



CrossFit®

CHAD1000X TRAINING PROGRAM 2023

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- ❑ Workouts should be completed in order throughout each week. The complete training program can be a stand-alone workout plan, while the supplemental program is meant to be added to your current training.
- ❑ Prior to each workout, spend time elevating your heart rate and moving your body through a full range of motion.
- ❑ Following each workout, spend time stretching/mobilizing and giving your body an opportunity to recover.

WEEK 1 – SEPTEMBER 5, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>4 rounds for reps: :20 walking lunges :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 box step-ups (20 in) :10 rest</p> <p>*Use height and loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.</p>	6:00
WORKOUT 2	<p>5 sets for time: 100-m double-DB farmers carry (20/35 lb) - Rest 2:00 between sets.</p> <p>*Scale the DB loading to finish this session in 20:00 or less (including the rest).</p>	10:00-15:00
REST DAY	REST	
WORKOUT 3	<p>21-15-9 Russian KB swings (35/53 lb) AbMat sit-ups *After each round, accumulate a :30 plank hold * Use a DB if needed.</p>	5:00-10:00
WORKOUT 4	<p>5 rounds for time: 20 burpees Run 200 m - Rest 2:00 between rounds.</p> <p>*Reduce the number of burpees to something you can complete in 1:00 or less in the first round. *Scale the distance of the run to ensure you finish in 1:00 or less.</p>	20:00
REST DAY	REST	

WEEK 2 – SEPTEMBER 11, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>4 rounds for reps: :20 air squats :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 double-DB deadlifts (20/35 lb) :10 rest</p> <p>*Use a DB loading that allows you to keep moving for the entire interval.</p>	6:00
WORKOUT 2	<p>3 rounds for time: 400-m run 21 KB swings (35/53 lb) 12 pull-ups</p> <p>*Scale the distance and loading to finish the workout in 8:00-12:00. *If you do not have access to a pull-up bar, change the pull-ups to 6 single-DB or KB bent-over rows/arm.</p>	8:00-12:00
WORKOUT 3	<p>For time: 150 weighted step-ups</p> <p>*Use height and loading consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.</p>	10:00-15:00
REST DAY	REST	
WORKOUT 4	<p>For time: 100 burpees-to-target (12 in)</p> <p>*Scale the reps and height of the jump to finish the workout in 15:00 or less.</p>	10:00-15:00
WORKOUT 5	<p>3 rounds for time: 20 walking lunges 20 toes-to-bars</p> <p>*If you do not have access to a pull-up bar, modify toes-to-bars to V-ups or tuck-ups. *Reduce reps as needed to complete each round in 4:00 or less.</p>	8:00-12:00
REST DAY	REST	

WEEK 3 – SEPTEMBER 18, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>2 sets for time: 800-m ruck/jog - Rest 2:00 between sets.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	15:00-20:00
WORKOUT 2	<p>For time: 50 V-ups 400-m run 30 double-DB deadlifts 20 double-DB hang power cleans 10 double-DB push presses</p> <p>*Scale the DB loading, reps, and distance to finish the workout in 12:00 or less.</p>	8:00-12:00
WORKOUT 3	<p>8 rounds for reps: :20 box step-ups (20 in) :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 ruck-weighted walking lunges :10 rest</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.</p>	8:00
REST DAY	REST	
WORKOUT 4	<p>3 rounds for time: 20 Russian KB swings (35/53 lb) Accumulate 1:00 plank hold</p> <p>*Use a DB if you do not have access to a KB. *Each movement should be completed in 3 sets or less.</p>	5:00-10:00
WORKOUT 5	<p>5 rounds for time: 15 push jerks (55/75 lb) 12 pull-ups 9 sumo deadlift high pulls (55/75 lb)</p> <p>*Use a 20/35-lb DB if you do not have access to a barbell. *Substitute pull-ups for bent-over DB rows if you do not have access to a pull-up bar. *Adjust loading so that each movement can be completed unbroken.</p>	10:00-15:00
REST DAY	REST	

WEEK 4 – SEPTEMBER 25, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>For time: 50-40-30-20-10: Push-ups 25-20-15-10-5: Jumps to or over an object</p> <p>*Scale the reps and height of the object to finish the workout in 15:00 or less.</p>	10:00-15:00
WORKOUT 2	<p>5 sets for total reps: :30 deadlifts (75/115 lb) :30 rest :30 single-leg squats :30 rest</p> <p>*Use 2 35/50-lb DBs if you do not have access to a barbell. *Modify single-leg squats to a target, or step-back lunges.</p>	10:00
WORKOUT 3	<p>5 sets for time: 150-m double-KB front-rack carry (26/35 lb) - Rest 2:00 between sets.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	15:00-20:00
REST DAY	REST	
WORKOUT 4	<p>3 rounds for time: 1,000-m run 80 double-unders</p> <p>*Scale the distance of the run and difficulty of the jump rope to finish each round within 6:00-8:00.</p>	18:00-24:00
WORKOUT 5	<p>3 rounds for time: 30 ruck-weighted squats Accumulate :30 plank hold</p>	8:00-12:00
REST DAY	REST	

