
1.1

Welcome to your performance plan. This is written to be used 5 Days per week with planned off days on Wed/ Sun. Days off can be moved around depending on schedule. Supplement with 2-3 Days of Base train (30-60 mins at below 70% Max HR)

WODS can be substituted with 2 Classes per Week.

Each day we'll work on a skill that will be translated into a workout. Focus on quality form during the instruction period and then use that form in the drills

Week 1 Notes

Our goal is to build a strong base and create positive gains. You won't always be tested on cardiovascular endurance as we build based components and skills so watch your HR closely.

Our focus is building power in your lifts that will translate to your runs. We want to make sure your legs perform well while compromised from exercises.

Day 1 Notes

Our goal is to continuously test our functional max on lifts and then translate that into working sets. Today we'll start with:

Strength: Deadlift

Skill: Ski

WOD- 15 Min AMRAP of 8 Cal Ski/ 4 Burpees Over Bar/ 4 Deadlift at 50% 1RM

1.1



Regular workout

Created by Cerus on 30 Mar 2023, last updated on 26 Apr 2023.

est. 1h 20m

Equipment

Bands (handles) Barbell Dumbbell Bands (loops)

Instructions

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










Day 1 Notes

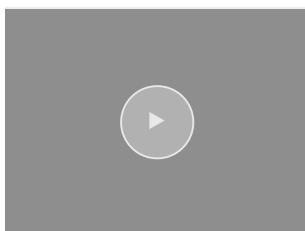
Our goal is to continuously test our functional max on lifts and then translate that into working sets. Today we'll start with:

Strength: Deadlift

Skill: Ski

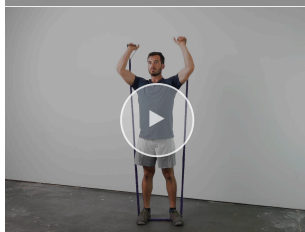
WOD- 15 Min AMRAP of 8 Cal Ski/ 4 Burpees Over Bar/ 4 Deadlift at 50% 1RM

	Concept 2 Rowerg	1 set x 3 min	
	Band Shoulder Press	3 sets x 5	
	Band External Shoulder Rotat...	3 sets x 5	
	Band Internal Shoulder Rotati...	3 sets x 5	
	Band Internal Shoulder Rotati...	3 sets x 5	
	Band Shoulder Extension	3 sets x 5	
	Band Single Arm Shoulder Ad...	3 sets x 5	
	Superband Single Arm Shoul...	3 sets x 5	
	Rest for 60 sec		
	Barbell Deadlift	6 sets x Build to heavy deadlift + pau...	👉 Rest 30 sec between sets
	Barbell Deadlift	10 sets x Use 80% of Your Heavy fro...	👉 Rest 50 sec between sets
	Rest for 60 sec		
	Dumbbell Single Arm Bent Ov...	3 sets x Accessory Lift: 3X10 Single ...	👉 Rest 90 sec between sets
	Rest for 60 sec		
	SkiErgTechnique Learn How...	1 set x 5 min, Form practice. Focus ...	👉 Rest 90 sec between sets
	SkiErgTechnique Learn How...	5 sets x 250M at your 500M Pace. 1:...	👉 Rest 60 sec between sets
	Rest for 60 sec		
	AMRAP 15: Ski, BoB, DL	1 set	



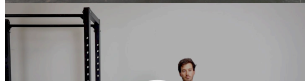
Concept 2 Rowerg

500 Meters on the Concept 2 Rower



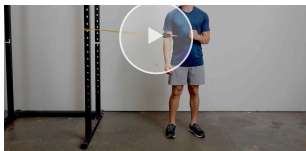
Band Shoulder Press

- 1) Stand with both feet on the center of the band, hip-width apart.
- 2) Bring handles of the band above shoulders so that elbows are bent 90 degrees.
- 3) Press arms straight up until elbows are lock. Slowly lower to the start position and repeat.

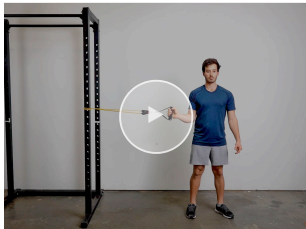


Band External Shoulder Rotation (0 degrees)

1. Start by securing a band to an anchor point at hip's height.

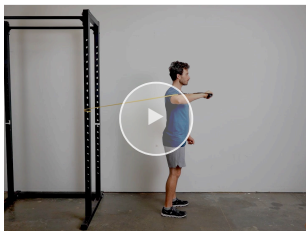


2. Stand with the handle in one hand, and your body parallel to the band.
3. Bring the hand of the banded arm up so that your elbow is bent to 90 degrees.
4. Slowly push the band outwards and away from your body, and the anchor point.
5. Return to the start position. Repeat on the opposite side.



