

SAMPLE PROGRAM

Coach Sam Smith

BEGINNER

BIG DAWGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>A) Back Squat: @ 20X1; Build to a tough set of 6 for the day *only 1 tough set</p> <p>B) Back Off Sets: Back Squat @ 20X1; 6 reps @ 90% of max set from above x 5 sets, rest 2-4 min b/t sets *Control with great positions here!</p> <p>C) Sn EMOM (Ext): 1 Snatch Pull + 2 Low Hang Squat Snatch every 90 sec x 8 sets; 4 @ 130-135, 4 @ 135-140 *Film last set *Wider grip, staying over that bar longer</p> <p>D) Upper CP Potential: Stationary Dip @ 40X0; Build to a 6 RM for the day + Supinated Grip Strict Pull Up @ 20X0; Build to a 6 RM for the day</p> <p>E) 3 sets: 30m Double KB Front Rack Carry @ tough load -into- 30 sec Ring FLR -90 sec rest-</p>	<p>A) Bending (Vol): Sumo Deadlift @ 20X0; 6 tough reps every 3 min x 5 sets *Start @ 205#, build per set, Double overhand hook grip *Can use straps if you have them</p> <p>B) EMOM x 6 minutes: 10 DB Reverse Lunges - tough / tall chest</p> <p>C) Gym EMOM (BW): EMOM x 20 minutes: 5 min- 5 Hand Release Push Ups every 30 sec 5 min- 2-3 Strict C2B every 30 sec 5 min- 5 DB Push Press every 30 sec 5 min- 5 Bent Over DB Row every 30 sec</p> <p>D) Cyclical MAP (Power): 8 sets: 30 sec Row @ 92% 60 sec walk *drive with hips *sustained output for all sets but don't be afraid to rip on it</p>	<p>REST DAY</p>	<p>A) Front Squat: @ 20X1; Build to a tough set of 6 for the day *only 1 tough set</p> <p>B) Back Off Sets: Front Squat @ 20X1; 6 reps @ 90% of max set from above x 5 sets, rest 2-4 min b/t sets *Control with great positions here!</p> <p>C) Cn EMOM (Ext): 1 Clean Pull + 1 Low Hang Squat Clean + 1 Split Jerk every 90 sec x 8 sets; 4 @ 155-165, 4 @ 165-175 *Film last set *Wider grip, staying over that bar longer</p> <p>D) Upper CP Potential: Bench Press @ 40X0; Build to a 6 RM for the day + Pronated Grip Strict Pull Up @ 20X0; Build to a 6 RM for the day *Go back n forth b/t the 2 movements until you hit your top end set</p> <p>E) 2 sets: 45 sec Sorensen hold - weighted 45 sec Side Plank / Side *rest as needed</p>	<p>A) Prep + MAP 7 (Mixed / Gym): 15 min EZ: 1 min Row 1 min Ski 1 min Bear Crawl 1 min Single Unders 1 min Burpees -no jump @ top + rest + 10 min AMRAP @ 80%/Sustianed Power: 12 Cal Row 9 Box Jump Step Down @ 24" 3 Burpee C2B Pull Up -4 min walk- 10 min AMRAP @ 80%/Sustianed Power: 12 Cal Ski 12 Hand Release Push Ups 50m Farmer Walk @ 70#/hand -4 min walk- 10 min AMRAP @ 80%/Sustianed Power: 200m Run on True Form 3 C2B 5 Air Squats 7 T2B</p>	<p>A) TnG Work: Low Hang Snatch High Pull x 2 + Low Hang Squat Snatch x 2 every 90 sec x 5 sets @ 115# *Extension! + Low Hang Clean Pull x 2 + Low Hang Squat Clean x 1 + Pause Split jerk x 1 every 90 sec x 5 sets @ 145# *Extension / pause in dip and drive with legs!</p> <p>B) Bending (Int): Clean Grip Deadlift @ 21X1; 6 tough reps x 5 sets, rest 3-4 min b/t sets *WORK</p> <p>C) 3 sets: Lying Leg Curls on Machine @ 2011; 12 TOUGH reps -rest 15 sec- GHD Hip Extension @ 1010; 18-20 fast reps -rest 2 min-</p> <p>D) Core: EMOM x 8 minutes: 4 min- 6-8 Roman Chair Knee Raises @ 2020 4 min- 30-35 sec Plank on Elbows -weighted if able</p>	<p>REST DAY</p>