WEEK 5 – OCTOBER 2, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>For time: 250 weighted step-ups</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.</p>	15:00-25:00
WORKOUT 2	<p>3 rounds for time: 25 burpees 25 push presses (55/75 lb) 400-m run</p> <p>* Scale the reps, loading, and distance of the run to complete each movement in 2:00 or less.</p>	15:00-20:00
WORKOUT 3	<p>7 sets for total reps: 1:00 weighted squats 1:00 rest</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	14:00
REST DAY	REST	
WORKOUT 4	<p>3 rounds for time: 15 double-DB deadlifts (20/35 lb) 30 hollow rocks</p> <p>*Scale the DB loading to complete each set in roughly 1:00.</p>	5:00-10:00
WORKOUT 5	<p>For time: 60-48-36-24-12: Double-unders 30-24-18-12-6: Double-DB hang power cleans (20/35 lb)</p> <p>*Scale the DB loading and difficulty of the jump rope to finish in 12:00 or less.</p>	8:00-12:00
REST DAY	REST	

WEEK 6 – OCTOBER 9, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>1 set for time: 1,600-m ruck/jog</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	15:00-20:00
WORKOUT 2	<p>7 sets for total reps: 1:00 ruck-weighted walking lunges 1:00 rest</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	14:00
WORKOUT 3	<p>For time: 3-6-9-12-15: DB-facing burpees 6-12-18-24-30 Alternating single-DB power snatches (35/50 lb)</p> <p>*Scale the DB loading to finish the workout in 12:00 or less.</p>	8:00-12:00
REST DAY	REST	
WORKOUT 4	<p>5 rounds for time: 200-m run 15 single-DB thrusters (20/35 lb)</p> <p>*Scale the DB loading to finish the workout in 15:00 or less.</p>	5:00-10:00
WORKOUT 5	<p>3 rounds for time: 50 double unders 15 toes-to-bars</p> <p>*If you do not have access to a pull-up bar, change toes-to-bars to V-ups or tuck-ups. *After the workout, perform 3 rounds of :20 side plank/side.</p>	8:00-12:00
REST DAY	REST	

WEEK 7 – OCTOBER 16, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>6 sets for time: 100-m double-KB farmers carry (26/35 lb) Rest 1:00 100-m double-KB front-rack carry Rest 2:00</p> <p>*Scale the KB loading to allow you to complete both the farmers carry and front-rack carry in 2 sets or less. Most of your earlier sets should be unbroken.</p>	30:00-35:00
WORKOUT 2	<p>5 sets for total reps: :30 hang power cleans (65/95 lb) :30 rest :30 alternating front-rack lunges (65/95 lb) :30 rest</p> <p>*Use the same barbell for both movements and adjust load as needed to achieve at least 8 reps per interval. *Substitute DB if needed.</p>	10:00
WORKOUT 3	<p>3 rounds for time: 600-m run 25 DB bench presses (20/35 lb)</p> <p>*Scale the DB loading and distance of the run to finish the workout in 20:00 or less.</p>	15:00-20:00
REST DAY	REST	
WORKOUT 4	<p>EMOM 12: Min. 1 AbMat sit-ups Min. 2 Plank hold Min. 3 Single-unders Min. 4 Rest *Score is total reps (sit-ups plus single unders).</p>	11:00
WORKOUT 5	<p>AMRAP 3: 7 hand-release push-ups 10 sumo deadlift high pulls (55/75 lb)</p> <p>Rest 5 min., then ...</p> <p>AMRAP 3: 7 chest-to-bar pull-ups 10 thrusters</p> <p>*Scale the gymnastics movements and barbell loading to accumulate at least 3 rounds of each AMRAP. *If you do not have access to a pull-up bar, substitute barbell bent-over rows in place of pull-ups.</p>	11:00
REST DAY	REST	

