



2017 CrossFit Open Prep

Tromello Programming

TROMELLO PROGRAMMING
2017 (8 WEEK OPEN PREP CYCLE 2)

DAY 1	WK 5 EMOM 12	WK 6 EMOM 12	WK 7 EMOM 12	WK 8 EMOM 12
SKILL:	MIN. 1: 3 STRICT PRESS (ADD WEIGHT PROGRESSIVELY) MIN. 2: 7 STRICT RING DIPS MIN. 3: 15 PULL UPS MIN. 4: REST	MIN. 1: 15 GHD SIT UPS MIN. 2: 6 STRICT HSPU MIN. 3: 1 LEGLEES + 1 REGULAR ROPE CLIMB (UNBROKEN) MIN. 4: REST	MIN. 1: 50 DOUBLE UNDERS MIN. 2: 20 ALT. PISTOLS MIN. 3: 10 UNBROKEN T2B MIN. 4: REST	MIN. 1: 50 FT. HANDSTAND WALK MIN. 2: 5 BAR MUSCLE UPS MIN. 3: :30 SEC. L SIT MIN. 4: REST
LIFT:				
FRONT SQUATS	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2
2 Rounds (5,3,2, 5,3,2)				
S2O WORK Rest 1-2 Min.	S2O 21-15-9 185 / 125 (UNBROKEN) REST 2 MIN. 30 FOR TIME @ 185 / 125	PUSH JERK OR SPLIT JERK 3 x3 2 x2 3 x1 WORK TO A HEAVY SINGLE	S2O 21-15-9 205 / 135 (UNBROKEN) REST 2 MIN. 30 FOR TIME @ 205 / 135	PUSH JERK OR SPLIT JERK 3 x3 2 x2 3 x1 WORK TO A HEAVY SINGLE
*TAKE FROM 1RM OF EACH MOVEMENT **2 ROUNDS!!!!				
WORKOUT:	E4MOM... (FOR AS LONG AS POSSIBLE) 18/15 CAL. ROW 6 BAR MU 12 FRONT SQUATS (135/95) *ADD 10 LBS. EACH ROUND	10 ROUNDS 30 CAL. ROW 10 HSPU TIME:	27-21-15-9 S2O BOX JUMP OVERS (30/24) R1: 155/105 R2: 165/115 R3: 185/125 R4: 205/135 *REST 1 MIN. AFTER EACH ROUND	*OPEN TEST* AMRAP 20: 50 WB (20 10' / 14 9') 50 DU 40 BOX JUMPS (24/20) 40 TTB 30 CTB 30 BURPEES 20 CLEANS (145/100) 20 JERKS (145/100) 10 SNATCH (145/100) 10 MUSCLE UPS TIME:
DAY 2	2 ROUNDS (AT A WALKING PACE)	2 ROUNDS (AT A WALKING PACE)	2 ROUNDS (AT A WALKING PACE)	2 ROUNDS (AT A WALKING PACE)
WARM UP:				
SHOULDER PRE-HAB / WARM UP	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS
LIFT:				
SNATCH Rest 1-2 Min.	AMRAP 6 30 SNATCH (75/55) 30 SNATCH (95/65) 30 SNATCH (115/75) AMRAP SNATCH (135/95) IN TIME REMAINING SCORE:	FULL SNATCH x3 x3 x3 x2 x1 x1	7 MIN. (:30 SEC ON / :30 SEC. OFF) MAX EFFORT POWER SNATCH (95/65) 2 MIN. BREAK: EMOM 10 ODD: 50 FT. HANDSTAND WALK EVEN: 1 SNATCH (WORK TO A HEAVY SINGLE)	FULL SNATCH x3 x3 x3 x2 x1 x1
OHS Rest 1-2 Min.	CLEAN GRIP OHS x3 x3 x3 x2 x2 x1 x1	OHS 21-15-9 155 / 105 (UNBROKEN) REST 2 MIN. THEN: 30 FOR TIME @ 155 / 105 GOAL IS UNDER 1 MIN.	CLEAN GRIP OHS x3 x3 x3 x2 x2 x1 x1	OHS AMRAP 6 30 OHS (95) 30 OHS (115) AMRAP OHS (135/95) IN TIME REMAINING
SKILL:	EMOM 10 ODD: 10 T2B EVEN: 10 OHS (105/70)	EMOM 10 + 5 MIN (CAN DO BEFORE OR AFTER WOD) 2 STRICT MU + 2 KIPPING Does not have to be unbroken but it should be the goal. *AT MIN. 11 ADD A KIPPING REP UNTIL FAILURE. **11 = 3, 12 = 4, 13 = 5, 14 = 6, 15 = 7	EMOM 10 3 MUSCLE UPS	EMOM 10 + 5 MIN 7 HSPU Does not have to be unbroken but it should be the goal. *AT MIN. 11 ADD A REP UNTIL FAILURE. **11 = 8, 12 = 9, 13 = 10, 14 = 11, 15 = 12
WORKOUT:	FOR TIME: 25 C2B PULL UPS 21-15-9 BAR FACING BURPEES O.H. WALKING LUNGES (95/65) THEN: 25 C2B PULL UPS *SLED WEIGHT (135/90) + SLED	*15.2* E3MOM... FOR AS LONG AS POSSIBLE From 0:00-3:00 2 rounds of: 10 overhead squats (95 / 65 lb.) 10 chest-to-bar pull-ups From 3:00-6:00 2 rounds of: 12 overhead squats (95 / 65 lb.) 12 chest-to-bar pull-ups From 6:00-9:00 2 rounds of: 14 overhead squats (95 / 65 lb.) 14 chest-to-bar pull-ups Etc., following same pattern until you fail to complete both rounds	EMOM 10 8 B.F. BURPEES 30 DOUBLE UNDERS IMMEDIATELY INTO: EMOM 10 6 T2B 6 OHS (135/95)	27-21-15-9 POWER SNATCH C2B PULL UPS R1 = 27-27 REST 1 MIN. R2 = 21-21 REST 1 MIN. R3 = 15-15 REST 1 MIN. R4 = 9-9 *REST 1 MIN. AFTER EACH ROUND

