

November 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Front Squat ✓ Secondary: Deadlift ✓ Skill: Handstands + EMOMs		1 Skill	2 Primary Strength: Front Squat	3	4 Secondary Strength: Deadlift	5
6	7 Skill	8 Primary Strength: Front Squat	9	10 Secondary Strength: Deadlift	11 "Coffland"	12
13	14 "Gwen"	15	16 Primary Strength: Front Squat	17 Skill	18 Secondary Strength: Deadlift	19
20	21 Skill	22 Primary Strength: Front Squat	23 1RM Hang Snatch	24 "Turkey Ruck"	25 Secondary Strength: D-Load Accessory	26
27	28 Decembers Primary Strength: Deadlift	29	30 Skill	NOTABLES: ✓ 1RM Front Squat ✓ 2RM Deadlift ✓ 1RM Hang Snatch ✓ CF Hero: "Coffland" ✓ CF Girl: "Gwen" ✓ Turkey Ruck		