

COURSE CALENDAR

Name Steve Rast

Course Name/CRN CrossFit 2

Office Hours By Appointment Only

Time/Days

1400-1450 M/W

Home Phone 541-357-6940

Location/Facility 37 SRC

E-mail Address rast@uoregon.edu

Term/Yr

Wk	M/U	W/H	F/Other
1	Introductory information on class and PE Dept. policies. Roll Call, Learning Outcome, Daily Agenda WOD: AMRAP 8min 3 burpees, 6 push ups, 9 squats	Instructor W/U: Junkyard Dog Review: Deadlift Strength: 15 min to 3RM Conditioning: 5RFT – w/ DB @ 25% BW – 5 G2OH/Arm, 5 Over & Back Box Jumps, 5 Lunges/Leg w/ DB	Assignment: Email instructor with CrossFit experience and comfort level in the gym, as well as goals for the quarter. Due by End of Week 2
2	Assign: Email Instructor Desired Training Outcomes Lecture: Functional Movements Skill: Press & Push Press Workout: 3 Sets Each, 5 Reps Conditioning: 7rds :30w :30r PP @ 50% max 5Rep weight	Lecture: Programming – Skill: Front Squat & Pull Ups Workout: Team Fran, for time In Teams of 3, with only 1pers working at a time. 150 reps Thrusters and Pull-Ups. Bar can rest on ground	Typical Warm Up: 3 Reps each: 1. Down and up: SPEED THROUGH THE MIDDLE 2. Elbows high and outside: KEEP THE BAR CLOSE 3. Muscle snatch: QUICK TURNOVER 4. Snatch lands at 2”, 4” 6”: FOOTWORK 5. Snatch drop: FOOTWORK, SPEED, STRENGTH IN THE BOTTOM OF THE SNATCH
3	Lecture: Rowing Instructor Warm Up: FGB Set Up Fit Test: Fight Gone Bad	Lecture: Olympic Lifts Skill: Burgener W/U Power Clean Push Jerk WOD: “Grace” 30 Clean & Jerks for Time 135/95	Skill Transfer Exercises: 1. Snatch Push-Press: OVERHEAD STRENGTH 2. Overhead Squat: CORE STRENGTH 3. Pressing Snatch Balance: PRESS BODY UNDER the bar 4. Heaving Snatch Balance: SPEED OF ARMS 5. Snatch Balance: FOOT/ARM SPEED
4	Lecture: Stress Adaptations AKA: SAID Principle. Overload Principle & Spotting Technique. Strength: Hang Power Snatch 20min – Technique or 1RM Conditioning: Dumbbell DT 5RFT: 12 DL, 9 HPC, 6 PJ	Skill: Knees To Elbows & TTB DB (Full & Seated) Cleans WOD: 1-5-1 Man-makers (20-25% BW/Hand) Pull Ups	
5	Skill: Overhead Squat, Snatch Balance Workout: “Nancy” 5RFT Run 400, 15 OHS	Skill: Double Unders, DB Swings, Workout: “Helen” 3RFT Run 400, 21 KBS, 12 Pull Ups	

6	Lecture: Paper Assignment Given Workout: Thruster 2-2-2-2-2 Conditioning: EMOM 10 3 Thrusters @ 50% of 2RM 3 Box Jumps 3 Burpees	Skill: Dips, POSE Running Workout: Run 5K	
7	Strength: Overhead Squat 4-3-2-2 Conditioning: "Cheryl"	W/U: Flutter Kicks, Hello Dollies Skill: Turkish Get Up 1-1-1-1-1 Workout: For Time, 3rds 3 Hang Power Snatch 3 OHS 3 Thruster Rest 1:1 Rx: 135/75	Cheryl: 20-15-10 For Time: 20 Bumper plate thrusters (25#/15#) 20 88 ft Overhead Walking Lunges (25#/15#) 20 Bumper plate burpees (25#/15#) 220 m Plate Carry (25#/15#) 15 Bumper plate thrusters (25#/15#) 15 88 ft Overhead Walking Lunges (25#/15#) 15 Bumper plate burpees (25#/15#) 220 m Plate Carry (25#/15#) 10 Bumper plate thrusters (25#/15#) 10 88 ft Overhead Walking Lunges (25#/15#) 10 Bumper plate burpees (25#/15#) 220 m Plate Carry (25#/15#)
8	Clean & Jerk 1-1-1-1-1-1 Workout: Partner Bear Complex 1-6-1 Rx: 135/75	Review: Bench Press Skill: DB Bench Rows Barbell Rows, Pendlay Rows Workout: "Lynne" 5Rds for Score Max Reps Bodyweight Bench Press, <u>immediately</u> followed by Max Reps Pull Ups	E2: Metabolic Pathways: The first, the phosphagen, fuels the highest-powered activities, those that last less than about ten seconds. The second pathway, the glycolytic, dominates moderate-powered activities, those that last up to several minutes. The third pathway, the oxidative, dominates low-powered activities, those that last in excess of several minutes.
9	Snatch 1-1-1-1-1-1-1 Conditioning: 6x200m run Rest 1:1	Student Led W/U Review: Student Questions Workout: Hang Snatch, Hang Cleans, no conditioning	
10	Lecture: Evaluation Prompt Fit Test Part 2: FGB	Papers Due Q&A. Programming. Students Choice	

GRADING: Please fill in specifics per area listed below!

PHYSICAL COMPONENT:

50 %

KNOWLEDGE COMPONENT:

30 %

AFFECTIVE COMPONENT:

20 %

Total = 100%