BOLDER ATHLETE

AFFILIATE COACHES BRIEF

BEDROCK 1

WEEK OF OCTOBER 26 · OCTOBER 26 – NOVEMBER 1, 2026

MON	ORANGE DAY · Threshold
TUE	YELLOW DAY · Durability
WED	RED DAY · Lift + 🟥 Max effort
THU	GREEN DAY · Zone 2
FRI	ORANGE DAY · Threshold
SAT	RED DAY · Lift + 🟥 Max effort (individual or partner)
SUN	BLUE DAY · Recovery (coached, 45 minutes)

COACH BRIEF VIDEO: https://youtu.be/Nr48ukHvxiE

WHY EVERY DAY HAS A COLOR

Each day's main work carries one color. The color is the prescription: it tells your athletes how the day should feel, and it tells you what to guard.

GREEN	Builds the engine. Sustainable, conversational, repeatable.
YELLOW	Builds the engine. Hard but repeatable, round after round.
ORANGE	Gets more performance out of the engine.
RED	Adds horsepower. Maximum effort, and rare on purpose.
BLUE	Repair, rebuild and adapt.

RX for Age Groups: a home at every decade, programmed for you, not just modified for you.

MONDAY

ORANGE DAY · THRESHOLD

Monday, October 26

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:04** WHITEBOARD
- **0:04–0:10** GENERAL WARM-UP
- **0:10–0:14** TECHNIQUE
- **0:14–0:18** BUILD AND GYMNASTICS PREP
- **0:18–0:20** SET UP
- **0:20–0:40** 🟧 METCON
- **0:40–0:45** COOLDOWN AND SCORES
- **0:45–0:55** ACCESSORY (OPTIONAL)
- **0:55–1:00** RESET

WORKOUT

WARM-UP

Not timed, 14 minutes (includes a 4-minute technique piece)
2 rounds: 250 m easy row, 10 PVC pass-throughs, 10 air squats, 5 inchworms
Technique, 4 minutes, empty bar: 3 rounds of 3 muscle cleans, 3 front squats, 3 push presses; then 3 clusters
Build: 3 sets of 3 clusters to workout weight
2 sets: 5 kip swings, 3 chest-to-bar pull-ups (Scaled: 6 banded pull-ups)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

METCON

4 rounds for time, 20:00 cap
20/16 cal row
16 chest-to-bar pull-ups
12 clusters (115/80 lb)
Score: Total time.
Log: Score, loads and scaling used.
Leaderboard: Ranked.
Notes: Target: 13–16 min. Pull, clean, squat and press in one piece. Clusters in two sets at most; hold the row pace every round.

35–49
4 rounds for time, 20:00 cap
20/16 cal row
16 chest-to-bar pull-ups
12 clusters (115/80 lb)
Score: Total time.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

50–59
4 rounds for time, 20:00 cap
18/14 cal row
14 chest-to-bar pull-ups
12 clusters (95/65 lb)
Score: Total time.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

60+
4 rounds for time, 20:00 cap
16/12 cal row
10 chest-to-bar pull-ups
12 clusters (75/55 lb)
Score: Total time.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

COOLDOWN

Not timed, 5 minutes
2:00 easy bike
1:00/side lat stretch on the rig
1:00 deep squat hold
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

ACCESSORY (OPTIONAL): GLUTES AND BICEPS

3 rounds, superset, 8–10 minutes
8–12/leg DB Bulgarian split squats, rear foot on a box (RPE 8)
12–20 DB curls (last round RPE 9)
Score: Load and reps.
Log: Load and reps for every set.
Leaderboard: Not ranked.
Notes: Week 1: find your weights. Round 1 is the test; if you had more than 3 reps left, go heavier. Coach-briefed, self-run after the cooldown. One set of each, then repeat. Pick weights that hit the RPE; at the top of the range on every round, add 5 lb next time. Lower for 2–3 seconds. Log weight and reps. Rear foot on the floor is fine for anyone whose balance or knees say so.

NOTES

COLOR.

🟧 Threshold. Hard and sustained: breathing heavy but under control, about 7–8 out of 10. The pace you pick in round 1 should still be there in the last round.

THIS WEEK.

Benchmark day. Write every score on the board and in the app: this exact workout comes back in Week 9 (Monday, Dec 21). Pick loads members can repeat then, not loads they barely survive today.

STIMULUS AND TARGET.

Rounds of about 3:30 for the 35–49 Rx athlete; 13–16 minutes total. If round 1 takes longer than 4:30, scale the next round on the spot: fewer pull-ups or a lighter bar. Nobody should hit the cap.

COACH'S EYE.

Cleans: catching with the elbows down and the chest folding. Cue fast elbows; if it keeps happening, go lighter.

CUES

- Row: legs, hips, arms; 26–30 strokes a minute. Hold the same split every round.
- Chest-to-bar: kip from the shoulders, not the knees. Break into sets of 4–5 before you fail, not after.
- Clusters: finish the pull before you drop under. Elbows fast; meet the bar high.
- Out of the squat, drive straight into the press. No pause at the top of the squat.
- Breathe at the top of every cluster, not at the bottom.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:04	Whiteboard	Color, target time, one standard per movement.
0:04–0:10	General warm-up	Two rounds; watch squat depth and pass-through width.
0:10–0:14	Technique	Empty bar clusters. Coach full extension and fast elbows.
0:14–0:18	Build and gymnastics prep	Athletes pick Rx or Scaled and set their weight.
0:18–0:20	Set up	Groups A and B to their start stations.
0:20–0:40	🟧 Metcon	Call rounds; hold athletes to their target splits.
0:40–0:45	Cooldown and scores	Log scores; quick check on who hit the target.
0:45–0:55	Accessory (optional)	Self-run. Brief it at the whiteboard.
0:55–1:00	Reset	Strip bars; greet the next class.

