have also been made from esteemed academics who have conducted some of the scientific studies discussed within the book The authors have interpreted and summarised the scientific evidence and produced evidence based recommendations allowing readers to explore the latest concepts and research findings and apply them in practice The book includes several new chapters such as evidenced based practice EBP and designing training programmes female clients This second edition remains the essential text for fitness instructors personal trainers and sport and exercise students The book provides an invaluable resource for fitness courses exercise science degree programmes and continued professional development for exercise professionals

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