

November 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Back Squat 5x5	3	4 Skills Work	5 Deadlift 5x5	6 CFG Open: 18.2	7
8	9	10 Back Squat 4x4	11 CF Hero: "Coffland"	12	13 Deadlift 5x3	14 Skills Work
15	16 Back Squat 3x3	17 Skills Work	18	19 Deadlift 5x2	20 CF Girl: "Kelly"	21
22	23	24 Back Squat 2x2	25 Skills Work	26 Turkey Trot	27	28
29	30 Back Squat 1RM	PROGRESSIONS: ✓ Primary: Back Squat ✓ Secondary: Deadlift ✓ Skill: S.Pull-Ups, Ring Dips, DUs		NOTABLES: ✓ 1RM Back Squat ✓ CF Hero: "Coffland" ✓ CF Girl: "Kelly" ✓ CFG Open 18.2 ✓ Turkey Trot		