

# CROSSFIT

## LAS VEGAS

DATE	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
Jan 23	-Back Squat (15) -GHR	-Press (24) -GHD Sit ups	OFF	-Snatch (18) -Bench (18)	-Deadlift (24) -Max Rep Pull Ups
Sets, Reps, & Weight					
Jan 30	-Back Squat (15) +5lbs -Supine ring pull ups	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (18) +5lbs -GHR	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Feb 6	-Back Squat (15) +5lbs -GHR	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (18) +5lbs -Bench (18) +5lbs	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Feb 13	-Back Squat (12) +5lbs - Supine ring pull ups	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (15) +5lbs -GHR	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Feb 20	-Back Squat (12) +5lbs -GHR	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (15) +5lbs -Bench (18) +5lbs	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Feb 27	-Back Squat (7) +5lbs - Supine ring pull ups	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (15) +5lbs -GHR	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Mar 5	-Back Squat (7) +5lbs -GHR	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (15) +5lbs -Bench (15) +5lbs	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					
Mar 12	-Back Squat (7) +5lbs -Supine ring pull ups	-Press (24) +5lbs -GHD Sit ups	OFF	-Snatch (15) +5lbs -GHR	-Deadlift (24) +5lbs -Max Rep Pull Ups
Sets, Reps, & Weight					



For GHD and GHR always do 4 x 12

For Pull-ups always do max sets for the same amount of sets you do the lift in. ie if it takes you 4 sets to do you total amount of lifts you will do 4 sets of max rep pull-ups.

The addition to Structured Strength will be a CrossFit Total done on your own during open barbell, or on Monday March 19 @ 11am or 5pm. On March 19th a coach will be present during at 11am or 5pm to help out. This coach will probably be Mikey. Please come early and warm yourself up. **FYI CrossFit total takes about an hour and 30 minutes to do without a warm up.** Keep an eye on the strength blog for more info as the day draws near.

LIFT	RESULT
Back Squat	
Deadlift	
Press	

CROSSFIT TOTAL: \_\_\_\_\_

Definition of Terms:

Prilepin's Chart

Percent	Reps per Set	Range of Reps	Optimal Total
Below 70%	3 - 6	18 - 30	24
70% - 79%	3 - 6	12 - 24	18
80% - 89%	2 - 4	10 - 20	15
90%+	1 - 2	4 - 10	7

Using the chart. Take the bold number after the lift and figure out ANY combo of sets and reps that equal the bold number. It can be the same reps per set (ie 3 x 5) you can do more reps one set then another set (ie 3 reps, then 4 reps)

Example:

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 16	-Back Squat <b>15</b> -Supine ring pull ups	-Press <b>24</b> -GHD Sit ups	OFF	-Snatch <b>15</b> -GHR	-Deadlift <b>24</b> -Max Rep Pull Ups
Sets, Reps, & Weight	3 x 5 @300, 5 x 3 @300, OR? 5, 3, or ? sets of pull-ups	6 x 4 @100, 4 x 6 @100, OR? 6 or 4 sets of sit-ups	YAY REST!	5 x 3 @ 145  5 sets of GHR	6 x 4 @225, 4 x 6 @ 225 OR ? 4, 6, or ? sets of pull-ups