



Programming Template Beginning January 4th, 2021

We utilize a 10-day cycle Monday-Saturday. Sundays are cardio days with less technical movements focused on conditioning. Days may deviate slightly from this outline to accommodate holidays and hero workouts. Check the schedule and Wodify!

Day 1

Compound Lift
(Lower Body)
Short Metcon

Day 2

Medium-Long Metcon
Core Accessory Work

Day 3

Compound Lift
(Upper Body)
Gymnastic Work
Medium Metcon

Day 4

Olympic Lifting Complex
Short Metcon

Day 5

Mental Toughness Day
Extra-long Metcon

Day 6

Compound Lift
(Lower Body)
Medium Metcon

Day 7

Medium-Long Metcon
Core Accessory Work

Day 8

Compound Lift
(Upper Body)
Gymnastic Work
Medium Metcon

Day 9

Olympic Lifting Complex
Short Metcon

Day 10

Mental Toughness Day
Extra-long Metcon

Glossary:

Short Metcon: Less than 8 minutes
Medium Metcon: 8-15 minutes
Long Metcon: More than 15 minutes
Extra-Long Metcon: Grit

Compound Lifts: Includes power lifts (squat, deadlift, press), kettlebells, dumbbells, and more
Olympic Lifts: Variations and complexes of cleans, jerks, and snatches