

SwanStrong Peak

Sample Week

MONDAY

AMRAP 12 minutes:

10 Squat Cleans (42.5/30kg)

10 HSPU

Rx+ Option: 60/40kg

Target Rounds: 5+ rounds

- *Choose a barbell weight where you can get through the first 10 reps in an unbroken set (reduce the weight back if needed)*
- *Reduce HSPU to 5 per round if these are difficult for you*
- *Scale HSPU to abmat HSPU, Box Pike HSPU, DB Press/ Push Press or 5 x Wall Climbs per round*

TUESDAY

5 X AMRAP 3 mins:

Run 400m

20 Kettlebell Swings (24/16kg)

Max reps Pull-ups in time remaining

Rest 2 mins between rounds

Rx+ Option: 32kg Kettlebell, C2B Pull-ups

Target Reps: 10+ Pull-ups per round

- *You should be getting onto the pull-up bar every round. Reduce the run distance so that you are coming in at around the 1:30 mark each round*
- *Substitute the run for a row or bike if you have access to one and cannot run (look to finish around 1:30 per round)*
- *Swing to eye level only if you cannot safely swing the KB overhead*

- *If you find that you are not getting to the pull-up bar, reduce the number of KB swings to 15 or 10 reps*
- *Use a band to assist pull-ups, switch for ring rows or inverted body rows if needed*

WEDNESDAY

5 rounds for time:

20 Push Press (42.5/30kg)

20 Burpees

20 GHD Sit-ups

Time cap: 20 minutes

WARNING: GHD SIT-UPS MUST BE APPROACHED WITH CAUTION.

- *These are a fantastic movement, but you must build up your capacity intelligently*
- *If you have never done them before, opt for half reps (to parallel, not to floor)*
- *Other options: reduce ROM by touching a wall ball, reduce reps to 15 or 10 per round*
- *Substitute for regular sit-ups instead*
- *Scale Push Press weight so that you can get the 20 reps done in 2 sets*
- *Switch to kickback burpees if needed (no push-up) to keep you moving*
- *If you find this workout extremely challenging, check out our BASE workout for today!*

THURSDAY

AMRAP 10 minutes:

10 Deadlifts (100/70kg)

20 Overhead Plate Lunges (20/15kg)

Target Rounds: 5+ Rounds

- *Reduce DL weight to something you can do for 10 unbroken reps for at least a few sets*
- *Keep arms locked out and extended overhead during lunges*

FRIDAY

EMOM x 20:

MIn 1: Max reps Double Unders

Min 2: Max reps T2B

Min 3: Max reps Push-ups

Min 4: Rest

- *Think of this as 3 min on/ 1 min off x 5 rounds*
- *Try to use up as much of each minute as you can*
- *Substitute double unders for single skips if needed but today is a great opportunity to practice the skill if it needs work*
- *Scale T2B to hanging knee raises or sit-ups*
- *Keep your body tight during the push-up, try and keep it in a straight line throughout the entire movement*
- *If your T2B or push-ups are failing, try quick singles to squeeze in as many reps as possible*

SATURDAY

For time:

10/5 cal Assault Bike

10 Wall Balls (20/14lbs)

15/10 cal Assault Bike

20 Wall Balls (20/14lbs)

20/15 cal Assault Bike

30 Wall Balls (20/14lbs)

25/20 cal Assault Bike

40 Wall Balls (20/14lbs)

Time cap: 15 minutes

- *In today's workout, you are trying to beat the clock.*
- *If you finish, record your time, if you get capped at 15 minutes, record your time as 15:00 and then add a note with how many reps you got through*
- *Sub Rower for Assault Bike if needed*
- *Standard Wall Ball target is 10ft/9ft but reduce this height if needed*
- *Swap for Wall Ball Thruster (no throw to wall)*
- *If you haven't got access to either a Rower or Assault Bike, check out the Base Workout for today!*