

DAILY WOD / SOFWOD
SOFWOD – Monday 6/12/17

SEALFIT Online June 11, 2017 No Comments 26 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 1 round, not for time:

800m Farmer carry (55/35/hand)
800m Buddy Carry
800m Plate carry (hugging weight plate) (45#)
Rest as long as needed, then:

10 Rounds:

1:00 Max Effort Assault Bike
1:30 Rest *During rest complete number of Kettlebell Swings in accordance with the round you are on.
Durability: 500m CSS for time, 5 min. Rest, 500m Freestyle for time, 5 min. Rest, 500m CSS for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 6/10/2016

SEALFIT Online June 9, 2017 2 Comments 107 views
Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: "CIA 7": 7 Rounds For Time:

7 Handstand Push-Ups
7 Thrusters (135/95 lbs)
7 Knees-to-Elbows
7 Deadlifts (245/165 lbs)
7 Burpees
7 Kettlebell Swings (2/1.5 pood)
7 Pull-Ups
Durability: Hydrate and fuel within 30 minutes. Journal post training session SOP.
DAILY WOD / SOFWOD
SOFWOD – Friday 6/9/17

SEALFIT Online June 8, 2017 1 Comment 43 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Sets for max Burpees:

In 2:00 Complete:

7x Power Clean (135)
Max Burpee Box Jump
Durability: 4 mile timed run. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD

SOFWOD – Thursday 6/8/17

SEALFIT Online June 7, 2017 No Comments 45 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not timed:

200m Farmer Carry (55/hand),
100m Bear Crawl,
200m Sled Push.
Rest as long as needed.

6 Rounds for time:

8x Deadlift (225)
20x Wall Ball
15x Toe 2 Bar

Durability: 2 Mile CSS- no fins. 10 min. tred. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 6/7/17

SEALFIT Online June 6, 2017 No Comments 28 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 6/6/17

SEALFIT Online June 5, 2017 No Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds for time with a 40lb pack:

1 mile Ruck (Shuffle)
50x 4ct. Mt. Climbers
50x Air Squat
Durability: 4 mile run – moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 6/5/17

SEALFIT Online June 4, 2017 No Comments 38 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds, not timed:

200m Walking lunge
20x Sandbag Get up

30x 8ct. Body Builders
Rest as long as needed, then:

5 rounds for time:

20x Kettle Bell Swing
20x Box Jump
200m Run

Durability: 20x 25m CSS, 10x 50m CSS, 5x 100m CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 6/3/2016

SEALFIT Online June 2, 2017 2 Comments 166 views
Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: 5 Rounds for time with a partner:

1 mile run
100x Air Squat
75x Push up
50x Pull up

* Team must carry 55lb Kettlebell for the entire workout, does not matter who carries it or for how long.

*Team may break up reps however needed, 1 mile run must be completed together.

Durability: Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 6/2/17

SEALFIT Online June 1, 2017 2 Comments 74 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds for time with a 40lb pack:

1 mile Ruck (Shuffle)
50x 4ct. Mt. Climbers
50x Air Squat

Durability: 4 mile run – moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 6/1/17

SEALFIT Online May 31, 2017 No Comments 62 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not for time:

200m Farmer Carry (55/hand)
400m Run with Slam Ball (40)
100x Jumping lunge
Then,

30 min. AMRAP:

30x Push up
30x PST Sit up
30x Wall Ball

Durability: 1 Mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 5/31/17

SEALFIT Online May 30, 2017 No Comments 51 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 5/30/17

SEALFIT Online May 29, 2017 2 Comments 72 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 sets: In 2:00 complete:

5x Deadlift (225)
Max Burpee Broad Jump.
*rest 1 min between sets.

Then,

3 Sets: in 2:00, complete:

5x Power Clean (115)
Max Meter Row
*Rest 1:00 between sets.

