

March 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Secondary Strength: Back Squat	2 Primary Strength: Power Snatch Complex	3 Skill: Aerobic Capacity	4 Open 22.2	5
6 TGU COMPLEX	7	8 Secondary Strength: Back Squat	8 Primary Strength: Power Clean Complex	10 Skill: Aerobic Capacity	11 Open 22.3	12
13 TGU COMPLEX	14	15 Secondary Strength: Back Squat	16 Primary Strength: Power Snatch Complex	17 Skill: Aerobic Capacity	18	19
20 TGU COMPLEX	21	22 Secondary Strength: Back Squat	23 Primary Strength: Power Clean Complex	24 Skill: Aerobic Capacity	25	26
27 TGU COMPLEX	28	29 Primary Strength: Power Snatch & Power Clean EMOM	30 Secondary Strength: Back Squat 1RM	31	NOTABLES: ✓ 1RM Power Snatch ✓ 1RM Power Clean ✓ 1RM Back Squat ✓ OPEN 2022 SEASON (OPTIONAL)	