

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
0-5min	Halloween Partner WOD	<i>Fitness Testing #1</i>	50 double unders	<i>Fitness Testing #2</i>	250m Row	In Partners
Assault Bike 60/50cals	Zombie Vs Humans	<i>FMS</i>	25 box jumps (24/20")	Weightlifting	With remaining time of 3min perform	2min OH Barbell Lunge (115/75lbs)
5-10min	Min 1: Zombie performs AMRAP	5 BB Push Press	12 Step Up and Overs (45/25lbs)	1RM Clean and Jerk	8 Alt Hang DB Snatch (55/35lbs)	400m MB Run together
30 Cluster (155/115lbs)	Pullups	(75/55lbs)	5 Rounds		8 Ring Rows	2min Handstand Walk
10-15min	Human watches	6 Toes to Bar		Monostructural	Rest 1min	3 Rounds
Run 800m	Min 2: Zombie tries to catch Human	7 Thruster (75/55lbs)		1 Mile Run	4 Rounds	
15min +	in 100m Sprint.	EMOM for as long as				
25 Squat Clean (155/115lbs)	Min 3-5: Human performs 10 Burpees	possible				
	if they were caught, otherwise both rest					
	Switch - Zombie becomes Human and					
	Human becomes Zombie					
	repeat with:					
	Jumping Lunges (reps)					
	Rowing (metres)					
	Score = Pullup reps + Lunge Reps + Row (metres)					
<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>
	Halloween Partner WOD	<i>Fitness Testing #1</i>	75 Single Unders	<i>Fitness Testing #2</i>	250m Row	In Partners
0-5min	Zombie Vs Humans	<i>FMS</i>	30 Step Ups	<i>Weightlifting</i>	With remaining time of 3min perform	2min Barbell Lunge
Assault Bike 30/20cals	Min 1: Zombie performs AMRAP	6 BB Push Press	15 Weighted Walking Lunges	1 or 3 Rep Clean and Jerk	6 Alt Hang DB Snatch	400m MB Run together
5-10min	Ring Rows	(45/35lbs)	5 Rounds		6 Ring Rows	2min Pike Around The Worlds
30 Power Clean and Push Press	Human watches	6 situp		<i>Monostructural</i>	Rest 1min	3 Rounds
10-15min	Min 2: Zombie tries to catch Human	6 Thruster (45/35lbs)		1 Mile Run	4 Rounds	
Run 800m	in 100m Sprint.	EMOM for as long as				
15min +	Min 3-5: Human performs 10 Burpees	possible				
25 DB Squat Clean	if they were caught, otherwise both rest					
	Switch - Zombie becomes Human and					
	Human becomes Zombie					
	repeat with:					
	Lunges (reps)					
	Rowing (metres)					
	Score = Ring Row reps + Lunge Reps + Row (metres)					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
"The Chief"	Fitness Testing #3	Front Squat	Fitness Testing #4	50 Wall Ball	<i>Amanda</i>	30 Double Unders
3 Power Cleans (135/95lbs)	"The Fast and the Furious"	3-3-3-3-3	5km Row	200m KB Carry (24/16kg)	9 - 7 - 5	30 KB Swings (24/16kg)
6 Push-ups	15 Burpees			2min Side Plank Hold	Squat Snatch (135/95lbs)	30 Shuttle Sprints
9 Squats	400m Run			200m KB Carry	Muscle Ups	30 Candlesticks
AMRAP 3min	15 Pullups			50 Wall Ball		30 Cals Row
Rest 1 minute	3 Rounds					30 Pistols
5 Rounds						
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
2 Power Cleans	"The Fast and the Furious"	Front Squat	Fitness Testing #4	15 Wall Ball	12 - 9 - 7	20 Fast Feet
4 Push-ups	15 Burpees	3-3-3-3-3	2km or 5km Row	100m KB Carry (24/16kg)	Power Snatch	20 KB Swings
6 Squats	400m Run			1min Side Plank Hold	Box Ring Pulls	20 Shuttle Sprints
AMRAP 3min	15 Jumping Pullups			3 Rounds		20 Candlesticks
Rest 1 minute	3 Rounds					20 Cals Row
5 Rounds						20 Bulgarian Lunges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
1-2-3-4-5.....	15-12-9-6-3	3 Rope Climbs	<i>Fitness Testing #5</i>	200m Run	<i>Fitness Testing #6</i>	9-15-21
Deadlift (275/185lbs)	DB Front Rack Walking Lunges (55/35lbs)	6 Toes to Bar	<i>Gymnastics</i>	250m Row	<i>Benchmark Workout</i>	Ring Dips
Over Unders	Parallette Toe Taps (each side)	9 HSPU	Max Pushup	Rest 2min	<i>Outcast</i>	OH Squat (95/65lbs)
AMRAP 10min	DB Front Squats	3 Rounds		3 Rounds	5 Power Clean	
			<i>Weightlifting</i>		(155/115lbs)	
			1 Rep Max Back Squat	400m Run	8 pullups	
				500m Row	30 Double Unders	
				Rest 4min	AMRAP 16min	
				2 Rounds		
				800m Run		
				1km Row		
<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>
1-2-3-4-5.....	15-12-9-6	3 Seat to Stand Rope Climb	<i>Fitness Testing #5</i>	200m Run	<i>Fitness Testing #6</i>	9-15-18
Deadlift	DB Front Rack Walking Lunges	6 Hanging Leg Raises	<i>Gymnastics</i>	250m Row	<i>Benchmark Workout</i>	Box Dips
Step Over Unders	Parallette Toe Taps (each side)	9 Pike Pushups	Max Pushup	Rest 2min	<i>Outcast</i>	OH Squat
AMRAP 10min	DB Front Squats	3 Rounds		2 Rounds	5 Power Clean (75/55lbs)	
			<i>Weightlifting</i>		8 Jumping chest to bar	
			1 or 3 Rep Max Back Squat	400m Run	pullups	
				500m Row	50 Singles	
				Rest 4min	AMRAP 16min	
				1 Round		
				800m Run		
				1km Row		
				1 Round		

