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**Month 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					

**Month 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					

**Month 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					



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Most of us aren't elite athletes who get paid to train and recover seven days a week.

Keeping in mind that routine is the enemy, and if you are following this program you will need to keep in mind that if there are two ME days for strength then there will be.. The repeats are to be held as tightly as possible, meaning as little deviation as possible or on the prescribed times.

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Training for strength, size, power, speed and agility all at one time can be overwhelming.. 15 = 23, 15 being 15% of 100 or 85%) Coming as close to 23 min would be the goal.. Typically in Crossfit Endurance we have triathletes work up to a weekly schedule that includes the following: 4 days of Crossfit training, 3 strength-training days and 2 days each of sport-specific training for swimming, biking and running. [Numerology 369 Registration Key Free Download](#)

**Month 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					

**Month 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					

**Month 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					

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2 TT = Time Trial 3 85% = 85% effort/time of distance asked So if it is a 5K and your best time is 20 minutes, 85% of that effort would be 23 min (20 x.. DE: Dynamic Effort, after warm up reaching 50-60% of Max Effort weight, 1-3 reps at desired weight on specific recovery or time basis.. Technique and sound fundamentals are key to preventing injury and gaining all the performance potential out of the Crossfit Endurance program. [تحميل برنامج 11 Directx كامل Myegy حراج](#)

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CrossFit Strength Bias 4 Week Test Program Back/Front Squat Deadlift/Biceps OFF METCON/Tricep Chest Clean and Press OFF Week One Back Squat Deadlift 3x3 Tricep: BB Bench 3x4-63x5.. G = gymnastics, bodyweight exercises 5 W = weightlifting, powerlifting and Olympic lifts 1.. The following program is scaled down to more of a starter program Each week

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will include the following: 3 days of strength, 3 days of Crossfit and 3 days of sport-specific training.. This is where we see the greatest gains in performance Technique is critical to all the exercises listed! I highly recommend finding a Crossfit gym (Crossfit.. How CrossFit Works There are 3 buckets of CrossFit content as listed below Mix these in as many different ways as possible.. Runners, Cyclists & Swimmers This is also a starter schedule Ideally my athletes will work up toward an additional 1 to 3 more days of Crossfit workouts per week. 6e4e936fe3 [Cracked 15 Unintentionally Perverted Toys Children torent](#)

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