



'FEMALE'
WARRIOR
PROGRAMMING

'HARD WORK'

Opportunity is missed by most people because it is dressed in overalls and looks like work.

WARRIOR
PROGRAMMING



Monday

SESSION A

AEROBIC

1 x 2km run

Rest 1 : 1

4 x 400m

Rest 1 : 1

6 x 200m

Rest 1 : 1

Rest 1 : 1 = resting the same amount of time as the effort took.

SESSION B

OLYMPIC LIFT

SNATCH

10min window:

Establish a heavy Single Snatch

Every 1:30 x 6

1 . 1 . 1 snatch, 85%

STRENGTH / POWER

BACKSQUAT

6 x 2, 90%

Rest as needed.

Before each set, complete 3 high box jumps.

ACCESSORY / SUPPORT

5 sets:

3 depth jump to broad jumps

3 floating snatch pulls, as heavy as possible.

10 lateral rebounding hurdles

Rest as needed.

SPORT

For Time:

50 Toes to bar

25 squat cleans, 60

50 Burpee Box Overs

Play your sport

Tuesday

SESSION A

STRENGTH

STRICT PRESS

6 x 6 reps, 65%

Rest 1:00 between sets.

STRICT MUSCLE-UPS

Every 1:30 x 6

1 - 3 strict muscle ups

STRICT DIPS

5 x 5 reps

*add weight if possible.

WORK

AMRAP 5

100 DU

30 DB snatch, 22

15 strict HSPU

Rest 5:00 x 2 rounds.

ACCESSORY

5 sets:

10 DB Floor Press

10 DB Plank rows

Rest as needed.

DB- as heavy as possible.

ROAD TO MUSCLE-UPS

POSITIONS AND SHAPE

3 Sets for quality and position

20 Seconds Hollow Holds

20 Seconds Arch Hold

STRENGTH DEVELOPMENT

3 x 3 Chest to Ring Pull-ups

Utilising False Grip with Every Rep

Rest 2:00

Between each set complete 10 Dips on edge of Box or bench with

a 2 second negative tempo

ACCESSORY

3 Sets for quality and position

8 Ring Rows, with a 2 second negative

8 Alternate arm DB Press, 2 x 15/12kg

AUTONOMY AND FLOW

10 Feet on Ground Muscle-up Transitions

Rest as needed and complete for quality

Elbows tight to body and the whole Time

resilience

noun

1. the capacity to recover quickly from difficulties; toughness.

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Wednesday

SESSION A

BOX JUMPS

*Establish a 3 rep max
(from seated position)*

Then:

3 x 3 reps, 85% of max height.

DEADLIFT

1 x 5, 75%

6 x 3, 80%

Rest 45sec between.

ACCESSORY / SUPPORT

4 sets:

*6 tempo glute bridges, as heavy as possible with a 3sec
pause at lock out.*

*5 / 5 front rack bulgarian split squats, as heavy as possible.
Rest as needed.*

INTERVALS

5 sets:

5 / 5 Reverse Lunges, 2 x 15

20sec max effort assault bike

Rest 2:00

Thursday

RECOVERY

Complete:

30mins of

-Stretching

-Hiking

-Mobility

-Aerobic Cardio

tenacity
noun

1. the quality or fact of continuing to exist; persistence.

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Friday

SESSION A

AM GYMNASTICS

3 rounds:
1 x full gymnastics swimming
Every 15sec x 1min
1 Russian Dip

STRICT HSPU

EMOM 10
Strict HSPU

**Pick your poison, aim for the same reps through the 10mins- we will build on this, adding reps each week. Use ab-mats to decrease range if needed.*

GYMNASTICS ENDURANCE

6 rounds for time:
2 legless rope climb
10 Toes to Bar
20 alt. DB Snatch, 15kg

SESSION B

OLYMPIC LIFT

CLEAN
EMOM 5
5 squat cleans, 70%
EMOM 5
4 squat cleans, 75%
EMOM 5

GYMNASTIC ACCESSORY

Every 0:30 x 5mins:
5-8 Toes to Bar

Rest 3:00

Every 0:30 x 5mins
1-3 Bar Muscle Ups (or 3 Jumping bar Muscle-ups)

STRENGTH

FRONT SQUAT
Establish a heavy 3 reps for:
1 and 1/4 front squat

Then:

3 x 3, 85% above
Rest as needed.

SPORT

21 - 15 - 09
Sumo Deadlight High Pull, 35
Bar Facing Burpees

Saturday

SESSION A

OLYMPIC LIFT

SNATCH
Establish a heavy for the complex in 10Mins:
2 Power Snatch
2 hang snatch
2 OHS

SPLIT JERK

6 x 1 . 1
Use blocks if possible with 10sec rest between.
Build over the sets to establish a heavy 1 . 1 for the day.

POSTERIOR

4 sets:
5 Tempo Box Squats (32X0) as heavy as possible.
Rest 0:45
0:30 wall sit hold, 2 x 16
Rest 0:45
25ft Front Rack Walking lunge, 2 x 16
Rest 1:30

WORK

AMRAP 9
15 DB Thrusters, 2 x 15
20 Chest to Bar Pull Ups
25ft HSW

composure
noun

1. the state or feeling of being calm and in control of oneself.