**Next week (starting August 5th) we will be starting a new Squat program called the Hatch Cycle. It is 12 weeks long and we will be releasing more specifics as the week goes on. Also, this week marks the epic return of Track Night on Tuesday night at SMH.**

**Monday, July 29th, 2013**

**Classic Strength**

15 minutes to establish a heavy 3 Position Snatch (High Hang, Hang, Floor)

*Notes: High to Low 3 Position is meant for beginners to internalize bar path in relation to the body. Focus on aggressive hip contact and landing with elbows locked out. You may land in a quarter squat or power snatch position if your Overhead Squat is not mature yet.*

**Classic Conditioning**

“Nancy”

5 Rounds of  Run 400 meters 15 Overhead Squats, 95/65

**Advanced Strength**

15 minutes to establish a heavy 3 Position Snatch (Floor, Hang, High Hang)

*Notes: Low to High 3 position snatch is great for more advanced lifters because it reinforces the fact that the higher the bar is on the hips before the lifter ‘explodes’, the better of a position it is, and the more aggressive and fast the lifter must pull themselves under the bar.*

**Advanced Conditioning**

4 Rounds for time

 600 meter run

25 Overhead Squats, 140/95

- 25 minute time cap -

**Tuesday, July 30, 2013 – (Return of Track Night!)**

**Classic Strength**

15 minutes to establish a max 3 position Clean (High hang, hang, floor) + 1 Jerk

*Notes: This is 3 Cleans (High hang, low hang, floor) followed by one jerk.* *High to Low 3 Position is meant for beginners to internalize bar path in relation to the body. Focus on aggressive high thigh contact and landing with elbows fully wrapped around the bar. You may land in a quarter squat or power clean position if your Front Squat is not mature yet.*

**Classic Conditioning**

Row 750 meters, then

5 Rounds of

7 DB thrusters, 30/15

15 Pull ups

-20 minute cap-

**Advanced Strength**

15 minutes to establish a max 3 Position Clean (Floor, hang, hi hang) + 1 Jerk

*Notes: Low to High 3 position clean is great for more advanced lifters because it reinforces the fact that the higher the bar is on the thighs before the lifter ‘explodes’, the better of a position it is, and the more aggressive and fast the lifter must pull themselves under the bar.*

**Advanced Conditioning**

**“Suver”**

Row 1K, then

5 Rounds for time

7 Thrusters, 135/95

25 Pull ups

-20 minute cap-

**Wednesday, July 31st, 2013**

**Gymnastics!**

3 rounds of

Prone HS hold, 30 seconds

Standing shoulder extension x 5

3 rounds of

Hollow hold 30 seconds

Hug a twinkies x 10

For Quality, as slow as possible even, for 20 minutes

Inverted to lower, rings or bar, straight arm- straight body- (straight leg is the goal but tuck is the classic version) x 10 reps

Strict Handstands push ups x 10 reps

(The idea is to use the Sommers protocol to get warm, then engage in some movement based, prerequisite strength work.)

**Thursday, August 1, 2013**

**Classic Strength:**

High Bar Back Squat 5 x 5

*Notes: The 5 x 5 is a classic rep scheme that develops strength and familiarity with Back*

*Squats. Work up to a set that is heavy for five reps and repeat that 3 to 5 times, depending on your experience.*

**Advanced Strength:**

High Bar Back Squat 1 x 10 60%, 1 x 8 70%, 1 x 6 75%, 1 x 4 80%, 2 minutes rest

**Conditioning, Partner WOD, 4 rounds each**

Row 350

15 DB Hang Squat Cleans (45/20/10)

10 Push ups

*Notes: Each one of these is a sprint!*

**Friday, August 2nd, 2013**

Row 21,097 meters

Post 2K time and total time to comments.

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**JUST KIDDING!**

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Kettlebells

Every 90 seconds for 6 minutes

30 second Rack Hold + 7 Thrusters

*Notes: This may be performed with a partner if needed.*

For time:

40-30-20 reps

KB Swing (1.5/5)

Wall Balls (20/14)

*Notes: These loads are not meant to be heavy, but moderate.*

**Saturday, August 3rd, 2013**

**Advanced Strength:**

20 minutes to find 1RM Snatch

*Notes: Stay on the heels and pull under the bar fast! Be aggressive.*

**Advanced Conditioning:**

‘Amanda’

9-7-5 Reps

Muscle ups Snatch 135/95

**Classic Strength:**

20 minutes to find 3RM Overhead Squat

*Notes: Use this opportunity to work on quality positioning and depth. The weighted barbell will almost act as a stretching partner for the overhead squat if you keep your shoulders and core active.*

**Classic Conditioning:**

15-12-9 reps

Pull ups

Power Snatch

**Sunday, August 4th, 2013**

**Classic Strength –**

Front Squats 5 x 5

*Notes: Focus on a tall chest and high elbows throughout the full range of motion.*

**Classic Conditioning**

15 Minute AMRAP

10 Ring Rows or 7 Strict Pull ups

15 Burpees

10 DB Push Press

**Adavanced Strength**

Front Squats

1 x 5 60%, 3 x 5 70%, 90 seconds rest

**Advanced Conditioning**

15 Minute AMRAP

3 Rope Climbs

15 Burpees

10 DB Push Press (50/35)