Then,

100x Burpee- Chest to bar pull ups for time.
Durability: 10x 50m Hill Sprint, 2:00 rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 5/29/17

SEALFIT Online May 28, 2017 No Comments 72 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 Sets:

1:00 max Push up, :30 rest, 1:00 max Push up
1:00 Max Sit up, :30 rest, 1:00 Max Sit up.
Then,

5 Rounds for time:

400m Run
20x American Kettlebell Swing (55)
15x Dumbbell Thruster (35/hand)
10x Pull up
Durability: 500m CSS, 200m Freestyle, 400m CSS, 200m Freestyle, 300m CSS, 200m Freestyle, 100m CSS, 200m Freestyle. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 5/27/2016

SEALFIT Online May 26, 2017 4 Comments 179 views
Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: Complete for time with a partner:

In a 20# Weight Vest:

100x Deadlift (205)
800m Run
100x Wall Ball
800m Run
100x Kettle Bell Swing (55/35)
800m Run
100x Burpee
800m Run
100x Slam Ball
800m Run
*One partner works at a time, the partner who is not working must maintain a front leaning rest position.

Durability: Kokoro Yoga or Active Stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 5/26/17

SEALFIT Online May 25, 2017 3 Comments 97 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

1 Mile Ruck (Shuffle)

Drop Ruck

20x Clean and Jerk (115/85)

3 Rope Climb

*Do not perform clean and jerks or rope climbs while wearing ruck sack.

Durability: 5 mile run- moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 5/25/17

SEALFIT Online May 24, 2017 No Comments 74 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not for time:

100m Sled pull

50x Sledge Strikes (25/side)

100m Bear Crawl

Rest 10:00 after all 4 rounds have been completed, then:

6 rounds for time:

40 Cal. Row

12x Thruster (95/65)

12x Toe 2 Bar

Durability: 1 Hour CSS with fins- Consistent pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 5/24/17

SEALFIT Online May 23, 2017 No Comments 46 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 5/23/17

SEALFIT Online May 22, 2017 No Comments 60 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: EMOM for 30 min:

10x PST Sit up

10x Push up

15x Air Squat

Durability: 800m Sprint for time, 800m Run easy pace, 800m Sprint for time, 800m run easy pace, 800m Sprint for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 5/22/17

SEALFIT Online May 21, 2017 No Comments 66 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not for time;

10x Deadlift (AHAP- Unbroken)

10x Deadhang Pull up (3 sec. Negative)

1:30 Rest

Then, for time: 5 rounds for time:

400m Run

21x Wall Ball

15x SlamBall over the shoulder toss (alternating 15/side)

9x Burpee- Box Jump

Durability: 20x 50m CSS (:45 rest between sets), rest as long as needed, then 10x 50m

Freestyle (:30 rest between sets). Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 5/20/2016

SEALFIT Online May 19, 2017 6 Comments 161 views

Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: For Time:

100-90-80-70-60-50-40-30-20-10 reps:

Burpees

Box Step ups (20"/18")

*800m Run between sets.

Durability: Kokoro yoga or Active Stretch.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/19/17

SEALFIT Online May 18, 2017 No Comments 97 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: ADAM BROWN (with running)

2 mile run Buy in

2 rounds:

295# Deadlift, 24 reps

24 Box jumps, 24 inch box

24 Wallball shots, 20 pound ball

195# Bench press, 24 reps
24 Box jumps, 24 inch box
24 Wallball shots, 20 pound ball
145# Clean, 24 reps
2 mile run Cash out
Durability: 90 minute ruck (40). Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Thursday 5/18/17

SEALFIT Online May 17, 2017 No Comments 66 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds for Max Reps:

1:00 Max Push up, :30 Rest, 1:00 Max Push up
1:00 Max Sit up, :30 Rests 1:00 Max Sit up
Then, 10-9-8-7-6-5-4-3-2-1 Deadhang Pull up.