DAY 3:				
SKILL:				
	UNBROKEN HSPU 6 DEFICT UNBROKEN HSPU *MOVE UP DEFICIT UNTIL FAILURE 2', 4', 6', 8', 10, ETC.	EMOM 12 MIN. 1: 6 WEIGHTED RING DIPS MIN. 2 : :30 SEC. HEAD STAND MIN. 3 : :30 SEC. L SIT	C2B PULL UPS 6 MIN. climb as high up the ladder as possible of unbroken C2B Pull ups 3-6-9-12-15-ETC... Once you have to break up the reps start over at 3 reps and continue climbing again.	EMOM 10 + 5 MIN 10 T2B Does not have to be unbroken but it should be the goal. *AT MIN. 11 ADD A REP UNTIL FAILURE. **11 = 11, 12 =12, 13=13, 14 =14, 15=15
LIFT:				
DEAD LIFT	x10 REST 1 MIN. x15 REST 2 MIN. x20 REST 3 MIN. x25 *ADD WEIGHT TO WHAT WAS HIT WK 25 *UNBROKEN	70% x3 75% x3 80% x2 x 3 85% x1 90% x1 90% x1	x30 REST 1 MIN. x25	70% x3 75% x3 80% x2 x 2 85% x1 90% x1 95% x1
ACCESSORY / SKILL:				
		3 ROUNDS (AT A WALKING PACE) 6E MEADOWS ROW (YOUR CHOICE) 6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE) 6 GHD GLUTE HAM RAISES 6E LOADED BB ROLL OUTS 6 BB HIP THRUSTS (YOUR CHOICE)		3 ROUNDS (AT A WALKING PACE) 6E MEADOWS ROW (YOUR CHOICE) 6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE) 6 GHD GLUTE HAM RAISES 6E LOADED BB ROLL OUTS 6 BB HIP THRUSTS (YOUR CHOICE)
WORKOUT:				
	AMRAP 20 55 DEAD LIFT (225/155) 10 ROUNDS 5 C2B PULL UPS 10 PUSH UPS 15 AIR SQUATS *TREAT LIKE AN AMRP. ONCE YOU COMPLETE THE 10 ROUNDS START BACK ON DL.	27 -21-15-9 DEAD LIFT BOX JUMP (30/24) R1: 275/185 R2: 315/205 R3: 335/225 R4: 365/245 *REST 1 MIN. AFTER EACH ROUND	FOR TIME (21 MIN. CAP) 50 CAL. ROW 50 WALL BALL (20/14) 10"/9" 50 DEAD LIFT (225/155) 50 HSPU 50 DEAD LIFT 50 WALL BALL 50 CAL. ROW	E3MOM (6 ROUNDS) 15/12 CAL. ASSAULT (22/18 AIRDYNE) 10 SUMO DL HIGH PULLS (115/75) 10 BURPEE BOX JUMP OVERS (24/20)
DAY 4				
POWER WORK:				
Give yourself ample recovery before squatting.	3 X 80 FT. D-BALL FRONT CARRY (150/100) PAIR WITH: 3 x 3 ROPE CLIMBS	EMOM 10 ODD: 8E DB OH WALKING LUNGES (YOUR CHOICE) EVEN: 80 FT. HAND OVER HAND ROPE PROWLER PULL (WORK ON SPEED!)	3 X 80 FT. PROWLER PULL BEAR CRAWL PAIR WITH: 3 x 3 ROPE CLIMBS	EMOM 10 ODD: 8E DB OH WALKING LUNGES (YOUR CHOICE) EVEN: 80 FT. HAND OVER HAND ROPE PROWLER PULL (WORK ON SPEED!)
LIFT:				
BACK SQUATS 2 Rounds (5,3,2 ,5,3,2)	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2	75% x5 85% x3 90% x2
THRUSTERS	x10 REST 1 MIN. x15 REST 2 MIN. x20 REST 3 MIN. x25 *ADD WEIGHT TO WHAT WAS HIT WK 25 *UNBROKEN	70% x3 75% x3 80% x2 x 3 85% x1 90% x1 90% x1	x30 REST 1 MIN. x25	70% x3 75% x3 80% x2 x 2 85% x1 90% x1 95% x1
SKILL:				
	TABATA (8 MIN. TOTAL) 8 ROUNDS (ALTERNATING) A) DOUBLE UNDERS B) HSPU *ALL OUT!	TABATA (8 MIN. TOTAL) 8 ROUNDS (ALTERNATING) A) ASSAULT BIKE B) T2B *ALL OUT!	TABATA (8 MIN. TOTAL) 8 ROUNDS (ALTERNATING) A) CAL. ROW B) DOUBLE TAP (C2B - BAR MU) *ALL OUT!	TABATA 8 ROUNDS (ALTERNATING) A) WALL BALL (30/20) B) GHD SIT UPS *ALL OUT!
AEROBIC THRESHOLD:				
	27-21-15-9 CAL. ROW THRUSTERS R1: 115/75 R2: 135/95 R3: 155/105 R4: 165/115 *REST 1 MIN. AFTER EACH ROUND	AMRAP 45 ROW FOR MAX METERS *GOAL IS MORE THEN 10K	250'S 20 X 250 M. ROW *REST :30 SEC. **Goal is to spint each one.	RUNNING CLOCK 0:00 to 3:00 complete: 45/35 calorie row + max Muscle ups 3:00 to 5:00 complete: 35/25 calorie row + max Muscle ups 5:00 to 6:00 complete: 25/15 calorie Row + max Muscle ups TOTAL MU = 6:00 to 10:00: Rest 10:00 to 11:00 complete: 5 Muscle ups + max calorie Row 11:00 to 13:00 complete: 5 muscle ups + max calorie Row 13:00 to 16:00 complete: 5 muscle ups + max calorie Row TOTAL CAL =

