



spt online competitive programming

day 1

1. warm up

500m-400m-200m-100m run

in each round you perform the following

gymnastics : 5 pull ups - 5 toes to bar- 5 chest to bar - 5 bar muscle up
(one skill in each set of the above)

7 core abs

8 superman

9 push ups

10 air squat

2. Front squat

5-5-3-3-2-2 till 75 %

3*1 at 80 %

in each set perform 3-5 handstand push ups

3. weightlifting complex

power snatch + squat snatch + 2 overhead squat

3-3-2-2-2- 5*1 at 80 %

in each set perform 10 pull ups

4. For Time

buy in 400 m run

2-4-6-8-10-8-6-4-2

power snatch 40/20 kg

burpees over bar

SDHP 40/20 kg

cash out 400m run

day 2

1. 200-100-200-100 m row

in each set perform

20 air squat

10 push ups

20 v ups

10 superman

spt ONLINE

Sports Performance Training

2. press 5-5-3-3-2-(2 at 90 %)
in each set perform 10 cal skierg

push press 3-3-2-2-1-(1 at 85 %)
in each set perform 10 m sled push

jerk either push or split 2-2- (3 *1 at 80 %)
in each set 10 weighted pull ups (with a vest)

3.work on your handstand walk or their progressions for 15 mins

4. warm up on clusters to 50 %
then
10 sets of : 5 cluster (50 %)
6 chest to bar
7 box jump

rest 5 min
then

5. 5 sets for time
10 cal row
100m run
10 cal bike
rest 1 min between each set

day 3

1 3 sets of : 100m run
5 air squat
5 push ups
5 v ups
5 superman
5 pull ups

2 . wear your vest and perform for time :
5-6-7-8-9-10 pull ups
push ups
100 m run
10 air squat

take 5 min rest and then



3. deadlift 10-8-6-4-2-2-(3 *1 at 85 %)

in each set perform a complex 2 toes to bar -3 chest to bar - 4 bar mu

4. metcon

30 power clean (m 40 / f 25 kg)

30 box jump

400 m run

25 hang clean (m60/ f 30 kg)

25 box jump over

400 m row

20 ground to overhead (m 70 / f 35 kg)

20 burpees box jump

20 cal bike

10 squat clean and jerk (m 80 / f 40 kg)

day 4

Track n field

1000 m tempo run

2 min rest

1000 m run at 80 %

2 min rest

3*

400 m run at 80 %

2 min rest

3*

200m run at 90 %

2 min rest

5*

50m sprint 50m walk

1min rest

500m tempo run