



## Warm Up: Cardio Day!

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

## Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

## “The Stretch”



## Conditioning: AMRAP Distance

- 5:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 14 or 20 Db Alt Snatches(ttl)
  - 10-20 or 30 BW Step Overs(ttl)
- 4:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 10 or 16 Db Alt Snatches(ttl)
  - 10 or 20 BW Step Overs(ttl)
  - 5 or 10 BB
- 3:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 6 or 12 Db Alt Snatches(ttl)
  - 8 or 16 BW Step Overs(ttl)
  - 4 or 8 BB
  - 7, 10, or 12 Cals Biked
- 2:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 4 or 10 Db Alt Snatches(ttl)
  - 6 or 12 BW Step Overs(ttl)
  - 2 or 4 BB
  - 5, 8, or 10 Cals Biked
  - 10, 20, or 30 BW Squats



## Back Up The Ladder!

- 2:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 4 or 10 Db Alt Snatches(ttl)
  - 6 or 12 BW Step Overs(ttl)
  - 2 or 4 BB
  - 5, 8, or 10 Cals Biked
  - 10, 20, or 30 BW Squats
- 3:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 6 or 12 Db Alt Snatches(ttl)
  - 8 or 16 BW Step Overs(ttl)
  - 4 or 8 BB
  - 7, 10, or 12 Cals Biked
- 4:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 10 or 16 Db Alt Snatches(ttl)
  - 10 or 20 BW Step Overs(ttl)
  - 5 or 10 BB
- 5:00 Run @ Pace
- 2:30 to Complete(35/50#)
  - 14 or 20 Db Alt Snatches(ttl)
  - 10-20 or 30 BW Step Overs(ttl)



March 9th

Audio

