



THE PACKAGE
TRAIN SMART WORKOUT SMARTER!

Welcome to your Test Week.

Very excited that you want to try my programming.
Here are some initial information to get the most out of this week.

In general, one thing that is very important to me is that you train with PURPOSE. It is not about being crushed after each session, it's about training smart to workout even smarter. You want to have constant progress therefore it is crucial to keep the intensity level at around 70-80% on average during the week.

You won't learn that within a week, but I want to give you already some tips how to measure your individual intensity. One very powerful tool is a heartrate monitor. By monitoring your training, you can analyze everything and have clear data of how you train. If your week seems to be too often in end zone 4/ beginning zone 5 then you definitely need to reduce the intensity. Do not chase the person next to you, be smart and keep your individual intensity leveled at 70-80%.

Let's get started:

You will find 5 typical **The Package** sessions. A generic week of my programming starts with three days of training (Day I – Day III) then on day off, followed by two training days (Day IV-V) and another rest day at the end of the week.

My programming follows the general season with being the fittest during The Open. We always start with a strength-based period right after The Open, then we switch over to a more weightlifting-based training, followed by combining the new skills and strength in lots of cycling and intervals. As soon as we get closer to The Open we switch over to a typical Open-Workout training to get you fit when it counts.

But don't worry even if we are in either a strength or weightlifting period you will still find fun workouts to get the sweat up.

Gymnastics as well as conditioning will always be part of the programming throughout the season.

I am super thrilled to have you on board.

If you have any questions, feel free to always reach out to me: +49 1522 1760375

On the last page you can find needed video links, as well as some tutorials.

I am currently running a German Throwdown Offer on all my programmings.

Checkout:

To **save 30%** on your weekly payments.





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DAY I: Only Weightlifting

A: Crossover Triangle

3 rounds 12 reps per station

1. Crossover Victory

2: Crossover 90/90

3: Crossover Scaption

B: Power Snatch warm up

Within 8 min. warm up your Power Snatch to 60%

C: Power Snatch with pause below the knees

4 sets, 2 reps with a 3-sec pause below the knee,

Weight: Start @60%, last set @75% from your Power Snatch max.

Make sure to really pause for three sec at the knees.

This makes your back chain muscles work and helps with the pull.

D: Squat Snatch with pause in the catch

3 sets, 2 reps, 5 sec pause in the catch

Elite: Start with 70% of your Squat Snatch 1RM, last set @80%

RX: Start with 60% of your Squat Snatch 1RM. last set @70%

Intermediate: Start with 50% of your Squat Snatch 1RM, last set @60%

Its crucial to focus on a FAST drop below the bar.

Learn to get comfortable in the overhead squat position.

E: Squat Snatch Singles NO MAX OUT!

5 rounds, 1 rep

Weight: Start with the last weight of D, Goal is to finish with a comfortable heavy lift around 85-90%, this is NOT a MAX OUT!

F: Accessories

3 rounds

10 Barbell Hip Thrust. Weight: Male 80-100kg, Female: 60-80kg

90 sec rest

60 sec GHD Ab Hold

90 sec rest

15 m Barbell Walking Lunges: Male 60-80kg, Female: 35-55kg



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DAY II: Weightlifting Cycling. Strength and Workout

A: Warm Up

3 rounds,
60 sec Ski
10 Clean Deadlift
5 Power Clean
5 Front Squat
Weight: Empty bar

B: Power Clean warm up

Within 8 min. warm up your Power Clean to 50%

C: Clean Complex

5 rounds, 2 reps of the complex:
1 Clean Deadlift + 1 Clean High Pull + 1 Power Clean

Weight: 50/60/70/75/75% of your Power Clean 1 RM

D: Let's cycle the barbell

EMOM I: 10 min
8 Hang Power Clean p.m.
3 min rest

EMOM II: 4 min
5 Hang Power Clean p.m.
3 min rest

EMOM III: 4 min
3 Hang Power Clean p.m.

Weight:

Elite: Male: 70/90/100kg, Female: 45/60/70kg
RX: Male: 60/80/90kg, Female: 40/55/60kg
Intermediate: Male: 50/70/80kg, Female 35/45/55kg

E: 1,5 Back Squat

4 rounds, 3 reps @65-75%

1.5 means: You squat down all the way then you go back up to the 90-degree position and then you squat back down again and then back up all the way! That's a full rep.

