

SwanStrong Pro

Sample Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Session 1	Session 1	ACTIVE RECOVERY DAY	Session 1	Session 1 (One Session Only)	REST DAY
<p>6 sets: 2 Hang Power Snatches + 2 Hang Squat Snatches + 2 Overhead Squats</p> <p><i>Pause for 3 sec in bottom of each squat in the complex (both in the squat snatches & the overhead squats)</i></p>	<p>Endurance</p> <p>4 sets: Run 800m Rest 3 minutes Run 400m Rest 3 minutes</p> <p><i>Perform your 800m efforts at a pace that is sustainable across the entire workout. Perform your 400's at about a 90% effort. These should be</i></p>	<p>6 Sets: 1 Clean + 1 Hang Clean (below knee) + 1 Hang Clean (above knee) @ 75-85% of your 1rm Clean</p>	<p><i>Today is your active recovery day. I encourage you to move around and be active, but don't confuse this with training. Give your body, and your mind the rest it needs. Get out and play a sport you like or do something that is active, but not CrossFit. There's plenty of</i></p>	<p>Endurance</p> <p>EMOM x 40: Min 1: Row 45 sec Min 2: Assault Bike 45 sec Min 3: Ski Erg 45 sec Min 4: Rest</p> <p><i>If you do not have access to a ski erg, a run distance you can complete in 45 sec, or a set number of</i></p>	<p>Thruster 6 x 3</p> <p>Go every 2 mins</p> <p><i>Clean the barbell from the floor. You can perform the first rep as a squat clean thruster if you wish.</i></p>	<p><i>Eat, Lounge Around, Chill Out. Get yourself ready for another week ahead!</i></p>

	<i>extremely challenging, but repeatable.</i>		<i>time for that!</i>	<i>double unders would be a good substitute.</i>		
<p>EMOM x 5: 2 Snatches EMOM x 5: 1 Snatch</p> <p><i>Build up to a heavy but perfect single. Perform this as a continuous 10 min EMOM, where the first 5 mins are 2 reps/min and the last 5 mins are 1 rep/min</i></p>	<p>Single Leg Step Up 5 x 10 reps per leg</p> <p><i>24" box for men, 20" box for women, but scale further if you can't hold a stable position. Hold dumbbells by your side and repeat all 10 reps on the same leg. Rest between each leg and each set. This should be perfect, rather than heavy.</i></p>	<p>Split Jerk 5 x 3</p> <p><i>Aim to try and make every rep look identical. Think about trying to land your feet in the same position every time. Go as heavy as you can with this in mind.</i></p>		<p>3 rounds (not for time): 10 x Single Leg Glute Bridge (per leg, foot on bench) 10 x KB Windmills (per side) 20 x Weighted Overhead Sit-ups with weight plate</p>	<p>AMRAP 12 minutes: 10 Front Squats (42.5/30kg) 10 Push Press (42.5/30kg) 10 Thrusters (42.5/30kg) 10 Bar Facing Burpees</p>	
<p>Back Squat 5 x 1 reps @ 90-92% of your 1rm</p>		<p>Pause Front Squat 4 x 4</p> <p><i>Pause for a</i></p>			<p>EMOM x 14: Odd: 5-10 Strict Pull-ups Even: 10-20m Handstand Walk</p>	

<p><i>Warm up for this by performing a couple of sets of 3 and 2 reps between 75-90%</i></p>		<p><i>genuine 3 seconds in the bottom of each rep.</i></p>			<p><i>Note your pull-up and HS walk numbers for each round. If you are strong at strict pull-ups, you can add some weight to this movement.</i></p>	
<p>EMOM x 12: Odd: 10-20 GHD Sit-ups Even: 10-20 Hip Extensions</p> <p><i>Choose your own rep scheme. This should challenge you a little, but the premise here is to maintain a high quality of movement and build some good volume across these movements.</i></p>		<p>Not for time: 400m DeadBall Carry at stomach</p> <p><i>Suggested Weights: Men: 65-70kg Women: 45-50kg</i></p> <p><i>Note: You should be able to get this done in less than 10 minutes. Don't overshoot the weight.</i></p>			<p>5 rounds: 25/20 cal Row 20 GHD Sit-ups Rest 1 minute between rounds</p>	

Session 2	Session 2	Session 2		Session 2		
<p>AMRAP 10 mins: 20 Wall Balls (20/14lbs) 10 Power Snatches (42.5/30kg)</p> <p><i>Try to hang on for unbroken sets for as long as possible in this workout. If you need to break on the barbell, try to stick with touch & go reps where possible.</i></p>	<p>Deadlift 5 x 5</p> <p><i>Reset your barbell on the floor between each rep (Do not touch & go). Make sure you are not collapsing back to the floor between reps, control your bar in both directions.</i></p>	<p>30-20-10 reps for time: Assault Bike (cals) GHD Sit-ups Overhead Squats (42.5/30kg)</p>		<p>AMRAP 15 minutes: 1 round of "DT" 10 Dumbbell Box Step Overs (22.5/15kg)</p> <p><i>"DT" is 12 Deadlifts, 9 Hang Power Cleans, 6 Jerks with 70/47.5kg. Use dumbbells for the step overs.</i></p>		
<p>EMOM x 8: 3-8 Bar Muscle Ups</p> <p><i>Choose a number that is repeatable across the 8</i></p>	<p>Strict "Diane" 21-15-9 Deadlift (102/70kg) Strict HSPU</p> <p><i>Scale the number of reps</i></p>	<p>EMOM until failure: 12/8 cal row + 1 Burpee 12/8 cal row + 2 Burpees 12/8 cal row + 3 Burpees</p>		<p>For time: 30 Muscle Ups *Every break, perform 50 Double Unders</p>		

<p><i>minutes</i></p>	<p><i>per round if needed, or reduce your ROM. Keep the scaling options strict, we are not kipping in this workout, but rather focusing on pressing strength and endurance.</i></p>	<p>...</p> <p><i>Continue until you cannot match the number of Burpees required for that minute</i></p> <p><i>Record the time (in minutes) of your last successful set</i></p>				
<p>3 rounds not for time: 12 Turkish Get-ups (6 per arm) 18 Lat Pulldown in Hollow</p> <p><i>Lat Pulldown in Hollow:</i> https://www.youtube.com/watch?v=FVjtOSA-dz8</p>	<p>For time: 50 Toes-to-Bar 50 Pull-ups</p>					

