

Day 2

MFT Phase 2

Mobility Focus: Shoulders / Thoracic

Skill Focus: KB Snatch

Training Focus

- 1 Grip Strength
- 2 General Physical Preparation
- 3 Girevoy Conditioning

Tissue Quality - Release

- 1 Pecs
- 2 External Rotators
- 3 Lats
- 4 Triceps
- 5 Upper Traps

Mobility / Mov't Prep

- 1 Kneeling Lat Dorsi Mobilisation
- 2 Forearm Wall Slide
- 3 Scapular Wall Slide
- 4 Sleeper Mobilization
- 5 Scapular Push-up

Notes

- 1 GPP goal is to reach anerobic threshold i.e. 85% HR max and maintain this zone for the longest time you can
- 2 Rest 3minutes between GPP rounds
- 3 Girevoy: alternate hands every 30seconds.
- 4 Girevoy can be done on a separate day as the entire session might be too much.

Core / Skill

- A1 Double KB Farmers Walk
- A2 KB Squat High Swing

GPP

- B1 SB Cleans
- B2 SB Zercher Squats
- B3 SB Push Press
- B4 Suspended Row
- B5 Suspended Push-ups
- B6 Suspended Oblique Knee Tucks
- B7 KB Side Swing
- B8 KB Alternating High Pull
- B9 KB Halo
- B10 Shuttle Runs - 5metre distance

Girevoy Conditioning

- Target - Men 16kg / Women 10kg**
- D1 Snatch - Left hand x 7
 - D2 Snatch - Right hand x 7

Date:			Date:			Date:			Date:		
Week 1			Week 2			Week 3			Week 4		
Target			Progression			Progression			Progression		
3 x 50m			DKB Rack Carry			DKB Farmer Carry			DKB Rack Carry		
3 x 12											
Target			Target			Target			Target		
Work	Rest	Rounds	Sets	Reps	Round	Work	Rest	Rounds	Work	Rest	Rounds
30sec	15sec	3	45sec	15sec	2	60	0	2	30	30	3
Target			Actual			Target			Actual		
20 Sets ES			16 Sets ES			24 Sets ES			12 Sets ES		
EMOM @ 30seconds			EMOM @ 30seconds			EMOM @ 30seconds			EMOM @ 30seconds		
Dead Snatch x 6			Swing then Snatch x 3			Snatch x 6			Snatch x 7		
Dead Snatch x 6			Swing then Snatch x 3			Snatch x 6			Snatch x 7		