F: Workout

21-15-9
Toes To Bar
9-6-3
Devil Press @2x22,5/15kg



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DAY III: Gymnastics/ Ought Object Intervals

A: For Time BUT Quality, Intensity 60-70%

8 rounds,
8/6 cal Echo or Assault Bike
4 m unbroken Handstand Walk
No Handstand Walk? 2 Wall Walks

B: Gymnastics Intervals

I: 3 rounds
10/8 cal Ski
Elite: 10 Pull-Up
Rx: 8 Pull-Up
Interm.: 6 Pull-Up
rest 90 sec between rounds
right into

II: 3 rounds
10/8 cal Row
Elite: 10 Toes To Bar
Rx: 8 Toes To Bar
Interm.: 6 Toes To Bar
rest 90 sec between rounds
right into

III: 3 rounds
10/8 cal Bike (Assault or Echo)
Elite: 10 Handstand Push-Up
Rx: 8 Handstand Push-Up
Interm.: 6 Handstand Push-Up
rest 90 sec between rounds

C: Some fun with the Sandbag

10 rounds
2 Sandbag Clean
20 m Sandbag Carry
Elite: 70/45kg
Rx/Interm.: 50/35kg

D: Accessories

3 rounds,
1 round Thuri Core, Check the video attached on the last page



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DAY IV: Conditioning

We all know that conditioning is super boring and we all rather wanna do the fun stuff. But trust me Conditioning is very important and very powerful if you really do it with the right intention.

One thing that is very important for the correct intensity and the correct outcome of these training sessions is a heartrate monitor. You really need to be in the correct zones for these sessions.

Let's get started:

A: For correct zone

The Zones for today's session in each block:

Round 1: Mid zone 3

Round 2-4: Mid zone 4

Round 5: Push hard towards end zone 4

Round 6: Easy recovery pace low zone 3

6 rounds,

3 min on, 1 min off

SkiErg

right into

6 rounds,

3 min on, 1 min off

RowErg

right into

6 rounds,

3 min on, 1 min off

Bike (If possible Concept2 BikeErg)

B: Time for some mobility

Take 20 min to work on your individual mobility.



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DAY V: Let's have some fun with three workouts

Please be careful, do not kill yourself in the beginning.

It is three workouts.

Goal should be

Workout 1: 70% Intensity and efficient transition practice

Workout 2: 80% and really try to keep up your movement quality

Workout 3: Dig deep and push for it!

10 min rest between workouts

A: Workout I:

For Time

10 rounds

4 Hang Power Clean

6 Toes To Bar

10/8 Cal Echo/Assault Bike

Weight:

Elite: 70/50kg

Rx: 60/40kg

Interm.: 50/35kg

B: Workout II:

AMRAP 9 Min

2 Rope Climb

200 m Run

4 Bar Muscle-Up

200 m Row

Elite: High catch unbroken Bar Muscle-Up

Rx: No high catch not unbroken

Interm.: 4 C2B instead of the Bar Muscle-Up

Goal is to keep the movement quality as high as possible for the Rope Climb (check the video on the last page for an efficient technique. Also keep the bar muscle up technique as crisp as possible

C: Workout III:

DIG DEEP

10-9-8-7-6-5-4-3-2-1

Burpee Box-Jump-Over

Weighted Box Step-Up @2x22,5/15kg, hold the weight however you want



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Links:

Thuri Core: <https://youtu.be/BGMaa5Noudg>

Tutorials:

How to Snatch:

Part I: <https://youtu.be/ubKYAI-3BfM>

Part II: <https://youtu.be/oR7Zd4I0ilU>

Rope Climbs:

<https://youtu.be/Z4dM8jJs7WI>

Bar Muscle Ups:

https://youtu.be/OV_KiLgvu0g

You want to learn a bit more about how to estimate a correct 80% intensity?
Check out this video:

<https://www.instagram.com/tv/B-fl77noPRL/?igshid=YmMyMTA2M2Y=>