WEEK 8 – OCTOBER 23, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>For time: 5-10-15-20-25-30: Double-DB clean and jerks (20/35 lb) Burpees</p> <p>*Scale the DB loading to finish the workout in 20:00 or less.</p>	15:00-20:00
WORKOUT 2	<p>For time: 400 weighted step-ups</p> <p>*Use height loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.</p>	25:00-40:00
WORKOUT 3	<p>2 sets for total reps: 2:00 ruck-weighted walking lunges 1:00 rest 2:00 ruck-weighted squats 1:00 rest</p> <p>*Use height loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	12:00
REST DAY	REST	
WORKOUT 4	<p>5 rounds for time: 400-m run 10 single-arm DB swings/arm (20/35 lb) (eye level)</p> <p>*Scale the DB loading and distance of the run to finish the workout in 15:00 or less.</p>	12:00-17:00
WORKOUT 5	<p>For time: 30-20-10 Push-ups V-ups</p> <p>*Reduce reps and/or scale push-ups to knees in order to keep each round to 5 sets or less.</p>	8:00-12:00
REST DAY	REST	

WEEK 9 – OCTOBER 30, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1: 1 set for total time: 1,600-m ruck/jog</p> <p>Rest 3:00</p> <p>800-m ruck/jog</p> <p>*Use height loading that is consistent with how you plan to tackle CHAD1000X.</p> <p>1) Beginner // No rucksack. 2) Intermediate // 20/30-lb rucksack. 3) Rx'd // 30/45-lb rucksack.</p>	30:00-40:00
WORKOUT 2	<p>5 x AMRAP 3: 400-m run Max-rep alternating single-DB hang power clean and jerks (20/35 lb) - Rest 1:00 between AMRAPs. - Use two DBs.</p> <p>*Scale the distance of the run to allow for at least :45 of alternating single-DB hang power clean and jerks (20/35 lb). Scale the DB loading to allow for at least 12 reps per set.</p>	20:00
WORKOUT 3	<p>For time: 50 double-DB front squats (20/35 lb) 50 DB-facing burpees</p> <p>*Scale the DB loading to finish the workout in 10:00 or less.</p>	6:00-10:00
REST DAY	REST	
WORKOUT 4	<p>3 rounds for time: 20 Russian KB swings (26/35 lb) 20 toes-to-bars</p> <p>*Scale KB loading and toes-to-bar to complete workout in 10:00 or less.</p>	5:00-10:00
WORKOUT 5	<p>5 rounds for time: 40 double-unders 8 double-DB push jerks (20/35 lb)</p> <p>*Scale the DB loading and difficulty of the jump rope to finish the workout in 10:00 or less.</p>	8:00-12:00
REST DAY	REST	

WEEK 10 – NOVEMBER 6, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	CHAD1000X - November 11, 2023 For time: 1,000 box step-ups 1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.	60:00-100:00
WORKOUT 2	REST	
WORKOUT 3		
REST DAY	REST	
WORKOUT 4		
WORKOUT 5	REST	
REST DAY	REST	

WEEK 1 – SEPTEMBER 5, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 5 sets for time: 100-m DB farmers carry (20/35 lb) - Rest 2:00 between sets. - Use two DBs.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 4 rounds for reps: :20 walking lunges :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 box step-ups (20 in) :10 rest</p> <p>*Use height and loading that is consistent with how you plan to tackle CHAD1000X.</p>	30:00-35:00
WORKOUT 2 – ACCESSORY	<p>21-15-9 Russian KB swings (35/53 lb) AbMat sit-ups</p> <p>*After each round, accumulate a :30 plank hold * Use a DB if needed.</p>	5:00-10:00

WEEK 2 – SEPTEMBER 11, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 For time: 150 weighted step-ups (20 in) - Use a 30/45-lb ruck.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 4 rounds for reps: :20 air squats :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 double-DB deadlifts (20/35 lb) :10 rest</p> <p>*Use height and loading that is consistent with how you plan to tackle CHAD1000X.</p>	25:00-30:00
WORKOUT 2 – ACCESSORY	<p>3 rounds for time: 20 walking lunges 20 toes-to-bars</p> <p>*If you do not have access to a pull-up bar, modify toes-to-bars to V-ups or tuck-ups. *Reduce reps as needs to complete each round in under 4:00.</p>	8:00-12:00

WEEK 3 – SEPTEMBER 18, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1</p> <p>2 sets for time: 800-m ruck/jog - Rest 2:00 between sets. - Use a 30/45-lb ruck.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2</p> <p>8 rounds for reps: :20 box step-ups (20 in) :10 rest</p> <p>Rest 2:00</p> <p>4 rounds for reps: :20 weighted walking lunges :10 rest - Use a 30/45-lb ruck.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	35:00-40:00
WORKOUT 2 – ACCESSORY	<p>3 rounds for time: 20 Russian KB swings (35/53 lb) Accumulate 1:00 plank hold</p> <p>*Use a DB if you do not have access to a KB. *Each movement should be completed in 3 sets or less.</p>	5:00-10:00