EQUIPMENT AND BACKUPS

- Each athlete: barbell and plates, a pull-up bar spot, a rower.
- No rower: 16/12 cal Echo bike or 20/16 cal C2 Bike. No machine: 250 m run.
- Accessory: a box and a pair of DBs per athlete.

HEATS AND STATIONS

- Fewer rowers than athletes: split the class. Group A starts on the row; Group B starts on the pull-ups and finishes each round on the row.
- Pair athletes on the rig so two share one pull-up station.

SCALING CALLOUTS

- Scaled version: banded pull-ups; clusters 95/65 (75/55 at 50–59, 65/45 at 60+). Same reps.
- Chest-to-bar → pull-ups → banded pull-ups. Fewer than 5 pull-ups unbroken: banded.
- Clusters: if the front rack is a problem, do front squats and push presses as separate reps.
- Rx loads by age: 115/80, 95/65 at 50–59, 75/55 at 60+.
- Shoulder that won't lock out overhead: front squats only, plus 10 DB push presses.

TUESDAY

YELLOW DAY · DURABILITY

Tuesday, October 27

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:03** WHITEBOARD
- **0:03–0:13** WARM-UP
- **0:13–0:15** SET UP
- **0:15–0:45** 🟨 EMOM
- **0:45–0:50** COOLDOWN AND SCORES
- **0:50–0:58** ACCESSORY (OPTIONAL)
- **0:58–1:00** RESET

WORKOUT

WARM-UP

Not timed, 10 minutes
2 rounds: 2:00 easy ski, 10 cat-cows, 10 glute bridges, 5/side world's greatest stretch
1 set: 5 toes-to-bar (Scaled: hanging knee raises), 8 AbMat sit-ups, 8 walking lunges with the workout DBs, 50 ft farmer carry
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

METCON

EMOM 30 (6 rounds)
Minute 1: 14/11 cal ski
Minute 2: 10 toes-to-bar
Minute 3: 12 DB walking lunges (2×35/20 lb)
Minute 4: 15 AbMat sit-ups
Minute 5: 100 ft DB farmer carry (2×50/35 lb)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.
Notes: Target: 35–45 s of work each minute. Core and durability with guardrails: finish each minute with 15–25 s to spare. If you can't, cut reps; keep the clock.

35–49
EMOM 30 (6 rounds)
Minute 1: 14/11 cal ski
Minute 2: 10 toes-to-bar
Minute 3: 12 DB walking lunges (2×35/20 lb)
Minute 4: 15 AbMat sit-ups
Minute 5: 100 ft DB farmer carry (2×50/35 lb)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

50–59
EMOM 30 (6 rounds)
Minute 1: 12/9 cal ski
Minute 2: 8 toes-to-bar
Minute 3: 12 DB walking lunges (2×25/15 lb)
Minute 4: 12 AbMat sit-ups
Minute 5: 100 ft DB farmer carry (2×40/25 lb)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

60+
EMOM 30 (6 rounds)
Minute 1: 10/7 cal ski
Minute 2: 6 toes-to-bar
Minute 3: 10 DB walking lunges (2×20/10 lb)
Minute 4: 10 AbMat sit-ups
Minute 5: 100 ft DB farmer carry (2×35/20 lb)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

COOLDOWN

Not timed, 5 minutes
2:00 easy walk
1:00 child's pose
1:00/side pigeon stretch
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

ACCESSORY (OPTIONAL): OBLIQUES AND DELTS

3 rounds, superset, 8 minutes
10–15/side band Pallof presses (RPE 7–8)
12–20 DB lateral raises (last round RPE 9)
Score: Load and reps.
Log: Load and reps for every set.
Leaderboard: Not ranked.
Notes: Week 1: find your weights. Round 1 is the test; if you had more than 3 reps left, go heavier. Coach-briefed, self-run after the cooldown. One set of each, then repeat. Pick weights that hit the RPE; at the top of the range on every round, add 5 lb next time. Lower for 2–3 seconds. Log weight and reps.

NOTES

COLOR.

🟨 Durability. Steady work with built-in rest: about 6 out of 10. Every minute starts on time; nobody races.

THIS WEEK.

First durability EMOM of the cycle. Teach the guardrail today: 35–45 seconds of work, the rest of the minute is rest. Every Tuesday for ten weeks runs on this rule.

STIMULUS AND TARGET.

35–45 seconds of work in every minute, 15–25 seconds of rest. The same reps in round 6 as in round 1. This is not a race; anyone who finishes every minute in 25 seconds is going too hard or should add reps.

COACH'S EYE.

Toes-to-bar: a big, uncontrolled swing. Reset with a dead hang between reps.