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Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
Chewbacca	Weighted Pullup	1min Plate OH Hold (25/15lbs)	2min Bench Press (75% 1RM)	Gymnastics	100m Run	Team Series Workout #1
1km Row	5-3-1-1-1	12 Plate Overhead Walking Lunges	1min rest	Kipping + Chest to Bar Pullups	10 GHD Situps	9-15-21
50 Wall ball (20/14lbs)		15 Plate Squats	2min Assault Bike		10 DB Plank Rows (55/35lbs)	Synchronised Thruster (95/65lbs)
40 Box jumps (24/20-inch)		18 Plate Lateral Jump Overs	1min Rest	Benchmark Workout	Each Round, add 100m Run + 10 GHD	Synchronised Bar Facing Burpees
30 Ring Pushups		5 rounds	3 Rounds	Jerk Snatcher	Situps and 10 DB Plank Rows	
40 KB Swing (24/16kgs)				20 Clean and Jerk	AMRAP 24min	
50 MB Clean		May 15th		20 Snatch		
1km Row				95/65lbs		
<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>	<b>Fitness</b>
Chewbacca	Pullup	1min Plate OH Hold	2min Bench Press	Gymnastics	100m Run	Team Series Workout #1
500m Row	5-5-5-5-5	12 Plate Walking Lunges	1min rest	Pullup	10 Situps	9-15-21
40 Wall ball (14/10)		15 Plate Squats	2min Assault Bike		10 DB Plank Rows	Synchronised Thruster
30 45lb plate jumps		18 Plate Jumps	1min Rest	Benchmark Workout	Each Round, add 100m Run + 10 GHD	Synchronised Bar Facing Burpees
20 20-inch box Pushups		5 rounds	3 Rounds	Jerk Snatcher	Situps and 10 DB Plank Rows	
30 KB Swing (16/12kgs)				20 Clean and Jerk	AMRAP 24min	
40 MB Clean (14/10lbs)				20 Snatch		
500m run				65/45lbs		

Monday	Tuesday	Wednesday	Thursday
Rxd	Rxd	Rxd	Rxd
Press	50-40-30-20-10	Fitness Testing #9	8-6-4-2
3-3-3-3-3	Double Unders	<i>Pain Optional</i>	1 Power Snatch
Push Press	Hip Extensions	EMOM 12min	1 Hang Squat Snatch
3-3-3-3-3	Weighted Situp	3 Front squat	1 OH Squat
		(185/125lbs)	*Load increases each round
		AMRAP Ring Dip	
		for the remaining minute	Men: 65-95-135-155
			Women: 45-65-95-115
Fitness	Fitness	Fitness	Fitness
Press	50-40-30-20-10	<i>Fitness Testing #9</i>	8-6-4-2
3-3-3-3-3	Double Unders	<i>Pain Optional</i>	1 Power Snatch
Push Press	Hip Extensions	EMOM 12min	1 Hang Squat Snatch
3-3-3-3-3	Weighted Situp	5 Front squat (95/65lbs)	1 OH Squat
		AMRAP 20-inch box	*Load increases each round
		pushup	
		for the remaining minute	