

6 WEEK CROSSFIT WORKOUT PLAN PDF

Thank you for downloading this 6 Week CrossFit Workout Plan PDF!

This program is aimed at beginners and seasoned athletes.

Always consult a CrossFit certified coach for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

BLOCK 1

WEEK 1	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	Run 400m	Bike 20 cal	Row 20 cal	REST	Ski 20 cal 50 single skips	Run 200m Row 200m	REST
MOBILITY	Banded kneeling lat stretch	Roll out quads with Foam roller	Standing hamstring Stretch		20 shoulder dislocates Barbell front Rack stretch	Banded overhead Lat stretch	
SKILL / STRENGTH	Barbell upright rows 5 x 8 reps (build up in weight if capable)	Dumbbell lunges 5 x 5 reps (build up in weight if capable)	Deadlift 5 x 5 reps (build up in weight if capable)		Front Squat 5 x 5 reps (build up in weight if capable)	Strict pull ups 5 x 5 reps (scale with bands if necessary)	
WOD	EMOM 10 mins 5 KB swings (53# / 35#) 5 Goblet squats	7 min AMRAP 8 Wall balls (20# / 14#) 12 Overhead plate lunges (95 / 65)	5 Rounds for time 5 Deadlifts (135# / 95#) 10 Burpees 15 Box jumps (24" / 20")		5 Rounds 5 Front Squats (110# / 75#) 200m sprint Rest 1 min	3 Rounds Max effort kipping Pull ups Rest 1 min	
COOLDOWN	Floor lat stretch	Couch stretch	Hurdle stretch		Couch stretch	Wall lat stretch	
EQUIPMENT	Resistance band, barbell, bumper plates	Bike, dumbbells, wall ball, bumper plates, foam roller	Rower, barbell, plyobox, bumper plates		Ski erg, skipping rope, broomstick, barbell, Bumper plates	Rower, resistance band, Pull up bar	
WEEK 2	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	Row 200m	100 single skips	50 Air squats 200m run	REST	Run 400m	10 Kip swings 20 Shoulder dis	REST
MOBILITY	Spiderman with thoracic rotation	Roll out triceps	Roll out quads		Roll out calves	Roll out triceps	
SKILL / STRENGTH	Dumbbell bent over row 5 x 8 reps (build up in weight if capable)	Ring dips 3 x 8 reps	Back Squat 5 x 8 reps (build up in weight if capable)		Tabata hollow rocks	Snatch grip deadlift 5 x 5 reps (build up in weight if capable)	
WOD	5 Rounds Max effort 250m row Rest 2 min	4 Rounds for time 10 Push ups 10 Deadlifts (95 / 65)	For time 100 KB Sumo high pulls (44 / 26) 50 burpees 50 wall balls		50-40-30-20-10 Double unders Sit ups	5 Rounds 20 DB snatches Rest 2 min	
COOLDOWN	Slow 400m on bike	Spine lumber twist stretch	Pigeon stretch Couch Stretch		Standing wall calf stretch	Spine lumber twist stretch	
EQUIPMENT	Rower, dumbbells, bike	Skipping rope, rings, barbell, bumper plates	Foam roller, barbell, Bumper plates, kettlebell, wall ball		Skipping rope, rings, barbell, bumper plates	Broomstick, foam, roller, pull up bar, barbell, bumper plates, dumbbell	

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BLOCK 2

WEEK 3	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	Bike 10 cal Row 10 cal	Ski 20 cal 20 burpees	Row 20 cal	REST	Ski 20 cal 50 single skips	Run 200m Row 200m	REST
MOBILITY	Roll out quads	Roll out quads with foam roller	Standing hamstring stretch		20 shoulder dislocates Barbell front rack stretch	Banded overhead lat stretch	
SKILL / STRENGTH	Back squat 4 x 10 reps (build up in weight if capable)	Front squat 4 x 10 reps (build up in weight if capable)	15 min EMOM Min 1 - 10 Ring dips Min 2 - 10 push ups Min 3 - 7 KB push press (each arm)		Strict press 5 x 5 reps (build up in weight if capable)	Spend 12 mins Bar muscle up practice	
WOD	5 Rounds for time 10 Front squats (135# / 95#) 15 KB swings (53# / 35#)	10 min AMRAP 200m run 24 Sit ups 10 Push ups	12 min AMRAP 1 Rope climb 2 Power cleans (135# / 95#) 10 Burpees 15 Box jumps (24" / 20")		For time 15 Push presses (110# / 65#) 200 m run 10 KB swings 400 m run 10 KB swings (53# / 35#) 200 m run 15 Clean and jerks (135# / 95#)	For time 100 Pull ups (10 push ups every 2 mins)	
COOLDOWN	Couch stretch	Couch stretch	Hurdle stretch		Couch stretch	Wall lat stretch	
EQUIPMENT	Assault bike, rower, foam roller, barbell, bumper plates, kettlebell	Bike, dumbbells, wall ball, bumper plates, foam roller	Rower, barbell, plyobox, bumper plates		Ski erg, skipping rope, broomstick, barbell, bumper plates	Rower, resistance band, pull up bar	
WEEK 4	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	Ski 200m 100 single skips	100 single skips	50 Air squats 200m run	REST	Run 400m	10 Kip swings 20 Shoulder disc	REST
MOBILITY	Spiderman with thoracic rotation	Roll out lats and triceps	Roll out quads		Roll out calves	Roll out triceps	
SKILL / STRENGTH	20 min to find 1RM Deadlift	Bench press 3 x 8 reps	3-3-2-2-1-1 (12 min time cap) Deadlift (build up in weight) and then... 3 Rounds Max effort Deadlifts @ 80% of highest weight from above		Tabata Hollow rocks Burpees Push ups	Back squat 5 x 5 reps (build up in weight if capable)	
WOD	For time 100 Double unders 800m walk with plate over head (45# / 35#) 200m walk with 2 plates in pinch grip (35# / 25#) 400m walk with plate over head 200m walk with 2 plates in pinch grip 100 Double unders	For time 21-15-9 Cleans (135# / 95#) Ring dips	AMRAP 15 mins 30 Double unders 40 Air squats 10 DB snatches (50# / 35#)		4 Rounds 10 Sumo deadlift high pulls (110# / 95#) 400m Run	For time 30 DB snatches (50# / 35#) 30 KB swings (53# / 35#) 30 DB Thrusters	
COOLDOWN	Roll out calves	Roll out lats and triceps Spine lumber twist stretch	Pigeon stretch Couch Stretch		Standing wall calf stretch	Spine lumber twist stretch	
EQUIPMENT	Ski erg, skipping rope, barbell, bumper plates, foam roller	Skipping rope, rings, barbell, bumper plates	Foam roller, skipping rope, dumbbells		Foam roller, barbell, bumper plates	Broomstick, foam, roller, barbell, bumper plates, dumbbell, kettlebell	