SAMPLE PROGRAM

Coach Sam Smith

INTERMEDIATE

BIG DAWGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>A) 3 sets / prep: 10 Cal AB 5/leg DB RDL -slow / load the ass 30 sec Anti Rotation Plank + 1 tough seated box jump every 20s x 10 reps + Snatch Prep: 2 sets: 3 Hang Power Snatches 3 Hang Squat Snatches 3 Snatch Balances @ 20kg bar</p> <p>B) Sn Complex (Ext): 1 Low Hang Squat Snatch every 75 seconds x 9 reps; 3 @ 82.5-85kg, 3 @ 85-87.5, 3 @ 87.5-92.5kg</p> <p>C) Back Squat (10/8/6/4/2): @ 10X0; 2 tough reps x 5 sets, rest as needed</p> <p>D) @ Skill Effort: 21-15-9 GHDSU *b/t sets: 10-10-10 Alt Pistols w/ counter balance</p> <p>E) Aerobic MAP: 1 set: 2 min AB @ 90% 2 min Ski @ 90% 2 min walk 2 min Row @ 90% 2 min AB @ 90% 2 min walk 2 min AB @ 90% 2 min walk 2 min AB @ 90% 2 min Ski @ 90%</p>	<p>Warmup: Thoracic Flow; 3 sets; rest as needed</p> <p>A) Upper CP : Bench Press @ 40X0; 2-3 tough reps x 3 sets -rest 1:30- Single Arm Landmine Row @ 2012; 8 tough reps / arm (use straps) x 3 sets -rest 1:30- + B) LSD Gym: 4 rounds: 15 Cal AB @ 60-62 RPM 5 BMU -into- 4 rounds: 15 Cal Row @ 1050-1100 cal/hr 8 Strict HSPU -into- 4 rounds: 15 Cal Ski @ 1000 cal/hr 10 C2B -stay long!</p>	<p>A) Prep + TnG + Bending + EMOM: 3 rounds @ warm up pace: 8 Alt Step Up @ 30" 5/arm Hang KB Snatch - increase load per set 30 sec Ring Body Saw + 1 Snatch Pull + 2 Low Hang Squat Snatch every 90 sec x 5 sets @ 65kg *stay over the bar + 1 Clean Pull + 2 Low Hang Squat Cleans + 1 Push Jerk every 90 sec x 5 sets @ 75kg + Clean Grip Deadlift @ 10X0; 2 TnG every 4 min x 4 sets; start @ 150kg, build per set, tough sets with great positions! *use straps! + Every 8 minutes x 3 sets @ 80%/Sustained Power: 20 Cal Row 9 Hang Power Clean @ 115# 6 FS @ 115# 3 S20 @ 115# 20 Cal AB 15 WB @ 30# to 10'</p>	REST DAY	<p>A) 10 min flow / warm up: 12 Cal AB 1/arm Bottom's UP TGU @ 10kg - slow 30 sec Star Plank /Side 15 GHD Hip Extensions -squeeze at top + 1/side Max vertical jump x 3 sets</p> <p>B) Clean Complex (Ext): 1 Low Hang Squat Clean + 1 Split Jerk every 90 sec x 8 sets; 2 @ 100-102.5, 2 @ 102.5-105, 2 @ 105-107.5, 2 @ 107.5-110kg</p> <p>C) Front Squat: @ 10X0; 3 fast reps @ 70% RM per min x 12 mins + D) Upper CP (Gym): 3 rounds @ sustained power: 12 Cal AB 3 Kipping HSPU to 6" Deficit 4 RMU 5 Strict Ring Dips + 4 min rest + 3 rounds @ sustained power: 12 Cal Ski 2 RC to 15' w/ legs 4 T2B 6 C2B E) Cool down: 3 rounds EZ: 15 Cal AB @ 50-55 RPM 2/arm TGU @ 32kg</p>	<p>A) 10 min flow: 10 cal Ski Erg 50 Wtd Single Unders 2 Wall Walks w/ 5 sec hold @ top 3 Skin the Cat on Rings-SLOW B) Jerk Tech + Jerk: Tall Jerk; 3 reps @ 95# x 2 sets + Push Press; 2 TnG tough reps x 3 sets, rest 2-3 min b/t sets *Building per set C) IGT (Non -> Fatigued) : 2 sets: 30 Cal Row @ 75% 10 Burpee BMU -3 min walk- + 5 min rest + 2 sets: 30 Cal AB @ 75% AMRAP UB Strict HSPU minus 1 rep (stop 1 short of failure) -rest 5 sec- Kipping HSPU x same # of reps performed strict -3 min walk- + 5 min rest + 2 sets: 30 Cal Ski @ 75% 15 Toes Thru Rings -stay low -3 min walk-</p>	REST DAY

