

DSCF Programming (Q2 2017 - Week 1-3)

	Monday 3/27	Tuesday 3/28	Wednesday 3/29	Thursday 3/30	Friday 3/31	Saturday 4/1	Sunday 4/2
Strength	back squat	press			alternating dumbbell press		
	front-rack holds	superset: strict(/weighted) pull-ups & strict(/weighted) ring dips (sub: push-ups)	deadlift	front squat	superset: strict(/weighted) chin-ups & strict(/weighted) ring dips (sub: push-ups)		
SSS	glute bridges	single-arm trap 3 raise +Powell Raise +DB external rotation	Russian kettlebell swings	Petersen step-up	handstand push-up negatives		
Conditioning	Pendlay rows	muscle-up transitions	incline bench press	single-arm dumbbell row	farmer's carries		
	GHD back extensions	FLR (on rings)	dumbbell bench press	reverse flyes	Core/Trunk	metcon only	
SS	12 min. run/bike/row @ 80%	every 2 min. for 6 rounds: 10 sec. AMRAP bike/sprint/row @ 100%	10 min. run/bike/row @ 80%	every 2 min. for 8 rounds: 10 sec. AMRAP bike/sprint/row @ 100%	15 min. run/bike/row @ 80%		
	4/3	4/4	4/5	4/6	4/7	4/8	4/9
Strength	power clean+hang clean		press				
	hang clean	rear leg-elevated dumbbell split squat	superset: strict(/weighted) pull-ups & strict(/weighted) ring dips (sub: push-ups)	single-leg Romanian dumbbell deadlift	back squat		
SSS	Romanian deadlifts	glute bridges	single-arm trap 3 raise +Powell Raise +dumbbell external	goodmornings	Jane Fondas		
Conditioning	close-grip bench press	Pendlay rows	muscle-up transitions	incline bench press	incline chest-supported dumbbell row		
	incline dumbbell bench press	GHD back extensions	Core/Trunk	FLR on rings	(weighted) strict chin-ups	metcon only	
SS	16 min. run/bike/row @ 80%	12 min. run/bike/row @ 80%	every 2 min. for 4 rounds: 15 sec. AMRAP bike/sprint/row @ 95%	15 min. run/bike/row @ 80%	18 min. run/bike/row @ 80%		
	4/10	4/11	4/12	4/13	4/14	4/15	4/16
Strength	alternating dumbbell press						
	superset: strict(/weighted) chin-ups & strict(/weighted) ring dips (sub: push-ups)	deadlift	overhead squat	handstand push-ups	single-leg Romanian dumbbell deadlift		
SSS	handstand push-up negatives	Russian kettlebell swings	Petersen step-up	front/lateral delt raises	goodmornings		
Conditioning	farmer's carries	close-grip bench press	Pendlay rows	dumbbell curls+dumbbell forearm curls	incline bench press		
	Core/Trunk	incline dumbbell bench press	reverse flyes	Core/Trunk	FLR on rings	metcon only	
SS	every 2 min. for 6 rounds: 15 sec. AMRAP bike/sprint/row @ 95%	16 min. run/bike/row @ 80%	2 rounds: 10 min. run/bike/row @ 90% - rest 5 min. between rounds	every 3 min. for 4 rounds: 20 sec. AMRAP bike/sprint/row @ 95%	18 min. run/bike/row @ 80%		
				Murph Training 2017.01			

DSCF Programming (Q2 2017 - Week 4-6)