CUES

- Ski: long pulls, hinge at the hips, arms finish at the thighs. Easy pace.
- Toes-to-bar: small kip, controlled swing. Knee raises are a full option, not a failure.
- Lunges: back knee kisses the floor, front shin stays vertical, DBs at your sides.
- Sit-ups: touch the floor behind your head and touch your toes on every rep.
- Carry: tall chest, shoulders down, short fast steps.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:03	Whiteboard	Color, the work-to-rest guardrail, station order.
0:03–0:13	Warm-up	One pass through every station at easy pace.
0:13–0:15	Set up	Assign athletes to their start station.
0:15–0:45	🟨 EMOM	Call each minute. Watch for anyone missing the minute and cut their reps.
0:45–0:50	Cooldown and scores	No score; log reps and loads.
0:50–0:58	Accessory (optional)	Self-run.
0:58–1:00	Reset	DBs back on the rack.

EQUIPMENT AND BACKUPS

- Each station: a ski, a pull-up bar, a pair of DBs for lunges, an AbMat, a heavier pair of DBs or KBs for the carry.
- No ski: 14/11 cal row or 12/9 cal Echo bike. No machine: 200 m run.
- No heavy DBs for the carry: KBs at the same weight, or one heavy DB as a suitcase carry, 50 ft each hand.

HEATS AND STATIONS

- Five stations: split the class into five groups. Each group starts at a different station and rotates every minute. You need only one-fifth as many skis as athletes.
- With 15 athletes: 3 skis, 3 bar spots, 3 pairs of lunge DBs, 3 AbMats, 3 pairs of carry DBs.

SCALING CALLOUTS

- Scaled version: hanging knee raises; lunges 2×25/15 (2×20/10 at 50–59, 2×15/10 at 60+); sit-ups 12/10/8; carry 2×35/20 (2×25/15, 2×20/10).
- Toes-to-bar → hanging knee raises → AbMat crunches with knees bent.
- Lunges: bodyweight lunges, or reverse lunges in place if knees complain.
- Carry: lighter DBs before shorter distance.
- Rx DB loads by age: lunges 2×35/20, 2×25/15, 2×20/10; carry 2×50/35, 2×40/25, 2×35/20.

WEDNESDAY

RED DAY · LIFT + 🟥 MAX EFFORT

Wednesday, October 28

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:04** WHITEBOARD
- **0:04–0:16** WARM-UP
- **0:16–0:34** LIFT
- **0:34–0:37** TRANSITION
- **0:37–0:49** 🟥 FINISHER
- **0:49–0:55** COOLDOWN AND SCORES
- **0:55–1:00** RESET

WORKOUT

WARM-UP

Not timed, 12 minutes
2 rounds: 2:00 easy Echo bike, 10 air squats, 10 PVC pass-throughs, 5 inchworms
1 round: 10 goblet squats with a 3-second pause, 10 band pull-aparts, 10 band overhead presses
Empty bar: 5 back squats; light DBs: 5 strict presses
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

LIFT: BACK SQUAT + STRICT PRESS

Superset, 5 sets. Squat, rest 1:00, press, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 67%
A1. Back squat: 5×5 @ 72% (RPE 7)
A2. Standing DB strict press: 5×8 @ RPE 7
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.
Notes: % of back squat 1RM. No max: pick a weight you could squat 8 times. DB press: same DBs across all five sets, two reps left in the tank.

35–49
Superset, 5 sets. Squat, rest 1:00, press, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 67%
A1. Back squat: 5×5 @ 72% (RPE 7)
A2. Standing DB strict press: 5×8 @ RPE 7
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

50–59
Superset, 5 sets. Squat, rest 1:00, press, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 67%
A1. Back squat: 5×5 @ 72% (RPE 7)
A2. Standing DB strict press: 5×8 @ RPE 7
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

60+
Superset, 5 sets. Squat, rest 1:00, press, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 67%
A1. Back squat: 5×5 @ 72% (RPE 7)
A2. Standing DB strict press: 5×8 @ RPE 7
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

FINISHER

Every 2:00 for 6 sets, for time
12/9 cal Echo bike
8 burpees
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.
Notes: Target: under 1:10 per set. Six all-out sprints. Every set as fast as the first.

35–49
Every 2:00 for 6 sets, for time
12/9 cal Echo bike
8 burpees
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

50–59
Every 2:00 for 6 sets, for time
11/8 cal Echo bike
7 burpees
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

60+
Every 2:00 for 6 sets, for time
10/7 cal Echo bike
6 burpees
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

COOLDOWN

Not timed, 5 minutes
2:00 easy bike
1:00/side couch stretch
1:00/side doorway pec stretch
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

NOTES

COLOR.

🟥 Max effort. Short and fast: 9 out of 10 on every set, with full rest between. Quality stays high; if form breaks, the set is over.

THIS WEEK.

First lift day: back squat 5×5 @ 72% and DB strict press 5×8 at RPE 7. Deliberately moderate. The job today is finding working weights and grooving the brace; the squat climbs every week through Week 4.

STIMULUS AND TARGET.

The lift is the main event: five clean sets of squats at a weight that moves fast, with presses that never grind. The finisher is six sprints of about 1:00 work and 1:00 rest. Hold every set under 1:10.

COACH'S EYE.

Back squat: the hips rising faster than the chest out of the bottom. Same speed and same back angle on every rep; go lighter if it keeps happening.

