

November 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Skill (Pacing): 5xE4MOM or 4xE5MOM	2 Primary Strength: Front Squat + Push Press	3	4 Secondary Strength: Deadlift 5x5	5	6
7	8 Primary Strength: FS + PP + Thruster	9 Skill (Pacing): 10xE2MOM	10	11 "Coffland"	12 Secondary Strength: Deadlift 5x3	13
14	15	16 Primary Strength: Front Squat + Thruster	17	18 Secondary Strength: Deadlift 5x2	19 Skill (Pacing): 3xE6MOM	20
21	22 Primary Strength: Thruster 5x3	23	24 Skill (Pacing): 3 Part 3xE2MOM	25 "Turkey Trot"	26 Deadlift D-Load: Accessory session	27
28	29	30 "Jackie"	PROGRESSIONS: ✓ Primary: Thruster Progression ✓ Secondary: Deadlift ✓ Skill: Couplet ,Triplets, & Quad EMOMs			NOTABLES: ✓ 3RM Thruster ✓ 2RM Deadlift ✓ CF Girl: "Jackie" ✓ CF Hero: "Coffland" ✓ Turkey Trot