	Monday 4/17	Tuesday 4/18	Wednesday 4/19	Thursday 4/20	Friday 4/21	Saturday 4/22	Sunday 4/23
Strength	back squat	press	power snatch+hang snatch+2 overhead squats		alternating dumbbell press		
	front-rack holds	superset: strict(/weighted) pull- ups & strict(/weighted) ring dips (sub: push-ups)	hang snatch+2 overhead squats	front squat	superset: strict(/weighted) chin- ups & strict(/weighted) ring dips (sub: push-ups)		
	SSS	glute bridges	single-arm trap 3 raise +Powell Raise +dumbbell external	Romanian deadlifts	pistols (optional: negatives)	handstand push-up negatives	
Conditioning	Pendlay rows	muscle-up transitions	close-grip bench press	single-arm dumbbell row	farmer's carries		
	GHD back extensions	Core/Trunk	incline dumbbell bench press	reverse flyes	Core/Trunk	metcon only	
	SS	2 rounds: 10 min. run/bike/row @ 90% - rest 10 min. between rounds	every 3 min. for 6 rounds: 20 sec. AMRAP bike/sprint/row @ 95%	15 min. run/bike/row @ 80%	4 rounds: 5 min. run/bike/row @ 90% - 2 min. rest between rounds	every 2 min. for 4 rounds: 20 sec. AMRAP bike/sprint/row @ 90%	
	4/24	4/25	4/26	4/27	4/28	4/29	4/30
Strength	deadlift	back squat	push press				
	SSS	front-rack holds	superset: strict(/weighted) pull- ups & strict(/weighted) ring dips (sub: push-ups)	power clean	rear leg-elevated dumbbell split squat		
	Russian kettlebell swings	Jane Fondas	push jerk	tall clean	glute bridges		
Conditioning	incline bench press	Pendlay rows	muscle-up transitions	close-grip bench press	incline chest-supported dumbbell row		
	dumbbell bench press	GHD back extensions	Core/Trunk	FLR on rings	(weighted) strict chin- ups	metcon only	
	Murph Training 2017.02				Murph Training 2017.03		
SS	2 rounds: 10 min. run/bike/row @ 90% - rest 2 min. between rounds	18 min. run/bike/row @ 80%	every 2 min. for 6 rounds: 20 sec. AMRAP bike/sprint/row @ 90%	4 rounds: 5 min. run/bike/row @ 90% - 2 min. rest between rounds	20 min. run/bike/row @ 80%		
	5/1	5/2	5/3	5/4	5/5	5/6	5/7
Strength	overhead squat	superset: handstand push-ups & toes-to-bar OR superset: handstand push-ups & bar muscle- ups			2 push presses+split jerk		
	sub: back squat				push press+split jerk		
	front-rack holds 3-5x10 sec.		power snatch	front squat	split jerk		
SSS	pistols (optional: negatives)	single-arm trap 3 raise +Powell Raise +dumbbell external	drop snatch	pause squats (3x3-5@70- 80%)	handstand holds		
	Pendlay rows	banded tricep pulldowns	incline bench press	incline chest-supported dumbbell row	farmer's carries		
	reverse flyes	Core/Trunk	FLR on rings	GHD back extensions	Core/Trunk	metcon only	
Conditioning		Murph Training 2017.04					
SS	2 rounds: 5 min. run/bike/row @ 90% - 5 min. rest between rounds	every 4 min. for 4 rounds: 30 sec. AMRAP bike/sprint/row @ 90%	16 min. run/bike/row @ 80%	3 rounds: 5 min. run/bike/row @ 90% - 5 min. rest between rounds	every 3 min. for 4 rounds: 30 sec. AMRAP bike/sprint/row @ 90%		

DSCF Programming (Q2 2017 - Week 7-9)