CUES

- Squat: big breath in at the top, brace, then sit down between the heels. Knees track over the toes.
- Squat depth: hip crease below the knee. Stand up at the same speed every rep.
- DB strict press: squeeze the glutes, ribs down, DBs finish over the ears. No leg drive.
- Bike: the first 5 seconds decide the set. Hard start, then hold.
- Burpees: chest to the floor, jump and clap overhead. Step down if the bike made you dizzy.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:04	Whiteboard	Color, squat percentages, how to pick a weight without a max.
0:04–0:16	Warm-up	Goblet squats: teach the brace.
0:16–0:34	Lift	Two athletes per rack: A squats while B presses DBs, then switch. Coach every first set.
0:34–0:37	Transition	Strip bars; athletes to bikes.
0:37–0:49	🟥 Finisher	Start every set on the clock. Call times.
0:49–0:55	Cooldown and scores	Log squat weight and slowest set.
0:55–1:00	Reset	

EQUIPMENT AND BACKUPS

- One squat rack and barbell per two athletes, plus a pair of DBs each for the press. A squats while B presses, then switch.
- No Echo bike: 15/12 cal row or 12/9 cal C2 Bike. No machine: 150 m run.
- Bands for the warm-up.

HEATS AND STATIONS

- Fewer bikes than athletes: mix machines rather than run heats. Half the class on Echo bikes, the rest on rowers (15/12 cal) or the 150 m run. Each athlete stays on the same machine for all six sets so the slowest set is comparable.
- Lift: two athletes per rack. A squats while B presses DBs, then switch; the partner's set is the rest.

SCALING CALLOUTS

- Scaled version: same lift percentages. Finisher 10/7 cal (9/6 at 50–59, 8/6 at 60+), same burpees; step-back burpees at 60+.
- No 1RM: squat a weight you could do 8 times; it should feel like 7 out of 10.
- Depth problem: squat to a box at parallel.
- Shoulder that won't press overhead: neutral-grip DB press, or half-kneeling single-arm DB press.
- Burpees: step-back burpees for anyone who can't jump comfortably.

THURSDAY

GREEN DAY · ZONE 2

Thursday, October 29

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:03** WHITEBOARD
- **0:03–0:09** WARM-UP
- **0:09–0:11** SET UP
- **0:11–0:43** 🟩 STATIONS
- **0:43–0:48** COOLDOWN
- **0:48–0:56** ACCESSORY (OPTIONAL)
- **0:56–1:00** RESET

WORKOUT

WARM-UP

Not timed, 6 minutes
4:00 easy on any machine, building to Zone 2 pace
10/side leg swings, 10 arm circles each way, 5 inchworms
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

ZONE 2 STATIONS

32:00, 2 rounds of 4 stations, 4:00 each, no rest between
Station 1: 4:00 row at 18–20 strokes a minute
Station 2: 4:00 bike, C2 Bike at 80–90 rpm or easy Echo bike
Station 3: 4:00 ski with long, easy pulls, or easy jog out and back
Station 4: 4:00 bodyweight flow: 5 inchworms, 10 air squats, 10 box (20/16 in) step-ups, 10 band pull-aparts
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.
Notes: Nasal breathing the whole way; full sentences possible. Optional heart-rate cap: 180 minus age.

35–49
32:00, 2 rounds of 4 stations, 4:00 each, no rest between
Station 1: 4:00 row at 18–20 strokes a minute
Station 2: 4:00 bike, C2 Bike at 80–90 rpm or easy Echo bike
Station 3: 4:00 ski with long, easy pulls, or easy jog out and back
Station 4: 4:00 bodyweight flow: 5 inchworms, 10 air squats, 10 box (20/16 in) step-ups, 10 band pull-aparts
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

50–59
32:00, 2 rounds of 4 stations, 4:00 each, no rest between
Station 1: 4:00 row at 18–20 strokes a minute
Station 2: 4:00 bike, C2 Bike at 80–90 rpm or easy Echo bike
Station 3: 4:00 ski with long, easy pulls, or easy jog out and back
Station 4: 4:00 bodyweight flow: 5 inchworms, 10 air squats, 10 box (20/16 in) step-ups, 10 band pull-aparts
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

60+
32:00, 2 rounds of 4 stations, 4:00 each, no rest between
Station 1: 4:00 row at 18–20 strokes a minute
Station 2: 4:00 bike, C2 Bike at 80–90 rpm or easy Echo bike
Station 3: 4:00 ski with long, easy pulls, or easy jog out and back
Station 4: 4:00 bodyweight flow: 5 inchworms, 10 air squats, 10 box (20/16 in) step-ups, 10 band pull-aparts
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

COOLDOWN

Not timed, 5 minutes
1:00/side couch stretch
8 90/90 hip switches
1:00 deep squat hold
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

ACCESSORY (OPTIONAL): BICEPS AND TRICEPS

3 rounds, superset, 8 minutes
12–20 DB hammer curls (last round RPE 9)
12–20 DB overhead triceps extensions (last round RPE 9)
Score: Load and reps.
Log: Load and reps for every set.
Leaderboard: Not ranked.
Notes: Week 1: find your weights. Round 1 is the test; if you had more than 3 reps left, go heavier. Coach-briefed, self-run after the cooldown. One set of each, then repeat. Pick weights that hit the RPE; at the top of the range on every round, add 5 lb next time. Lower for 2-3 seconds. Log weight and reps.

NOTES

COLOR.

🟩 Zone 2. Easy aerobic work: nasal breathing, full sentences possible, about 5 out of 10. Building the engine, not testing it.

