

# CROSSFIT VERACITY



## TRUTH IN FITNESS

## SUNDAY OUTLINE

### Monthly GPP Totals

Short	4
Medium	6
Long	6

12/10-12/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CF Skill		Back Squat 4x2 @ 90% Every 2:30 (10 Min Clock)		Every 90 Seconds x 10 Clean + Push Press + Hang Clean + Split Jerk Build over the Rounds	Ring Dip 1RM	BMU Drills	Bench Press 4x4 @85%
GPP	EMOMx25 1: 20 Shoulder Taps 2: ME Unbroken SDLHP 32/24 kg 3: 15 GHD Situps 4: ME Unbroken Double Unders 5: Rest	10min AMRAP 6 Burpees Over Barbell 8 Hanging Windshield wipers 10 DL, 115/85# + fat grips	Rowing Intervals 8x300/250m	8 Min TC 4 Rounds 15 Thruster 95/65 15 CTB Pull-up	12 Min TC 3 Rounds 400m Run (1000/800m Bike ONLY IF SNOW) 15 STO 115/80 20 Wall Balls 20/14	18 Min Amrap 25/20 Cal Bike 50 AMSU 10 BMU 5 Front Squats 185/135	14 Min AMRAP 5 Sandbag Cleans 150/100 10 Box Jumps 30/24 5 Wall Walks 10 USA KB Swing 32/24KG
GPP Stimulus	Long High Volume Light Load	Short Moderate Volume Light Load	Long Moderate Volume No Load	Short Moderate Volume Light Load	Medium Moderate Volume Moderate Load	Long High Volume Moderate Load	Medium Low Volume Heavy Load
Focus	Focusing on some gymnastics skills under a controlled clock. Shoulder taps are a building block to HS walking.	Varied workouts are effective to create a more well rounded athlete. Also fat grips for forearm gains.	Goal is to maintain a steady pace across all sets. That is done by controlling the first few sets and holding on for the last few. Score is slowest set.	Unbroken thrusters gets this finished with appropriately scaled gymnastics. Essentially 2min per round	If you plan on 2min runs, that leaves 2min in the gym max. Remember that Rx only applies if you finish under TC.	Learning the value of being able to work through a set of 10 in 1-2 sets of any gymnastic piece is more valuable than simply getting an Rx, or doing the "Rx" movement in less volume.	This is a workhorse amrap. Low rep, uncomfortable movements - but nothing really stopping you from just keep moving.