

CROSSFIT VERACITY



TRUTH IN FITNESS

SUNDAY OUTLINE

Monthly GPP Totals

Short	2
Medium	4
Long	3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12/03-12/09					CFV Holiday Party! 730p-?	Modified Schedule	Modified Schedule
CF Skill	Front + Back Squat 4x (2+5) @75% Front Sq 1RM Every 2:30 (10 Min Clock)	Snatch Complex Power Snatch + Hang Snatch from Pos 2		EMOMx15 40:20 W:R (A/B) A: Parallette L-Sit B: Cossack Squats 45/35 C: Run 100m RRT	Shoulder Press 10-7-7-5-3	Clean Complex Power Clean + Hang Clean from Pos 2 + Jerk	
GPP	8 Crazy Minutes (Hanukkah) 8 Min Amrap 4n Russian KB Swing 32/24KG 2n Cal Bike	14min Amrap Row 500/400m 15 Burpee Box Jump Overs (Open Std) 20 Pullups 10 Ball Slams 50/40	20 Min Amrap 20 Sandbag Cleans 150/100 Buyin then 8 KB (power) clean and press 20m KB FR (uneven) lunges 30 Second sandbag hold E4MOM 5 HSPU	9 Min TC 50 WB 20/14 100 Dubz 50 AMSU	13 Min Amrap 25 DB (power) Snatch 50/35 20m Uneven Weighted bear crawl, (RHx10m + LHx10m) Start with and every 4min perform 4 TGU 50/35	12 Min TC 50/40 Cal Bike Buyin then 3 Rounds 15 Deadlifts 225/155 15 TTB	"Cindy" 20min AMRAP 5 Pullups 10 Pushups 15 Air Squats
GPP Stimulus	Short Low Volume Moderate Load	Medium Moderate Volume Light Load	Long Moderate Volume Heavy Load	Short Moderate Volume Light Load	Medium Moderate Volume Moderate Load	Medium Low Volume Moderate Load	Long High Volume No Load
Focus	While we deload on the back squats, they are paired with heavy KBS and air bike. Continue to push on the bike as the cal gets into the double digits!	Don't use the pullups as an opportunity to rest. Instead, devise a plan and commit to an appropriate modification that builds on pacing from the beginning.	Strongman/grunt work throughout this longer AMRAP should afford you the opportunity to test your gymnastics while globally fatigued.	Throwing a run in the (deceptive) CF Skill EMOM before the sidewalks get impassable due to snow :) Mentally prep to go through this short chipper in as few sets as possible	Odd object movements working their way into your skillset with one dumbbell to rule them all!	When trying to get this couplet done as quickly as you can, consider the grippy volume under the duress imposed upon by the air bike buy-in. Hang on for longer than you want to.	Going out hot and burning out at minute 12 is just not the right way to approach "Cindy". Plan for the long game to ramp up the speed for the final quarter of this classy 'lady'.