THIS WEEK.

First Zone 2 day. Spend the whiteboard time on the nose-breathing test. Most members go too hard on Thursdays; this is the week to set the habit.

STIMULUS AND TARGET.

32 minutes at a pace that never needs the mouth to breathe. If an athlete can't speak a full sentence, they slow down. No scores today.

COACH'S EYE.

Machines: going out too hard in the first minute. Hold the first effort back.

CUES

- Breathe through the nose. If you have to open your mouth, back off.
- Row: long and smooth, 18–20 strokes a minute.
- Bike: steady cadence, light resistance. Easy pace on the Echo bike means no sprinting.
- Flow station: continuous movement at walking pace. It's a break for the legs, not a workout.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:03	Whiteboard	Explain Zone 2 and the nose-breathing test.
0:03–0:09	Warm-up	Athletes find their station.
0:09–0:11	Set up	Groups to their first station.
0:11–0:43	🟩 Stations	Call rotations every 4:00. Check breathing, not speed.
0:43–0:48	Cooldown	
0:48–0:56	Accessory (optional)	Self-run.
0:56–1:00	Reset	

EQUIPMENT AND BACKUPS

- Rowers, bikes, skis, plyo boxes at 20/16 in for everyone, light bands.
- Missing a machine type: replace that station with an easy outdoor jog, out and back.
- Accessory: a pair of DBs per athlete.

HEATS AND STATIONS

- Four stations, four groups. Each group starts at a different station and rotates every 4:00. You need only one-quarter as many of each machine as athletes.
- With 16 athletes: 4 rowers, 4 bikes, 4 skis (or runners), 4 boxes.

SCALING CALLOUTS

- Everyone does the same thing; pace is the scale.
- 60+: same 20/16 in box; step down slowly, one foot at a time.
- Anyone who can't stay in Zone 2 on the ski: easy jog or walk.

FRIDAY

ORANGE DAY · THRESHOLD

Friday, October 30

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:04** WHITEBOARD
- **0:04–0:10** GENERAL WARM-UP
- **0:10–0:14** TECHNIQUE
- **0:14–0:19** BUILD AND ROPE
- **0:19–0:21** SET UP
- **0:21–0:37** METCON
- **0:37–0:42** COOLDOWN AND SCORES
- **0:42–0:52** ACCESSORY (OPTIONAL)
- **0:52–1:00** RESET

WORKOUT

WARM-UP

Not timed, 14 minutes (includes a 4-minute technique piece)
2 rounds: 2:00 easy ski, 10 PVC pass-throughs, 5 PVC overhead squats with a 3-second pause, 5/side Cossack squats
Technique, 4 minutes, PVC then empty bar: Burgener warm-up × 2, then 3 × (3 power snatches + 3 overhead squats)
Build: 3 sets of 3 power snatches + 3 overhead squats to workout weight
Rope: 2 rope pulls to stand, 1 rope climb (Scaled: 3 rope pull-to-stands)
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

METCON

AMRAP 16
12/9 cal ski
2 rope climbs
8 power snatches (95/65 lb)
8 overhead squats (95/65 lb)
Score: Total rounds and reps.
Log: Score, loads and scaling used.
Leaderboard: Ranked.
Notes: Target: 5–6 rounds. Pull, snatch and squat. Snatches and overhead squats with the same bar; keep the ski smooth.

35–49
AMRAP 16
12/9 cal ski
2 rope climbs
8 power snatches (95/65 lb)
8 overhead squats (95/65 lb)
Score: Total rounds and reps.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

50–59
AMRAP 16
12/9 cal ski
2 rope climbs
8 power snatches (75/55 lb)
8 overhead squats (75/55 lb)
Score: Total rounds and reps.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

60+
AMRAP 16
10/7 cal ski
1 rope climb
8 power snatches (65/45 lb)
8 overhead squats (65/45 lb)
Score: Total rounds and reps.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

COOLDOWN

Not timed, 5 minutes
2:00 easy row
1:00/side thread the needle
1:00 dead hang, relaxed
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

ACCESSORY (OPTIONAL): BACK, GLUTES AND DELTS

3 rounds, tri-set, 10 minutes
8–12/arm single-arm DB rows, hand on a box (RPE 8)
8–12/leg B-stance DB RDLs (RPE 8)
12–20 DB rear-delt raises (last round RPE 9)
Score: Load and reps.
Log: Load and reps for every set.
Leaderboard: Not ranked.
Notes: Week 1: find your weights. Round 1 is the test; if you had more than 3 reps left, go heavier. Coach-briefed, self-run after the cooldown. One set of each, then repeat. Pick weights that hit the RPE; at the top of the range on every round, add 5 lb next time. Lower for 2-3 seconds. Log weight and reps.

NOTES

COLOR.

🟧 Threshold. Hard and sustained: breathing heavy but under control, about 7–8 out of 10. The pace you pick in round 1 should still be there in the last round.

THIS WEEK.

Second benchmark. Log rounds and reps and each athlete's barbell load; it comes back on Saturday, Dec 26.

STIMULUS AND TARGET.

About 2:45 per round for the 35–49 Rx athlete; 5–6 rounds. The ski is the recovery piece; the barbell is where the round is won. Snatches as fast singles if needed, overhead squats unbroken.

COACH'S EYE.

Overhead squats: the bar drifting forward at the bottom. Squat only as deep as the bar stays over the mid-foot, or switch to front squats.