DAY 5		FULL CLEAN + JERK (ONCE YOU CANT JERK CONTINUE TO CLEAN)		EMOM 15		FULL CLEAN + JERK (ONCE YOU CANT JERK CONTINUE TO CLEAN)		EMOM... FOR AS LONG AS POSSIBLE	
CLEAN <i>Rest 1-2 Min.</i>		x3 x3 x3 x2 x2 x1 x1		5 CLEAN & JERKS *WORK TO A HEAVY SET OF 5 UNBROKEN		x3 x3 x3 x2 x2 x1 x1		UNBROKEN CLEAN & JERK 1-2-3-4-5-6-7-8-ETC. (135/95) ROUND:	
CLEAN PULLS (FROM THE FLOOR) <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!		85% X2 90% X2 100% X2 105% X2				85% X2 90% X2 100% X2 105% X2			
BB SLIT SQUAT *WORK FROM 45-55% 1RM BACK SQUAT PAIR WITH:				CHOOSE A WEIGHT	x6e x6e x6e			CHOOSE A WEIGHT	x6e x6e x6e
SKILL:	3 ROUNDS	DO AFTER THE WORKOUT	BAR MUSCLE UPS	5 ROUNDS	*DO THIS AT THE END	EMOM 10			
	20 UNBROKEN T2B *REST 90 SEC.		3 X 7 (UNBROKEN) *REST AS NEEDED	10 HOLLOW ROCKS 10 V-UPS 10 TUCK UPS 10 SEC. HOLLOW HOLD	*REST 1 MIN.	2 ROPE CLIMBS			
WORKOUT:	FOR TIME:		EMOM 12	RUNNING CLOCK		FOR TIME			
	3 ROUNDS 25/20 CAL. ROW 6 BAR MUSCLE UPS 12 CLEAN & JERKS (135/95)		MIN. 1 - 18/15 CAL ROW MIN. 2 - 12 BURPEES MIN. 3 - 10 HANG CLEANS (205/135) REST 2 MIN. FOR TIME (6 MIN. CAP) 50 CAL ROW 40 BURPEES 15 HANG CLEANS (225/155)	0-4 25 C2B PULL UPS 50 DOUBLE UNDERS 15 SQUAT CLEANS (135/95) 4-8 25 C2B PULL UPS 50 DOUBLE UNDERS 13 SQUAT CLEANS (185/115) 8-12 25 C2B PULL UPS 50 DOUBLE UNDERS 11 SQUAT CLEANS 225/145	12-16 25 C2B PULL UPS 50 DOUBLE UNDERS 9 SQUAT CLEANS 275/175 16-20 25 C2B PULL UPS 50 DOUBLE UNDERS 7 SQUAT CLEANS 315/205 *STOP AT 20 MIN.	2 ROUNDS 1K ASSAULT BIKE 100 DOUBLE UNDERS 100 FT. FRONT RACK WALKING LUNGES (155/105)			