Rest as long as needed then:

15 min. AMRAP:

10x Power Clean (135/95)
15x Burpees over the bar
Durability: 10 min. Tred (Hands out), 500m CSS (Easy Pace), 10 min. Tred (Hands out) Kokoro
Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Wednesday 5/17/17

SEALFIT Online May 16, 2017 No Comments 54 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 5/16/17

SEALFIT Online May 15, 2017 No Comments 68 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not for time:

100m Walking Lunge
200m Farmer Carry (55)
20x Sandbag Get up
*Rest 10:00 after all 4 rounds, then:

21-18-15-18-21 reps:

DB Thruster (30/

Box Jump

Durability: 1 Mile run (all out), 1 Mile run (Easy Pace), 1 Mile run (all out) Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Monday 5/15/17

SEALFIT Online May 14, 2017 No Comments 66 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

800m run, 10x Pull up, 20x Push up, 30x Sit up
400m run, 10x Pull up, 20x Push up, 30x Sit up
200m run, 10x Pull up, 20x Push up, 30x Sit up
200m run, 10x Pull up, 20x Push up, 30x Sit up
400m run, 10x Pull up, 20x Push up, 30x Sit up
800m run, 10x Pull up, 20x Push up, 30x Sit up

Durability: CSS: 1000m For time. Then, 20 rounds: EMOM -25m sprint. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 5/13/2016

SEALFIT Online May 13, 2017 No Comments 79 views
Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: For time:

-21-15-9:

Thrusters (95/65)

Pull up

-1 Mile Run

-21-15-9

Power Clean (135/95)

Ring Dip

-1 Mile run

-150x Wall Ball

-1 Mile run

-30x Snatch (135/95)

-1 Mile run

Durability: Kokoro yoga or Active Stretch.

DAILY WOD / SOFWOD
SOFWOD – Friday 5/12/17

SEALFIT Online May 11, 2017 No Comments 50 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 2 hour Ruck – Max Distance.

Durability: 3 mile run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 5/11/17

SEALFIT Online May 10, 2017 No Comments 43 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 2 Rounds:

Max Dead hang Pull up (without coming off the bar)
Max Max Push up in 2:00
Max Sit up in 2:00
1.5 mile Run for time.
*10 min. Rest between rounds.

Durability: 1 mile CSS (no fins). Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 5/10/17

SEALFIT Online May 9, 2017 No Comments 32 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 5/9/17

SEALFIT Online May 8, 2017 No Comments 58 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 rounds:

200m Farmer Carry (55/35)
10x Sandbag Get up
100m Walking Lunge
*5 min. Rest after 3 rounds, then:

5 rounds:

10x Burpees
20x Kettle Bell Swing (55/35)
Durability: 30 minute run- moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 5/8/17

SEALFIT Online May 7, 2017 1 Comment 57 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 min. AMRAP:

5x Pull up
10x Push up
15x Air Squat

Durability: 500m CSS, moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 5/6/2016

SEALFIT Online May 5, 2017 2 Comments 186 views

Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: 10 rounds for time:

1,000m Row
1,000m Run
50x Burpees

Durability: Kokoro yoga or Active Stretch.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/5/17

SEALFIT Online May 4, 2017 No Comments 78 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: Murph:

1 Mile run
100x Pull up
200x Push up
300x Air Squat
1 Mile run

Durability: 5 mile run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 5/4/17

SEALFIT Online May 3, 2017 No Comments 64 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds, not for time:

400m run with Sandbag on back
200m Walking Lunge
-20x Deadhang Chest to bar pull up
*rest 6 min. After all 4 rounds, then:

For time:

3-6-9-12-15-18 reps:

Deadlift (205)

Burpee over the bar

Durability: 2 mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 5/3/17

SEALFIT Online May 2, 2017 No Comments

54 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 5/2/17

SEALFIT Online May 1, 2017 No Comments

68 views

Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 12 min. AMRAP:

10x Power Snatch (95/65)

10x Overhead Squat

10x Box Jump

*rest 5 min. After all 12 min, then:

10 min. AMRAP:

15x Kettlebell Swing (55)

10x Pul up

10x Burpees

Durability: 1 mile run for time, 1,000m run at easy pace. 1 mile run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 5/1/17

SEALFIT Online April 30, 2017 No Comments 47 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 10 Rounds for time:

200m Farmer Carry (55/35)

20x Slam Ball (40/30)

30x Push up

Durability: CSS- 500m for time, 400m for time, 300m for time, 200m for time, 100m for time.

(Rest 1:1 between) Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/29/2016

SEALFIT Online April 28, 2017 No Comments 134 views
Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: In a team of 3 complete for time:

13.1 mile run for time carrying 1x 35lb Dumbbell.

