

March 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		PROGRESSIONS: ✓ Primary: Deadlift ✓ Secondary: Overhead Squat ✓ Skill: Rope Climb + Accessory	NOTABLES: ✓ 1RM Deadlift ✓ 2RM Overhead Squat ✓ "Kelly" ✓ "Nasty Girls" ✓ "Elizabeth"	1	2	3 Open 23.3	4
5	Secondary Strength: Overhead Squat	Skills: Rope Climb	8 "Elizabeth"	9	10 Primary Strength: Deadlift	11	
12	13	Secondary Strength: Overhead Squat	15 "Kelly"	16 Skills: Rope Climb	17 Primary Strength: Deadlift	18	
19	Secondary Strength: Overhead Squat	21 "Nasty Girls"	22	23 Skills: Rope Climb	24 Primary Strength: Deadlift	25	
26	Skills: Rope Climb WOD	Secondary Strength: Overhead Squat	29	30	31 Primary Strength: Deadlift		