WEEK 4 – SEPTEMBER 25, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1</p> <p>5 sets for time: 150-m KB front-rack carry (12/16 kg) - Rest 2:00 between sets. - Use two KBs.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2</p> <p>5 sets for total reps: :30 double-DB deadlifts (20/35 lb) :30 rest :30 single-DB Cossack squats :30 rest - Use a 30/45-lb ruck.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	35:00-40:00
WORKOUT 2 – ACCESSORY	<p>3 rounds for time: 30 ruck-weighted squats Accumulate :30 plank hold</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	8:00-12:00

WEEK 5 – OCTOBER 2, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 For time: 250 weighted step-ups (20 in) - Use a 30/45-lb ruck.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 7 sets for total reps: 1:00 weighted squats 1:00 rest - Use a 30/45-lb ruck.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	40:00-50:00
WORKOUT 2 – ACCESSORY	<p>3 rounds for time: 15 double-DB deadlifts (20/35 lb) 30 hollow rocks</p> <p>*Scale the DB loading to complete each set in roughly 1:00.</p>	5:00-10:00

WEEK 6 – OCTOBER 9, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 1 set for time: 1,600-m ruck/jog - Use a 30/45-lb ruck.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 7 sets for total reps: 1:00 ruck-weighted walking lunges 1:00 rest - Use a 30/45-lb ruck.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	15:00-20:00
WORKOUT 2 – ACCESSORY	<p>3 rounds for time: 50 double unders 15 toes-to-bars</p> <p>*If you do not have access to a pull-up bar, change toes-to-bars to V-ups or tuck-ups. *After the workout, perform 3 rounds of :20 side plank/side.</p>	8:00-12:00

WEEK 7 – OCTOBER 16, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 6 sets for time: 100-m KB farmers carry (12/16 kg) Rest 1:00 100-m KB front-rack carry Rest 2:00 - Use two DBs.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 5 sets for total reps: :30 hang power cleans (65/95 lb) :30 rest :30 alternating front-rack lunges (65/95 lb) :30 rest</p> <p>*Use the same barbell for both movements and adjust load as needed to achieve at least 8 reps per interval. *Substitute DB if needed.</p> <p>*Use loading that is consistent with how you plan to tackle CHAD1000X.</p>	45:00-55:00
WORKOUT 2 – ACCESSORY	<p>EMOM 12: Min. 1 AbMat sit-ups Min. 2 Plank hold Min. 3 Single-unders Min. 4 Rest *Score is total reps (sit-ups plus single unders).</p>	11:00

WEEK 8 – OCTOBER 23, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	<p>Part 1 For time: 400 weighted step-ups (20 in) - Use a 30/45-lb ruck.</p> <p>Rest 5:00-10:00 between Part 1 and Part 2.</p> <p>Part 2 2 sets for total reps: 2:00 ruck-weighted walking lunges 1:00 rest 2:00 weighted squats 1:00 rest - Use a 30/45-lb ruck.</p> <p>*Use height loading that is consistent with how you plan to tackle CHAD1000X.</p>	55:00-105:00
WORKOUT 2 – ACCESSORY	<p>For time: 30-20-10 Push-ups V-ups</p> <p>*Reduce reps and/or scale push-ups to knees in order to keep each round to 5 sets or less.</p>	5:00-10:00

WEEK 9 – OCTOBER 30, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	Part 1 1 set for total time: 1,600-m ruck Rest 3:00 800-m ruck - Use a 30/45-lb ruck. *Use loading that is consistent with how you plan to tackle CHAD1000X.	30:00-40:00
WORKOUT 2 – ACCESSORY	3 rounds for time: 20 Russian KB swings (26/35 lb) 20 toes-to-bars *Scale KB loading and toes-to-bar to complete workout in 10:00 or less.	8:00-12:00

WEEK 10 – NOVEMBER 6, 2023		TIME DOMAIN (MIN.)
WORKOUT 1	CHAD1000X - November 11, 2023 For time: 1,000 box step-ups 1) Beginner // No rucksack. You pick the height of the step-ups. 2) Intermediate // 20/30-lb rucksack. You pick the height of the step-ups. 3) Rx'd // 30/45-lb rucksack. Use 20-in box for step-ups.	60:00-100:00
WORKOUT 2 – ACCESSORY	REST	