*All 3 members must complete the 13.1 miles of running together.

*There is only ONE Dumbbell between the 3 people.

*Partners may switch who is carrying dumbbell whenever and however often as needed.

Durability: Kokoro yoga or Active Stretch.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/28/17

SEALFIT Online April 27, 2017 1 Comment 75 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For max Distance:

2 hour Ruck (shuffle) – Every time you stop shuffling and start walking- complete 20x Push up with ruck on. (40lb ruck)

*Shuffling is not running, do NOT run on this.

Durability: 4 mile run for time, try to beat last week's time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/27/17

SEALFIT Online April 26, 2017 No Comments 60 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 7 min. AMRAP:

10x Toe to Bar
10x Deadlift (225)
*Rest 3 min.

7 min. AMRAP:

10x Wall Ball
10x American Kettlebell Swing (70)
*Rest 3 min.

7 min. AMRAP:

20x PST style sit up
10x Slam Ball (40)
Durability: 90 minute CSS (no fins). Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 4/26/17

SEALFIT Online April 25, 2017 No Comments 32 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 4/25/17

SEALFIT Online April 24, 2017 4 Comments 53 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 min. AMRAP:

400m run with Sandbag
20x Sandbag get up
20x Box Step up
* then,

15 min. Leaning rest.
Durability: 1 mile run for time, 1 mile run – easy pace, 1 mile run for time. Kokoro Yoga,
Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 4/24/17

SEALFIT Online April 23, 2017 No Comments 60 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds for time:

30x Push up

20x Dips
10x Dead Hang Pull up
*Rest 10:00 after completion of 10 rounds, then,

10 min. AMRAP:
15x DB Thruster (35/25)
10x Burpees
Durability: 4 rounds with 5 min. rest between (arms out of water): 300m CSS, 200m Freestyle.
Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 4/22/2016

SEALFIT Online April 21, 2017 No Comments 161 views
Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: For time:

100x Sledge Strikes
100x Burpees
100x KB Swing (55/35)
100x Box Jump
100x Wall Ball
100x Slam Ball
100x Double Under
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.
DAILY WOD / SOFWOD
SOFWOD – Friday 4/21/17

SEALFIT Online April 20, 2017 No Comments 64 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: “Glen” For time:

30x Clean & Jerk (135)
10x Rope Climb
100x Burpees
Durability: 4 mile run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 4/20/17

SEALFIT Online April 19, 2017 No Comments 44 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 rounds:

1:00 Max Push up
1:00 Max Sit up
1:00 Max Burpees
1:00 Max Kettlebell swing (55)
1:00 Rest

Durability: 2 mile CSS Easy Pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 4/19/17

SEALFIT Online April 18, 2017 No Comments 25 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 4/18/17

SEALFIT Online April 17, 2017 1 Comment 51 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds not for time:

20x Russian Combat Twist
50m Sandbag bicep carry walking lunge
100m Farmer Carry (AHAP)
*10:00 rest after all 5 rounds have been completed, then:

For time, complete: 21-18-15-12-9-6-3 reps:

Thruster (95)
Bar Facing Burpees
Durability: 6x6 minutes run – 4 minute rest between Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 4/17/17

SEALFIT Online April 16, 2017 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 mile run (moderate pace), then:

For time: 1-10-1 pyramid of:

1x Dead hang Pull up

3x Sit up

3x Push up

(Example: 1/3/3, 2/6/6, 3/9/9, 4/12/12... continue until you reach 10/30/30, then go back down to 1/3/3)

Durability: 10 rounds: CSS- 3:00 sprint, 2:00 rest

Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 4/15/2016

SEALFIT Online April 14, 2017 No Comments 130 views
Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: 90 minute AMRAP:

1 mile run

50x burpee

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/14/17

SEALFIT Online April 13, 2017 No Comments 40 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 rounds for time:

10x Deadlift (225)

10x Toe to Bar

10x American Kettle Bell Swing (55)

Durability: 4 mile tough terrain run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/13/17

SEALFIT Online April 12, 2017 No Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

100x Burpee- pull up
Then,

4 rounds @ consistant pace:

100m Walking lunge
100m Bear Crawl
100m Duck Walk

Durability: 3 mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 4/12/17

SEALFIT Online April 11, 2017 No Comments 26 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 4/11/17

SEALFIT Online April 10, 2017 No Comments 37 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds:

20x Push up
20x Sit up
10x Dead Hang Pull up
Then:

50 Sandbag Get up for time.
Durability: 5x 6 min. Run -Fast pace. (3 min. Rest between sets) Kokoro Yoga, Hydrate, Fuel,
Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – M 4/10/17

SEALFIT Online April 9, 2017 No Comments 37 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds for time:

400m run
25x Box Jump
25x Wall Ball
*immediately after finishing, complete:

2 mile run for time.

Durability: CSS: 500m for time, 300m for time, 100m for time, 300m for time, 500m for time. *
Rest as long as needed between sets (no longer than 8 min). Kokoro Yoga, Hydrate, Fuel, Per
Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 4/8/2016

SEALFIT Online April 7, 2017 No Comments 142 views
Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: 75 min. AMRAP:

10x Dead Hang pull up

20x Push up

30x Walking lunge

400m Run

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/7/17

SEALFIT Online April 6, 2017 4 Comments 73 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 15 min Ascending Ladder:

Wall Balls

Box Jump

Slam Balls

(2/2/2,4/4/4,6/6/6,8/8/8,10/10/10....)

Durability: Row: :30 Hard pace, :30 Easy Pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/6/17

SEALFIT Online April 5, 2017 No Comments 49 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 40 min. AMRAP:

500m Row

25x Sit up

25x Push up

10x Pull up

2x Rope Climb

Durability: 1,000m CSS without fins, 1,000m CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per
Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 4/5/17

SEALFIT Online April 4, 2017 No Comments 40 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 4/4/17

SEALFIT Online April 3, 2017 No Comments

62 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 sets:

Complete in 2:00:

6x Front Squat (155)

Max Push ups in remainder of time

*1:00 Rest

Durability: 4x 8 min. Run. 5 min. Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 4/3/17

SEALFIT Online April 2, 2017 No Comments 62 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: Complete for time, all with a 40lb Kettlebell:

1 mile run with KB
100x Goblet Squat
100x American Kettlebell Swing
100x Russian Twist (2 count) (KB may tap floor- but not rest)
100x Shoulder to overhead (50/side)
1 mile run with KB
*Every time you put the KB down = 10x Burpees

Durability: 2x 500m CSS, 3x 300m CSS, 4x 200m CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/1/2016

SEALFIT Online March 31, 2017 4 Comments 161 views
Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: For time, with a swim buddy:

2 mile Swim (open water if available)
6 mile run
8 mile Ruck
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 3/31/17

SEALFIT Online March 30, 2017 No Comments 40 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 sets:

In 2:00 complete:

3x Deadlift (225)
Max Burpee Pull ups
*rest 1 min. b/t rounds

Durability: 3k row for time.- Every 3 min. Rest for 1:00. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/30/17

SEALFIT Online March 29, 2017 No Comments 62 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 90 minutes of rucking-

*Every 10 minutes: Stop time and complete 3 rounds with ruck on:

5x 8ct. Body Builders

10x Push up

20x Jumping lunge (10/side)

Durability: 3x 1 mile swim- CSS/ Freestyle/ CSS – As much rest as needed. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/29/17

SEALFIT Online March 28, 2017 No Comments 54 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 3/28/17

SEALFIT Online March 27, 2017 No Comments 68 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 minute AMRAP:

400m run

21-15-9 reps:

Wall Ball (20)

Box Jump (24")

Kettle Bell Swing (55)

Durability: 3x 10 min. Run – 5 min. Rest b/t sets- moderate/fast pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 3/27/17

SEALFIT Online March 26, 2017 No Comments 64 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds for time:

20x Weighted Push up – immediately into 30 non weighted push up

20x Weighted sit up- immediately into 30 non weighted sit up

5x weighted Pull up- immediately into 10x non weighted pull up

(weight =45#- or use what is manageable- less weight/less rest is better than more weight/ more rest)

Durability: 2x 600m CSS both for time, 10:00 rest between sets- rest must be treading. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 3/25/2016

