

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> STRICT PRESS IN A 12 MIN WINDOW 3-5 SETS (CLIMBING):</p> <p>HEAVY SET OF 10</p> <p><b><u>METCON</u></b> "19.1" AMRAP 15: 19 WALLBALLS 19 CALORIE ROW</p> <p>CHALLENGE &amp; PERFORMANCE: 20/14</p> <p>FITNESS: 14/10</p>	<p><b><u>METCON</u></b> "TIPPY TOES" 10 ROUNDS FOR TIME: 10 TOES TO BAR 10 BURPEES 100 METER RUN</p> <p>TIME CAP: 30 MINUTES</p>	<p><b><u>STRENGTH</u></b> DEADLIFT IN A 12:00 WINDOW 3-5 SETS (CLIMBING):</p> <p>HEAVY SET OF 10</p> <p><b><u>METCON</u></b> "UP FOR GRABS" AMRAP 13: 8 DB SUITCASE REVERSE LUNGES 6 SANDBAG CLEANS 30 DOUBLE UNDERS</p> <p>CHALLENGE: 60s/40s 150/100</p> <p>PERFORMANCE: 50s/35s 100/75</p> <p>FITNESS: 35s/25s 75/50 1.5X SINGLE UNDERS</p>	<p><b><u>METCON</u></b> "GRAND TOTAL" PARTNER WOD 10 ROUNDS FOR TIME: 18/14 CAL BIKE 200FT SLED PUSH</p> <p>TIME CAP: 30 MINS</p> <p>SPLIT WORK AS DESIRED</p> <p>CHALLENGE: 45/25</p> <p>PERFORMANCE: 35/25</p> <p>FITNESS: 25/EMPTY SLED</p> <p><b><u>ACCESSORY</u></b> 6 ROUNDS: 100FT DUAL KB FRONT RACK CARRY</p> <p>AS HEAVY AS POSSIBLE</p> <p>REST 1:00 AFTER EA ROUND</p>	<p><b><u>STRENGTH</u></b> BACK SQUAT IN A 12:00 WINDOW 3-5 SETS (CLIMBING):</p> <p>HEAVY SET OF 10</p> <p><b><u>METCON</u></b> "AUSTIN POWERS" EVERY 2 MINUTES (UNTIL 75 REPS): 20 BOX JUMPS MAX POWER SNATCHES</p> <p>TIME CAP: 12 MINUTES</p> <p>CHALLENGE &amp; PERFORMANCE: 75/55 24"/20"</p> <p>FITNESS: 65/45 20"/20"</p>	<p><b><u>METCON</u></b> "DAE HAN" (HERO) 3 ROUNDS FOR TIME: 800M PLATE RUN 3 ROPE CLIMBS 12 THRUSTERS</p> <p>TIME CAP: 35 MINUTES</p> <p>CHALLENGE: 45/35 135/95</p> <p>PERFORMANCE: 45/35 115/85</p> <p>FITNESS: 25/15 75/55 BODY PULLS X2 STANDING FOOT CLAMP X2</p> <p>U.S. ARMY SERGEANT FIRST CLASS DAE HAN PARK, 36, OF WATERTOWN, CONNECTICUT, ASSIGNED TO THE 3RD BATTALION, 1ST SPECIAL FORCES GROUP (AIRBORNE), BASED OUT OF JOINT BASE LEWIS-McCHORD, WASHINGTON, DIED ON MARCH 12, 2011 IN WARDAK PROVINCE, AFGHANISTAN, FROM WOUNDS SUFFERED WHEN ENEMY FORCES ATTACKED HIS UNIT WITH AN IMPROVISED EXPLOSIVE DEVICE. HE IS SURVIVED BY HIS WIFE, MI KYONG, DAUGHTERS NIYA AND SADIE, PARENTS JOSEPH AND BONNIE, AND SIBLINGS KATIE AND SAEJIN.</p>	<p><b><u>SKILL</u></b> ROWING TECHNIQUE</p> <p><b><u>METCON</u></b> "DAYTONA 500" 10 ROUNDS: 500 METER ROW</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>SCORE: SLOWEST ROUND</p> <p>TIME CAP: 35 MINUTES</p>