SAMPLE PROGRAM

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ADVANCED

BIG DAWGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM</p> <p>A) Prep + MAP Work (3-5 min; mixed): 15 min flow:</p> <p>1 min AB</p> <p>30 sec Star Plank / Side (scap packed)</p> <p>30 Wtd Single Unders</p> <p>1 min Row</p> <p>10m Bear Crawl -SLOW</p> <p>10m Reverse Bear Crawl -SLOW</p> <p>30 sec Ring FLR (full protraction)</p> <p>+</p> <p>rest</p> <p>+</p> <p>2 sets @ 85%/High Effort:</p> <p>3 min AMRAP: 15 Cal Row + 10 KBS @ 32kg</p> <p>2 min walk</p> <p>3 min AMRAP: 12 Cal Ski Erg + 9 Burpees -no jump @ top</p> <p>2 min walk</p> <p>3 min AMRAP: 9 Cal AB + 8 Toes to Bar</p> <p>2 min walk</p> <p>*same scores on second set!</p> <p>-----</p> <p>PM</p> <p>A) prep work:</p> <p>2 sets:</p> <p>5/side Half Kneeling Landmine Press @ 32X2 -light load / get scap rotating</p> <p>10-20 sec Single Arm HS Hold Against Wall</p> <p>20 sec Bent Knee Hold on Bar (curl knees to chest and actively pull DOWN on the bar)</p> <p>+</p> <p>2 sets:</p> <p>Single Arm DB Split Jerk; 5 reps / arm (working on that right scap to rotate and stabilize OH)</p> <p>Barbell Tall Jerk; 3 reps @ 95# - perfect symmetry (use a mirror if you have it)</p> <p>+</p> <p>1 Max Effort Reverse OH Med Ball Throw every 15 sec x 10 reps @ 20# slam ball</p> <p>*Extend the hips!</p> <p>B) Sn EMOM (High): 1 Snatch Pull + 1 Hang Squat Snatch + 1 Low Hang Squat Snatch every 90 seconds x 6 sets; 2 @ 195, 205, 215</p> <p>*Extend!</p> <p>C) Cn EMOM (High): 1 Squat Clean + 1 Hang Squat Clean + 1 Pause Split Jerk (pause in dip for 2 sec) every 90 seconds x 6 sets; 2 @ 235, 245, 255</p> <p>D) Front Squat (low): 5-4-3-2, rest as needed</p> <p>*All tough sets</p> <p>*Solid sets</p>	<p>AM</p> <p>A) Prep + MAP 7 x 3 (Mixed): 10 min Flow:</p> <p>1 min AB</p> <p>1 min Row</p> <p>1 min Alt Step Up</p> <p>1 min Ski</p> <p>1 min Jog</p> <p>+</p> <p>10 minutes @ 80%/Sustained Power:</p> <p>15 Cal Row</p> <p>10 Alt DB Power Snatch @ 75#</p> <p>5 Box Jump Step Down @ 30"</p> <p>-4 min walk-</p> <p>10 minutes @ 80%/Sustained Power:</p> <p>12 Cal AB</p> <p>9 WB @ 30# to 10'</p> <p>6 RMU -stay LONG</p> <p>-4 min walk-</p> <p>10 minutes @ 80%/Sustained Power:</p> <p>9 Cal Ski Erg</p> <p>6 Axle Bar Front Rack walking Lunges @ 165#</p> <p>3 Burpees over Bar</p> <p>-----</p> <p>PM</p> <p>A) Bending Tough :</p> <p>Clean Grip Deadfit @ 11X1; 5 reps x 3 sets, rest 3-4 min b/t sets</p> <p>*Reset b/t all reps</p> <p>*Start @ 335#, add 20 #per set</p> <p>*Set your spine and maintain it</p> <p>B) Alac -> LP + Recovery + LE :</p> <p>12 sec ALL OUT on AB every 2 min x 8 sets</p> <p>*Slow spin remaining time</p> <p>+</p> <p>10 min EZ:</p> <p>1 min AB</p> <p>1 min Row</p> <p>1 min Single Unders</p> <p>1 min Lunging</p> <p>1 min Ski Erg -EZ</p> <p>+</p> <p>rest</p> <p>+</p> <p>For Time @ 85-90%/High Effort:</p> <p>18-15-12</p> <p>Row Cals</p> <p>9-12-15</p> <p>DB FS @ 50#/hand</p> <p>12-9-6</p> <p>Burpee Over Rower</p>	<p>AM</p> <p>A) RTW FLOW:</p> <p>45 min EZ:</p> <p>1 min Jog</p> <p>1 min Row @ damper 1</p> <p>1 min AB</p> <p>1 min left Side Plank</p> <p>1 min Lunges</p> <p>1 min Right Side Plank</p> <p>-----</p> <p>PM</p> <p>A) IGTs + IWTs (Fatigued):</p> <p>3 sets:</p> <p>30 Cal AB @ 70 RPM</p> <p>1 LLRC to 15'</p> <p>8 Strict HSPU -no