SEALFIT Online March 24, 2017 3 Comments 188 views

Baseline: Pre-SOP and box breathing, then ROM Drills

Work Capacity: Complete Murph: *Every 6 min. – Complete 10x Burpees

1 Mile run
100x Pull up
200x Push up
300x Air Squat

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 3/24/17

SEALFIT Online March 23, 2017 No Comments 84 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 Rounds for time:

20x Sandbag get up (10/side)

20x Burpees

*Rest 6 min. After all 6 rounds have been completed, Then:

For time complete: 1-10-1 reps of:

PST Sit up

Strict Dips

Durability: 7x 500m row Sprint 1:1 Rest. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/23/17

SEALFIT Online March 22, 2017 1 Comment 70 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 40 min. AMRAP:

800m Ruck (shuffle)

100m Walking lunge (ruck held in bicep carry)

Durability: 3 mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/22/17

SEALFIT Online March 21, 2017 No Comments 58 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run.- Moderate pace.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 3/21/17

SEALFIT Online March 20, 2017 No Comments 68 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

1,000m Row

100x Push up

40x Pull up

750m Row

75x Push up

30x Pull up

500m row

50x Push up

20x Pull up

250m Row

25x Push up

10x Pull up

Durability: 4 mile run in tough terrain (boots). Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 3/20/17

SEALFIT Online March 19, 2017 No Comments 58 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 21-18-15-12-9 reps:

Deadlift (135)
Wall Ball
Box Jump
*rest 5 min. After all sets completed, then:

4 rounds, not for time:

100m 1 arm farmer carry (AHAP- 50m/side)
20x Burpee- Pull up
50x 4ct. Flutter Kick
Durability: 4 sets: 100m CSS- Pull only (no kick- use pool buoy), 100m Kick only (no arms, use kick board), 100m CSS, full recovery between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 3/18/2016

SEALFIT Online March 17, 2017 5 Comments 241 views
Baseline: Pre-SOP and box breathing, ROM Drills

Work Capacity: For time:

1-10 reps: Curtis- P
20-2 (decrease by 2s) reps: 8 count Body Builders.
*200m Run between sets.

Example: 1x Curtis-P, 20x 8 count Body Builders, 200m run, then, 2x Curtis- P, 18x 8 count Body Builders, 200m Run, continue....)

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 3/17/17

SEALFIT Online March 16, 2017 No Comments 47 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

500m Row
50x Sledge Strike (25/side)
50x Push up
Durability: Every 2 min. For 20 min. Row 400m. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 3/16/17

SEALFIT Online March 15, 2017 No Comments 33 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 min, Ascending ladder:

1x GHD sit up
1x Clean and Jerk (135)
1x Burpee
(then 2/2/2, then 3/3/3, so on for 20 min.)

Durability: 2 mile CSS, no fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 3/15/17

SEALFIT Online March 14, 2017 No Comments 19 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 3/14/17

SEALFIT Online March 14, 2017 No Comments 38 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 2 Rounds for time:

400m Walking lunge
1,000m Row
800m Run
400m Farmer Carry (55/35)
Durability: 30 min. Run: 1:40 Hard, 1:00 Moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 3/13/17

SEALFIT Online March 13, 2017 2 Comments 53 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 12 min. AMRAP:

1 Rope Climb
20x Sit up
10x Burpees
rest 5 min

10 min. AMRAP:

20x Push up

15x Kettle Bell Swing (55/35)

Durability: Test 500m CSS. then 20 min. tred. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 3/11/2016

SEALFIT Online March 10, 2017 7 Comments 209 views

Baseline: Pre-SOP and box breathing, ROM Drills then 10 minute Row – Easy pace.