	Monday 5/8	Tuesday 5/9	Wednesday 5/10	Thursday 5/11	Friday 5/12	Saturday 5/13	Sunday 5/14
Strength	power clean w/ pause below knee+push jerk power clean w/ pause below knee	back squat front-rack holds	12 min. EMOM • odd min: handstand push-ups • even min: toes-to-bar OR bar muscle-ups	power snatch+TNG snatch+overhead squat snatch+overhead squat	front squat		
	SSS clean pulls (optional: deficit)	(weighted) seated box jump step-downs	front/lateral delt raises dumbbell curls+dumbbell forearm curls	snatch pulls (optional: deficit)	pause squats (3x3-5@70-80%)		
Conditioning	close-grip bench press incline dumbbell bench press	Pendlay rows (weighted) strict pull-ups	Core/Trunk	incline bench press dumbbell bench press	incline chest-supported dumbbell row (weighted) strict chin-ups	metcon only	
		Murph Training 2017.05		Murph Training 2017.06			
SS	20 min. run/bike/row @ 80%	4 rounds: 5 min. run/bike/row @ 90% - 5 min. rest between rounds	every 3 min. for 6 rounds: 30 sec. AMRAP bike/sprint/row @ 90%	18 min. run/bike/row @ 80%	3 rounds: 3 min. run/bike/row @ 90% - 2 min. rest between rounds		
	5/15	5/16	5/17	5/18	5/19	5/20	5/21
Strength	push press superset: strict/(weighted) chin-ups & strict/(weighted) ring dips (sub: push-ups)	deadlift	back squat front-rack holds	14 min. EMOM • odd min: handstand push-ups • even min: toes-to-bar OR bar muscle-ups	power snatch OHS		
	SSS push jerk	rack pulls (from pads)	multi-jumps	single-arm trap 3 raise +Powell Raise +DB external rotation dumbbell curls+dumbbell forearm curls	snatch pulls (optional: deficit)		
Conditioning	muscle-up transitions Core/Trunk	close-grip bench press FLR on rings	Pendlay rows reverse flyes	Core/Trunk Murph Training 2017.07	incline bench press dumbbell bench press	metcon only	
	SS	every 4 min. for 3 rounds: 40 sec. AMRAP bike/sprint/row @ 90%	4 rounds: 3 min. run/bike/row @ 90% - rest 2 min. between rounds	18 min. run/bike/row @ 80%	every 4 min. for 4 rounds: 40 sec. AMRAP bike/sprint/row @ 90%	20 min. run/bike/row @ 80%	
	5/22	5/23	5/24	5/25	5/26	5/27	5/28
Strength	back squat front-rack holds	split jerk	power clean+push press power clean	front squat	15 min. EMOM • min. 1: strict/(deficit) handstand push-ups • min. 2: strict/(weighted) pull-ups OR muscle-ups • min. 3:		
	SSS (weighted) seated box jump step-downs	drop to split	clean pulls (optional: deficit)	pause squats (3x3-5@70-80%)	front/lateral delt raises		
Conditioning	Pendlay rows GHD back extensions	farmer's carries Core/Trunk	close-grip bench press incline dumbbell bench press	single-arm dumbbell row GHD back extensions	wall runs Core/Trunk	metcon only	
		Murph Training 2017.08					
SS	3 rounds: 3 min. run/bike/row @ 90% - rest 3 min. between rounds	every 3 min. for 3 rounds: 45 sec. AMRAP bike/sprint/row @ 90%	16 min. run/bike/row @ 80%	4 rounds: 3 min. run/bike/row @ 90% - rest 3 min. between rounds	every 3 min. for 4 rounds: 45 sec. AMRAP bike/sprint/row @ 90%		

DSCF Programming (Q2 2017 - Week 10-11)

	Monday 5/29	Tuesday 5/30	Wednesday 5/31	Thursday 6/1	Friday 6/2	Saturday 6/3	Sunday 6/4
Strength	power clean+touch-and-go clean clean	back squat front-rack holds	split jerk with a pause	snatch with a pause below the knee	front squat		
	clean pulls (optional: deficit)	multi-jumps	tall jerk	snatch pulls (optional: deficit)	pause squats (3x3-5@70-80%)		
SSS	incline bench press	Pendlay rows	farmer's carries	close-grip bench press	incline chest-supported dumbbell row		
	FLR on rings	(weighted) strict pull-ups	Core/Trunk	FLR on rings	(weighted) strict chin-ups		
Conditioning		Murph Training 2017.09				Murph Day 2017	
SS	20 min. run/bike/row @ 80% 6/5	5 rounds: 2 min. run/bike/row @ 90% - rest 2 min. between rounds 6/6	every 3 min. for 5 rounds: 45 sec. AMRAP bike/sprint/row @ 90% 6/7	15 min. run/bike/row @ 80% 6/8	6 rounds: 90 sec. run/bike/row @ 90% - rest 90 sec. between rounds 6/9		
Strength	15 min. EMOM • min. 1: strict(/deficit) handstand push-ups • min. 2: strict(/weighted) pull-ups OR muscle-ups		back squat				
	single-arm trap 3 raise +Powell Raise	clean	front-rack holds	split jerk	deadlift		
SSS	+dumbbell external	clean pulls (optional: deficit)	box jump step-downs	press from split	rack pulls (from pads)		
Conditioning	wall runs	incline bench press	Pendlay rows	farmer's carries	close-grip bench press		
	Core/Trunk	FLR on rings	(weighted) strict chin-ups	Core/Trunk	FLR on rings	metcon only	
SS	every 3 min. for 6 rounds: 45 sec. AMRAP bike/sprint/row @ 90%	20 min. run/bike/row @ 80%	7 rounds: 60 sec. run/bike/row @ 90% - rest 60 sec. between rounds	every 4 min. for 4 rounds: 60 sec. AMRAP bike/sprint/row @ 85%	8 rounds: 30 sec. run/bike/row @ 90% - rest 30 sec. between rounds		