CUES

- Ski: smooth and repeatable. If the ski gets hard, you went out too fast.
- Rope: feet lock on the way up; hand over hand on the way down. No sliding.
- Snatch: bar close, finish tall, punch under. Feet land in the squat stance.
- Overhead squat: armpits forward, bar over the mid-foot, chest up the whole way.
- Drop the bar from the top only if the floor and plates allow; otherwise lower under control.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:04	Whiteboard	Color, target rounds, the rope swap.
0:04–0:10	General warm-up	Overhead squat mobility check.
0:10–0:14	Technique	PVC Burgener, then empty bar. Fix arm bend and early pulls.
0:14–0:19	Build and rope	Athletes set weight and try one rope climb.
0:19–0:21	Set up	Groups A and B to their start stations.
0:21–0:37	🟧 Metcon	Call 4:00 marks; check the round targets.
0:37–0:42	Cooldown and scores	Log rounds and reps.
0:42–0:52	Accessory (optional)	Self-run.
0:52–1:00	Reset	

EQUIPMENT AND BACKUPS

- Each athlete: barbell and plates, a ski.
- No ski: 15/12 cal row or 12/9 cal Echo bike. No machine: 200 m run.
- Ropes: 1 rope per 3 athletes. No rope or no free rope: 8 pull-ups (5 at 60+).
- Accessory: a box and a pair of DBs per athlete.

HEATS AND STATIONS

- Fewer skis than athletes: Group A starts on the ski; Group B starts on the barbell and finishes each round on the ski.
- Rope line: no waiting. If the rope is taken, do the pull-up swap and move on.

SCALING CALLOUTS

- Scaled version: 6 rope pull-to-stands (3 at 60+); power snatches 75/55 (65/45 at 50–59, 55/35 at 60+); front squats in place of overhead squats.
- Rope climbs → 8 pull-ups → 6 rope pull-to-stands.
- Overhead squat: anyone who can't hold the bar overhead below parallel does front squats.
- Snatch: hang power snatches from above the knee for anyone pulling early.
- Rx loads by age: 95/65, 75/55 at 50–59, 65/45 at 60+.

SATURDAY

RED DAY · LIFT + 🟥 MAX EFFORT (INDIVIDUAL OR PARTNER)

Saturday, October 31

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

- **0:00–0:04** WHITEBOARD
- **0:04–0:16** WARM-UP
- **0:16–0:34** LIFT
- **0:34–0:37** TRANSITION
- **0:37–0:49** 🟥 FINISHER
- **0:49–0:55** COOLDOWN AND SCORES
- **0:55–1:00** RESET

WORKOUT

WARM-UP

Not timed, 12 minutes
2 rounds: 400 m easy jog, 10 PVC good mornings, 10 glute bridges, 10 scap push-ups
1 round: 10 KB deadlifts, 10 push-ups, 5 V-ups (Scaled: tuck-ups)
Empty bar: 5 RDLs, 5 deadlifts, 10 bench presses
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

LIFT: DEADLIFT + BENCH PRESS

Superset, 5 sets. Deadlift, rest 1:00, bench, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 65%
A1. Deadlift: 5×4 @ 70%, 1-sec pause below the knee (RPE 7)
A2. Bench press: 5×5 @ 68% (RPE 7)
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.
Notes: % of each lift's 1RM. No max: pick weights you could do 7 times. Every bench set needs a spotter.

35–49

Superset, 5 sets. Deadlift, rest 1:00, bench, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 65%
A1. Deadlift: 5×4 @ 70%, 1-sec pause below the knee (RPE 7)
A2. Bench press: 5×5 @ 68% (RPE 7)
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

50–59

Superset, 5 sets. Deadlift, rest 1:00, bench, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 65%
A1. Deadlift: 5×4 @ 70%, 1-sec pause below the knee (RPE 7)
A2. Bench press: 5×5 @ 68% (RPE 7)
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

60+

Superset, 5 sets. Deadlift, rest 1:00, bench, rest 1:00
Build: 5 @ 50%, 3 @ 60%, 2 @ 65%
A1. Deadlift: 5×4 @ 70%, 1-sec pause below the knee (RPE 7)
A2. Bench press: 5×5 @ 68% (RPE 7)
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

LIFT: DEADLIFT + BENCH PRESS, PARTNER

Superset, 5 sets each. Partners share one deadlift bar and one bench
Build together: 5 @ 50%, 3 @ 60%, 2 @ 65%
Each round: Partner A does 4 deadlifts @ 70% (1-sec pause below the knee), then 5 bench presses @ 68% with B spotting
Then Partner B deadlifts and benches with A spotting
5 rounds; your partner's turn is your rest
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.
Notes: Each partner lifts their own percentage and changes plates between turns. The partner always spots the bench.