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BLOCK 3

WEEK 5	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	400m Run	Ski 15 cal Row 15 cal	400m Run 20 jumping lunges	REST	20m crab walk 20 cal row	20 Scap pull ups 20 Kip swings	REST
MOBILITY	Roll out thoracic spine 20 shoulder dislocates Banded lat stretch	Roll out lats and triceps	Roll out triceps with barbell Banded overhead lat stretch Wall chest stretch		20 shoulder dislocates Barbell front rack stretch	Banded overhead lat stretch	
SKILL / STRENGTH	Snatch balance 5 x 3 reps (build up in weight if capable)	Accumulate 100 push ups (in as little sets as possible)	Accumulate 75 Hollow rocks Accumulate 5 mins Plank		EMOM 12 mins Min 1: 6 DB Snatches (3 each arm) Min 2: Ski 10 cal	20 Seated box jumps	
WOD	For time 30 Sumo deadlift high pulls (65# / 45#) 30 Front squats 30 Hang squat cleans 30 Power snatches 30 Overhead squats	5 rounds for time 20 Wall balls 10 Burpees box jump overs 20 V-ups	3 Rounds 50 Wallballs (20# / 14#) 5 Ring muscle ups 40 Toes to bar 4 Ring muscle ups 30 Thrusters (95# / 65#) 3 Ring muscle ups 20 Burpees 2 Ring muscle ups 10 Hand release push ups 1 Ring muscle up		For time 15-12-9-6-3 Thrusters (110# / 75#) 40 Double unders (in between rounds)	3 Rounds for time 20 Pistol squats 15 Handstand push ups 10 Box jump overs 5 Bar muscle ups	
COOLDOWN	Supine twists Couch stretch	Standing quad stretch Wall lat stretch	Couch stretch Downward dog		Banded lat stretch Couch stretch	Wall lat stretch	
EQUIPMENT	Foam roller, broomstick, resistance band, barbell, bumper plates	Ski, rower, foam roller, wall ball, plyo box	Foam roller, resistance band, wall ball, rings, pull up bar, barbell, bumper plates		Rower, broomstick, barbell, bumper plates, dumbbell, ski erg, skipping rope	Resistance band, pull up bar	
WEEK 6	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	2 Rounds 250m row	250m Row 20 Kip swings	50 Air squats 200m run	REST	Run 400m 20 KB Swings	20 KB swings 20 Shoulder dislocates	REST
MOBILITY	Quad stretch	20 shoulder dislocates	Roll out quads and lats Banded lat stretch		Roll out triceps and lats	Roll out triceps Barbell front rack stretch	
SKILL / STRENGTH	Back squats 7 x 3 reps (at 80% of 1RM)	Clean and jerk Find heavy double	8 Rounds Power snatch + Hang power snatch (rest 90 secs in between rounds)		Accumulate 3 min L-sit hold from bar	Bench press 5 x 8 reps (build up in weight if capable)	
WOD	1000m row then straight into... 2 min max cal on bike	For time 1-2-3-4-5-4-3-2-1 Bar muscle ups Clean and jerks (155# / 100#)	For time 100 Double unders 50 Push ups 30 DB snatches alternating (55# / 35#) 20 Chest to bar pull ups 30 DB snatches 50 Push ups 100 Double unders		12 min AMRAP 12 Toes to bar 15 Box jumps Goblet squats (55# / 35#)	15 min AMRAP 75 Hang power cleans (65# / 45#) 50 Push presses 25 Hang power snatches (4 burpees every minute)	
COOLDOWN	Couch stretch	Roll out lats and triceps Spine lumber twist stretch	Pigeon stretch Couch Stretch		Wall lat stretch	Spine lumber twist stretch	
EQUIPMENT	Rower, barbell, bumper plates	Rower, broomstick, pull up bar, barbell, bumper plates	Foam roller, resistance band, pull up bar, barbell, bumper plates, skipping rope, dumbbells		Kettlebell, foam roller, pull up bar, plyo box	Kettlebell, broomstick, foam roller, barbell, bumper plates	