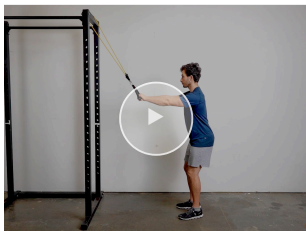
Band Internal Shoulder Rotation (0 degrees)

1. Start by securing a band to an anchor point at about hip height.
2. Stand with the handle in one hand, and your body perpendicular the anchor point. Hold the band in the hand closest to the anchor point.
3. Bring the arm of the banded hand up so that your elbow is bent to 90 degrees.
4. Point your hand straight forward, then slowly push the band inwards and away from the anchor point.
5. Return to the start position. Repeat on the opposite side.



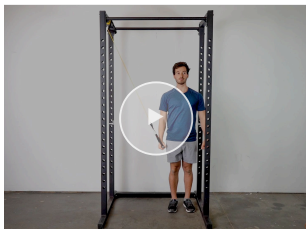
Band Internal Shoulder Rotation (90 degrees)

1. Start by securing a band to an anchor point at chest height.
2. Stand with the handle in one hand, and facing away from the anchor point.
3. Bring the arm of the banded hand up so that your upper arm is parallel to the floor, and elbow bent to 90 degrees.
4. Point your hand towards the ceiling, then slowly push the band forwards and away from the anchor point.
5. Return to the start position. Repeat on the opposite side.



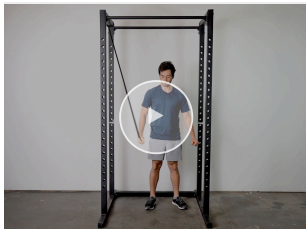
Band Shoulder Extension

1. Start by securing a band to an anchor point above head height.
2. With the handles in both hands, stand facing the anchor point.
3. Reach both arms straight up towards the anchor point, then bring them down towards your sides without bending the elbows.
4. Reach back up, and repeat.



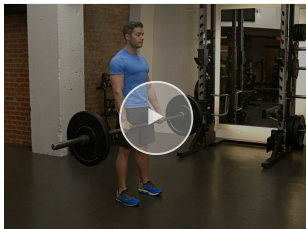
Band Single Arm Shoulder Adduction

1. Start by securing a band to an anchor point at head height or above.
2. Stand with the band at your side, holding it with a single arm.
3. With your arm parallel to the ground, pull the band until it is down by the side of your thigh.
4. Return to the start position, and repeat on the opposite side.



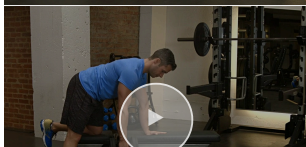
Superband Single Arm Shoulder Adduction

1. Start by securing the band to an anchor point at head height or above.
2. Stand with the band at your side, holding it with a single arm.
3. With your arm parallel to the ground, pull the band until it is down by the side of your thigh.
4. Return to the start position, and repeat on the opposite side.



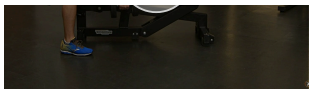
Barbell Deadlift

- 1) Stand and hold a barbell with both hands in an overhand grip.
- 2) With your back straight and knees locked, bend your body at your waist and lower down to the floor.
- 3) Then straighten up while still holding the bar at arms length. This is a very difficult exercise and is not meant for beginners.



Dumbbell Single Arm Bent Over Row

- 1) Place one knee on a bench, one hand in a push-up position. Body parallel to the floor with back straight, one hand holding the dumbbell onto your side.
- 2) Pull the dumbbell up to the side of your chest, keeping arm close to the body.



2) Pull the dumbbell up to the side of your chest, keeping arm close to the body.

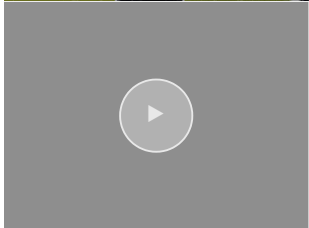
3) Lower the dumbbell returning to starting position.

4) Complete all reps on one side before switching to the other side.



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AMRAP 15: Ski, BoB, DL

As Many Rounds + Reps As Possible Of:
 10/8 Cal Ski
 4 Burpees Over Bar
 4 Deadlift at 50% of 1RM

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
Concept 2 Rowerg	reps									
Band Shoulder Press	reps	reps	reps							
Band External Shoulder Rotation (0 degrees)	reps	reps	reps							
Band Internal Shoulder Rotation (0 degrees)	reps	reps	reps							
Band Internal Shoulder Rotation (90 degrees)	reps	reps	reps							
Band Shoulder Extension	reps	reps	reps							
Band Single Arm Shoulder Adduction	reps	reps	reps							
Superband Single Arm Shoulder Adduction	reps	reps	reps							
Rest										
Barbell Deadlift	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs				
Barbell Deadlift	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs
Rest										
Dumbbell Single Arm Bent Over Row	reps x lbs	reps x lbs	reps x lbs							
Rest										
SkiErgTechnique Learn How to Use the SkiErg Concept2	reps x lbs									
SkiErgTechnique Learn How to Use the SkiErg Concept2	reps x lbs	reps x lbs	reps x lbs	reps x lbs	reps x lbs					
Rest										
AMRAP 15: Ski, BoB, DL	reps									

Previous Stats