35–49
Superset, 5 sets each. Partners share one deadlift bar and one bench
Build together: 5 @ 50%, 3 @ 60%, 2 @ 65%
Each round: Partner A does 4 deadlifts @ 70% (1-sec pause below the knee), then 5 bench presses @ 68% with B spotting
Then Partner B deadlifts and benches with A spotting
5 rounds; your partner's turn is your rest
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

50–59
Superset, 5 sets each. Partners share one deadlift bar and one bench
Build together: 5 @ 50%, 3 @ 60%, 2 @ 65%
Each round: Partner A does 4 deadlifts @ 70% (1-sec pause below the knee), then 5 bench presses @ 68% with B spotting
Then Partner B deadlifts and benches with A spotting
5 rounds; your partner's turn is your rest
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

60+
Superset, 5 sets each. Partners share one deadlift bar and one bench
Build together: 5 @ 50%, 3 @ 60%, 2 @ 65%
Each round: Partner A does 4 deadlifts @ 70% (1-sec pause below the knee), then 5 bench presses @ 68% with B spotting
Then Partner B deadlifts and benches with A spotting
5 rounds; your partner's turn is your rest
Score: Heaviest successful set of each lift.
Log: Load and reps for every set.
Leaderboard: Ranked.

FINISHER

Every 2:00 for 6 sets, for time
200 m run
12 V-ups
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.
Notes: Target: under 1:15 per set. No hinge after deadlifts: this is run and core.

35–49
Every 2:00 for 6 sets, for time
200 m run
12 V-ups
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

50–59
Every 2:00 for 6 sets, for time
200 m run
10 V-ups
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

60+
Every 2:00 for 6 sets, for time
150 m run
8 V-ups
Rest the remainder of each interval
Score: slowest set.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

FINISHER, PARTNER

AMRAP 12, partners alternate full rounds
200 m run
12 V-ups
One partner works while the other rests; tag at the finish of each round
Score: total rounds.
Log: Score, loads and scaling used.
Leaderboard: Ranked.
Notes: Target: 10 or more total rounds per pair. Each partner uses their own age-band reps; mixed-age pairs are fine.

35–49
AMRAP 12, partners alternate full rounds
200 m run
12 V-ups
One partner works while the other rests; tag at the finish of each round
Score: total rounds.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

50–59
AMRAP 12, partners alternate full rounds
200 m run
10 V-ups
One partner works while the other rests; tag at the finish of each round
Score: total rounds.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

60+
AMRAP 12, partners alternate full rounds
150 m run
8 V-ups
One partner works while the other rests; tag at the finish of each round
Score: total rounds.
Log: Score, loads and scaling used.
Leaderboard: Ranked.

COOLDOWN

Not timed, 5 minutes
2:00 easy walk
1:00/side lying hamstring stretch
1:00 child's pose
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

NOTES

COLOR.

🟥 Max effort. Short and fast: 9 out of 10 on every set, with full rest between. Quality stays high; if form breaks, the set is over.

THIS WEEK.

Deadlift 5×4 @ 70% with a pause below the knee, bench 5×5 @ 68%. The pause teaches position before the loads climb. First partner Saturday: pair people of similar strength so plate changes stay quick.

STIMULUS AND TARGET.

The lift is the main event: crisp deadlifts with a clear pause and bench presses that move at the same speed every rep. The finisher is short and fast: about 1:10 of work, then rest. Partners hold the same pace by tagging fast.

COACH'S EYE.

Deadlift: the hips shooting up first so the bar leaves the floor on the lower back. Chest and hips rise together; the set ends at the first rounded rep.

CUES

- Deadlift: pull the slack out of the bar before it leaves the floor. Pause just below the knee, then finish with the glutes.
- Deadlift: bar stays in contact with the legs; shoulders over the bar off the floor.
- Bench: feet planted, shoulder blades pinned, bar touches the lower chest. Spotter's hands ready, not touching.
- Run: first 50 m controlled, last 50 m fast.
- V-ups: arms and legs meet over the hips; lower with control, don't crash.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:04	Whiteboard	Color, percentages, partner or individual, spotting rules.
0:04–0:16	Warm-up	Teach the deadlift pause with the empty bar.
0:16–0:34	Lift	Pairs share a deadlift bar and a bench. Coach every first set.
0:34–0:37	Transition	Bars stripped; run course set.
0:37–0:49	🟥 Finisher	Individuals: call each 2:00. Partners: count rounds on the board.
0:49–0:55	Cooldown and scores	Log both lifts and the finisher.
0:55–1:00	Reset	

EQUIPMENT AND BACKUPS

- One barbell and one bench per pair; a rack for the bench.
- Run course: 100 m out and back. No outdoor route: 15/12 cal row or 12/9 cal Echo bike.
- Spotters on every bench set: the next pair spots, or the partner spots between deadlift sets.

HEATS AND STATIONS

- Individual finisher: if the run route is narrow, start every other athlete 15 seconds apart.
- Partner finisher: one partner runs, the other rests at the V-up mat. One mat per pair.
- Short on benches: two pairs share a bench and alternate sets.

SCALING CALLOUTS

- Scaled version: same lift percentages; tuck-ups in place of V-ups, individual and partner.
- No 1RM: pick weights that would allow 7 reps; 7 out of 10 effort.
- Deadlift: anyone who can't keep a flat back pulls from blocks or plates at mid-shin.
- Bench: DB bench press or push-ups for anyone without a spotter.
- Run: 60+ runs 150 m; walk-jog is fine. V-ups → tuck-ups → dead bugs.

PARTNER VERSION.

Both the lift and the finisher are programmed for partners above. Partners can be Rx and Scaled together; each one follows their own column.