deficit</p> <p>1 RC to 15' w/ legs</p> <p>-2 min walk-</p> <p>+</p> <p>5 min rest</p> <p>+</p> <p>3 sets:</p> <p>30 Cal Row @ 1300 cal/hr</p> <p>5 TnG PC @ 165#</p> <p>4 FS @ 165#</p> <p>3 S2O @ 165#</p> <p>-2 min walk-</p> <p>+</p> <p>5 min rest</p> <p>+</p> <p>3 sets:</p> <p>30 Cal Ski Erg @ 1050 cal/hr</p> <p>5 Burpee BMU</p> <p>5 BMU</p> <p>-2 min walk-</p> <p>+</p> <p>5 min rest</p> <p>+</p> <p>3 sets:</p> <p>800m Run @ 80%</p> <p>5 TnG PS @ 115#</p> <p>4 Hang SS @ 115#</p> <p>3 OHS @ 115#</p> <p>-2 min walk-</p>	<p>REST DAY</p>	<p>AM</p> <p>A) Prep + MAP 1/2/3 -> MAP 6:</p> <p>2 sets @ 85%/High Effort:</p> <p>30 sec AB</p> <p>30 sec walk</p> <p>60 sec Alt DB Squat Snatch @ 80#</p> <p>60 sec walk</p> <p>90 sec of: 4 Right Arm Hang PC to OH @ 80# + 2 Box Jump Overs @ 30" + 4 Left Arm Hang PC to OH @ 80# + 2 Box Jump Overs @ 30"</p> <p>90 sec walk</p> <p>120 sec of: 12 Cal AB + 15 Air Squats</p> <p>120 sec walk</p> <p>+</p> <p>5 min rest</p> <p>+</p> <p>2 sets @ 85%/High Effort:</p> <p>30 sec Row</p> <p>30 sec walk</p> <p>60 sec Alt DB Power Snatch @ 80#</p> <p>60 sec walk</p> <p>90 sec of: 30 WB @ 30# to 10' + 11 Burpee Box Jump Overs @ 24"</p> <p>90 sec walk</p> <p>120 sec of: 9 Cal Ski + 6 GHDSU + 3 Strict HSPU</p> <p>120 sec walk</p> <p>*sustained output here on second set!</p> <p>-----</p> <p>PM</p> <p>A) Prep:</p> <p>3 sets:</p> <p>Nerve gliding + Half Kneeling light pressing, getting scap rotating</p> <p>B) Sn Int:</p> <p>Squat Snatch + Hang Squat Snatch + Low Hang Squat Snatch; build to a tough set for the day in less than 15 minutes</p> <p>*PUSH with legs, arms relaxed, chest up off floor!</p> <p>C) Cn Int:</p> <p>Squat Clean; 1.1.1 - build to a tough set for the day in less than 15 min</p> <p>*Reset b/t all reps</p> <p>D) Back Squat: Build to a tough set of 5 for the day</p> <p>*Only 1 tough se</p>	<p>A) Prep work:</p> <p>2 sets:</p> <p>Nerve Glide; 1 min / side</p> <p>+</p> <p>2 sets:</p> <p>Star Plank on Elbow; 30 sec / side w/ packed scap!!</p> <p>Single Arm Ring Row Hold @ top; 20 sec / side w/ supinated grip and PACKED scap</p> <p>+</p> <p>3 sets:</p> <p>Single Arm Balance Against Wall in HS; 20 sec / side</p> <p>*Slowly shift weight to one hand, then work on packing that scap as you support yourself, weaker arm first</p> <p>*full rest / recovery here</p> <p>+</p> <p>2 sets:</p> <p>pHSPU Negative @ 4 sec lowering to 12" x 2 reps</p> <p>*pause in bottom for 1 sec and remain on tension</p> <p>Side Plank Rotation; 5 SLOW reps / side (scap packed)</p> <p>B) Upper CP Gym:</p> <p>5 sets:</p> <p>Strict HSPU to Tough deficit; 1.1.1 (10 sec b/t reps)</p> <p>*Maintain great positions and R to L balance each rep</p> <p>*Eyes forward NOT down</p> <p>-rest 1:30-</p> <p>L Sit Pull Up @ 2212; 1.1.1 (10 sec b/t reps)</p> <p>*make these perfect</p> <p>-rest 1:30-</p> <p>C) MAP 5/10/15 (Gym Based):</p> <p>5 min AMRAP @ High Effort:</p> <p>Burpee RMU</p> <p>*Goal is 25 reps</p> <p>-2:30 walk-</p> <p>10 min AMRAP @ 85%/Sustained Power:</p> <p>10 Box Jump Overs @ 24" -all the way over</p> <p>10 Kipping HSPU</p> <p>10 Box Jump Overs @ 24" -all the way over</p> <p>10 C2B</p> <p>-4 min walk-</p> <p>15 min AMRAP @ 80%/Sustained Effort:</p> <p>200m Run</p> <p>1 Rope Climb to 15' w/ legs</p> <p>3 Power Cleans @ 185#</p> <p>5 S2O @ 185#</p>	<p>REST DAY</p>