

Gallowglass Athletics Sample Day Of Programming

Warm Up:

4 Rounds for Quality
5 Front Squat 45/35
5 Muscle Clean 45/35
5 Strict Press 45/35
Frog Stretch :25 Sec
Monostructural Cardio :30 Sec

Strength:

Strict Press 3x5
Push Press 3x3
Jerk 3x1

Strength Notes:

For this piece, you will be building in weight for each of the pressing movements. You should use the last weight on the Strict Press for the first set of the Push Press and then the last weight of the Push Press for the first set of the Jerks.

Conditioning:

5-10-15-10-5
Thruster
10-15-25-15-10
Row Calorie

Conditioning Notes:

16 minute time cap
5-10-15-10-5 is the same as 21-15-9 = 45 reps in total (fun fact of the day).
If you choose to bike your calories are: 8-12-20-12-8
The middle round will be where you need to focus your pacing on. Leave some in the tank to get through that and then speed up as your reps decline.
Goal = 12 - 13 Minutes

Competitor Accessory:

EMOM 10
[2 Power Clean + 1 Hang Power Clean + 1 Jerk] 205/125lb

Competitor Notes:

Heavy barbell cycling for today's additional work. This complex should be completed each minute unbroken. No dropping the bar between Power Cleans. Pick a weight that allows that constraint to be met. Jerks can be done as power or split - that is up to you! Take 4-5 sets to warm up and build to the weight you plan to use for the EMOM.