SUNDAY

BLUE DAY · RECOVERY (COACHED, 45 MINUTES)

Sunday, November 1

Coach brief video: https://youtu.be/Nr48ukHvxiE

CLASS CLOCK

0:00–0:15
EASY MACHINE

0:15–0:35
MOBILITY FLOW

0:35–0:45
BREATHING

WORKOUT

RECOVERY CLASS

45:00, coached, not for score
15:00 easy machine of choice: row, bike or ski, conversational pace
20:00 mobility flow, 2 rounds: 10 cat-cows, 5/side world's greatest stretch, 8 90/90 hip switches, 1:00/side couch stretch, 10 band pull-aparts, 0:30 dead hang
10:00 breathing: 2:00 box breathing (4 in, 4 hold, 4 out, 4 hold), 3:00 crocodile breathing, 5:00 legs up the wall with nasal breathing
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.
Notes: Recovery only. Nothing here should raise breathing above a conversation.

35–49
45:00, coached, not for score
15:00 easy machine of choice: row, bike or ski, conversational pace
20:00 mobility flow, 2 rounds: 10 cat-cows, 5/side world's greatest stretch, 8 90/90 hip switches, 1:00/side couch stretch, 10 band pull-aparts, 0:30 dead hang
10:00 breathing: 2:00 box breathing (4 in, 4 hold, 4 out, 4 hold), 3:00 crocodile breathing, 5:00 legs up the wall with nasal breathing
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

50–59
45:00, coached, not for score
15:00 easy machine of choice: row, bike or ski, conversational pace
20:00 mobility flow, 2 rounds: 10 cat-cows, 5/side world's greatest stretch, 8 90/90 hip switches, 1:00/side couch stretch, 10 band pull-aparts, 0:30 dead hang
10:00 breathing: 2:00 box breathing (4 in, 4 hold, 4 out, 4 hold), 3:00 crocodile breathing, 5:00 legs up the wall with nasal breathing
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

60+
45:00, coached, not for score
15:00 easy machine of choice: row, bike or ski, conversational pace
20:00 mobility flow, 2 rounds: 10 cat-cows, 5/side world's greatest stretch, 8 90/90 hip switches, 1:00/side couch stretch, 10 band pull-aparts, 0:20 dead hang
10:00 breathing: 2:00 box breathing (4 in, 4 hold, 4 out, 4 hold), 3:00 crocodile breathing, 5:00 legs up the wall with nasal breathing
Score: For quality - no score.
Log: Notes only.
Leaderboard: Not ranked.

NOTES

COLOR.

🟦 Recovery. Movement and breathing to recover from the week. Nothing here should raise breathing above a conversation.

THIS WEEK.

First recovery class. Ask how the week landed and note who is sore where; that tells you who needs scaling next week.

STIMULUS AND TARGET.

Leave feeling better than you arrived. Heart rate stays low the whole class.

COACH'S EYE.

Machines: going out too hard in the first minute. Hold the first effort back.

CUES

- Machine: easy enough to talk the whole time.
- Mobility: move slowly into each stretch; no bouncing.
- Breathing: long exhales, longer than the inhales. Let the shoulders drop.

CLASS FLOW

TIME	BLOCK	COACH
0:00–0:15	Easy machine	Welcome as they settle in: purpose of the class; how the week went. Check conversation pace.
0:15–0:35	Mobility flow	Coach leads from the front; same pace for everyone.
0:35–0:45	Breathing	Lights down if possible. Close with a one-line preview of next week.

EQUIPMENT AND BACKUPS

- Any mix of rowers, bikes and skis; walking outside works too.
- Mats, light bands, a pull-up bar for the hang.

HEATS AND STATIONS

- Machines short: half the class walks outside for 15:00, then everyone flows together.

SCALING CALLOUTS

- 60+: shorter dead hang (0:20) or a supported hang with feet on a box.
- Anyone with sore knees on the floor: a folded mat under the knees for cat-cows and couch stretch.

COACH DEVELOPMENT: GUARD THE COLOR

Every workout in this program has a color, and the color is not decoration. It's the prescription. Green means sustainable. Yellow means hard but repeatable. Orange is competition pace. Red is maximum — and Red is rare on purpose.

Here's what happens in a real class: the workout starts, the clock starts, and the room drifts. Your Green day turns Orange by minute four because three athletes decided today was a race. Nobody decided that. It just happened. And when it happens, the week stops working the way it was written — because a Green day that gets trained Orange doesn't build the engine. It just spends it.

Your job as the coach is to guard the color.

That starts at the whiteboard. When you brief the workout, say the color and say what it should feel like, in plain words: "Today is Green. Breathing up, but you could hold this pace for forty minutes. If you're racing the person next to you, you're doing a different workout than the one I wrote." Thirty seconds. That's the whole investment.

Then coach it during the work. You're not watching reps — you're watching effort. If an athlete is redlining a Yellow piece, you don't need a lecture. Walk by and say: "Back it down ten percent. I want you able to repeat this round." That sentence is coaching. It's you delivering the intended dose, which is the entire job.

And learn the flip side: on an Orange or Red day, your job is the opposite. Some athletes will sandbag a hard day out of habit. Same walk-by, other direction: "There's more in you today. This is the day we spend it."

One class is not the point. The point is the week, and the month, and the cycle. Green and Yellow build the engine. Orange gets more out of it. Red adds horsepower. A coach who guards the color is running that system. A coach who lets every day become a race is running chaos with better branding.

Takeaway: Say the color at the whiteboard, then coach the effort — not just the reps — until the room is training the workout that was actually written.