

FitCHEM 101

Day 1	Day 2	Day 3	Day 4								
<p>Strength:</p> <p style="text-align: center;">Supersets</p> <p>Δ Snatch 3, 3, 3, 2, 2, 2, 1 Δ Bench Press 8, 6, 5, 4, 3, 2, 1</p> <p>5x5 Overhead Press</p> <p>∑ Inc. DB Press 3x12 ∑ Kettle Bell Swings 3x10 -Single Arm</p> <p>∞ Inc. Cable Fly 2x12 ∞ Lateral Raise 2x12 -Alternating</p>	<p>CrossFit Endurance:</p> <p>Pull from www.crossfitendurance.com each day needed. -Must do entire CFE workout with no deviation or scaling.</p>	<p>CrossFit Football:</p> <p>Pull from www.crossfitfootball.com each day needed. -Must do entire CFF workout with no deviation or scaling.</p>	OFF								
Day 5	Day 6	Day 7									
<p>Strength:</p> <p style="text-align: center;">Supersets</p> <p>Δ Power Clean 5, 4, 4, 3, 2, 2, 1 Δ Dead Lift 5, 4, 4, 3, 2, 2, 1</p> <p>5x5 Heavy Squat</p> <p>∑ Pull-Up 15, 12, 10 -No Kipping ∑ Dip 20, 20, 20</p> <p>∞ BB Curl 3x10 ∞ Skull Crushers 3x10</p> <p>Optional Burn Out: -2x10 arm machines</p>	<p>2 WOD Day:</p> <p>1st WOD: Pull From www.crossfit.com -Must do entire CF workout with no deviation or scaling.</p> <p>2nd WOD: Self Created Day of or on-the-spot -challenge the brain</p>	<p>Sprint/LDR/Bike:</p> <p>Sprints (or a variation)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Intervals</td> <td style="padding: 2px;">4x400s</td> </tr> <tr> <td style="padding: 2px;">Interval</td> <td style="padding: 2px;">4x800s</td> </tr> <tr> <td style="padding: 2px;">Interval</td> <td style="padding: 2px;">10x400s</td> </tr> <tr> <td style="padding: 2px;">Interval</td> <td style="padding: 2px;">5x800s</td> </tr> </table> <p>LDR: All LDRs should be 3-5 mi., never less than 3</p> <p>Bike: Minimum 10 mi.</p>	Intervals	4x400s	Interval	4x800s	Interval	10x400s	Interval	5x800s	
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