
JOHN SMITH
[CrossFit Competitor]
Individual Design Coach - Ben Wise

Cycle 1 Template

Monday

A) WARM-UP

B1) STRENGTH - Squat (Front + Back Complex)

B2) STRENGTH - Presses (and/or) Muscle-Up progressions

C) ACCESSORY (position & tension based)

D) INTERVALS - Gain (Bike or Row)

E) AEROBIC - Sustain (Erg + Other)

Tuesday

Session 1

A) AEROBIC

Session 2

A) WARM-UP

B1) STRENGTH - Snatch

B2) STRENGTH - Hinge (Snatch Pulls - RDLs - DLs)

C1) ACCESSORY - Posterior Chain & Midline

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Wednesday

A) WARM-UP

B1) STRENGTH - Squat Variation

B2) STRENGTH ACCESSORY - leg strength (lunges, SS, Bulgarians, etc.)

C1) INTERVALS - Muscle-Ups + Weightlifting Couplet

D1) ACCESSORY - Push/Pull + Midline Gymnastics

E1) INTERVALS - Gain (Bike or Row)

F1) AEROBIC - Sustain (Erg + Other)

Thursday

Session 1

A) AEROBIC

Session 2

A) WARM-UP

B) STRENGTH - simple patterns, low CNS input

C) AEROBIC ACCESSORY - Map 10 Work



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Friday

- A) WARM-UP
- B) STRENGTH - Snatch
- C1) INTERVAL - Weightlifting & Gymnastics
- C2) INTERVAL - Weightlifting & Monostructural
- D) ACCESSORY
- E) AEROBIC

Saturday

- A) WARM-UP
- B) STRENGTH - Clean & Jerk
- C) SKILL - Dumbbells, movement novelty
- C) MET-CON MASH-UP
- D) ACCESSORY

Sunday - Rest Day

- Move Outside of the Gym with Low Intensity at Some Point
- Check off as many items as possible on Zoar Fitness Rest Day Protocol Sheet