

March 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Deadlift ✓ Secondary: Overhead Squat ✓ Skill: Rope Climb + Accessory					1	2
NOTABLES: ✓ 1RM Deadlift ✓ 2RM Overhead Squat					Open 24.1	✓ Open 24.1, 24.2, 24.3 ✓ Partner "Tommy V"
3	4 Primary Strength	5 Skill	6 Secondary Strength	7	8 Open 24.2	9
10	11 Primary Strength	12 Skill	13 Secondary Strength	14	15 Open 24.3	16
17	18 Primary Strength	19 Skill	20 Secondary Strength	21	22	23
24	25 Primary Strength	26	26 Secondary Strength	28	29	30
31	1RM Deadlift	Partner "Tommy V"	2RM Overhead Squat			