Work Capacity: 2 hour run for max distance

*Every 10 Minutes, perform 20 burpees on the spot

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 3/10/17

SEALFIT Online March 9, 2017 No Comments 59 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

21-15-9-15-21 reps:

Cal. Row

Thruster (95/65)

Durability: 20x 100m Row Sprint, (:30 rest between sets) Kokoro Yoga, Hydrate, Fuel, Per Post
SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/9/17

SEALFIT Online March 8, 2017 No Comments 47 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

800m Farmer Carry

20-15-10 reps: 4ct. Mt. Climbers, toe 2 bar, Burpees

400m Farmer Carry

20-15-10 reps: 4ct. Mt. Climbers, toe 2 bar, Burpees

200m Farmer Carry

20-15-10 reps: 4ct. Mt. Climbers, toe 2 bar, Burpees

Durability: 2.5 mile CSS fin for time:

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/8/17

SEALFIT Online March 7, 2017 No Comments 34 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 3/7/17

SEALFIT Online March 6, 2017 No Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds for time:

-400m Run with Sandbag
-25x Box Jump
-25x Wall Ball
* Rest 10 min. After all rounds have been completed, then:

3 rounds:

-100m Walking lunge
-100m Bear Crawl
-100m Crab Walk
Durability: 45 min. Run – 1:30 Hard, 1:00 Moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 3/6/17

SEALFIT Online March 5, 2017 2 Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: In 30 minutes:

Complete as many reps as possible of:

Push up
Deadhang Pull up
Dip
*Complete reps and sets however needed.

Durability: 100m CSS, 100m Freestyle, 200m CSS, 200m Freestyle, 300m CSS, 300m Freestyle, 400m CSS, 400m Freestyle, 500m CSS, 500m Freestyle. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 3/4/2016

SEALFIT Online March 3, 2017 No Comments 137 views
Baseline: Pre-SOP and box breathing, ROM Drills then 10 minute Row – Easy pace.

Work Capacity: 5 rounds for time:

100x Burpees
1 Mile run
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 3/3/17

SEALFIT Online March 2, 2017 No Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time and reps:

6 mile Ruck (40#)
Right into,

20 min. AMRAP:

5x Dead hang Pull up
10x Push up
15x Air Squat
Durability: 3 sets: 6x :30 Max effort row, :30 recovery row. 3:00 rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Thursday 3/2/17

SEALFIT Online March 1, 2017 No Comments 37 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Sets:

In 3:00, complete:

500m Row
Max Rep Dips in remainder of the 3:00.
*Rest 2:00 between sets

Durability: 15 minute tred, hands out of the water. 2K CSS fin. Kokoro Yoga, Hydrate, Fuel, Per
Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 3/1/17

Geoff Haskell February 28, 2017 No Comments 30 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

-30min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/28/17

SEALFIT Online February 27, 2017 No Comments 33 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 Rounds for time:

10x Thruster (95/65)
10x Toe to Bar
10x Burpees
*:30 Rest after all 6 rounds completed, then:

800m Farmer carry (55/hand) -Every time you put the kettlebells down or stop = 10x American
KettleBell Swings on the spot.

Durability: 40 min. run – 1:30 Hard pace/ 1:00 moderate pace Kokoro Yoga, Hydrate, Fuel, Per
Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 2/27/17

SEALFIT Online February 26, 2017 No Comments 36 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

2,000m Row

1-10-1 reps:

1x Pull up

2x Push up

3x Sit up

2,000m Row

(Example: then 2/4/6, then 3/6/9- until you hit 10/20/30, then follow pattern back down)

Durability: CSS: 200m CSS- Arms only (Use same stroke as CSS with upper body- use pool buoy), 200m scissor kick only (use Kickboard). Then 3x 500m for time. 5 min. Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 2/25/2016

SEALFIT Online February 24, 2017 3 Comments 148 views

Baseline: Pre-SOP and box breathing, ROM Drills.

Work Capacity: 90 minute AMRAP:

1K Row

200m Farmer Carry (55/35)

800m Run with a Slam Ball

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/24/17

SEALFIT Online February 23, 2017 No Comments 57 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 Rounds for time with a 40# Ruck:

800m Shuffle (fast pace ruck, not quite a run)

75m Walking Lunge

15x Burpees

Durability: 20 rounds: :20 MAX effort row, :40 Rest. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/23/17

SEALFIT Online February 22, 2017 2 Comments 52 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 60 min. AMRAP:

15x Dead Hang Pull up

100m Sled push (bodyweight)

20x Sandbag Get up (10/side)

20x Slam Ball

Durability: 4x1 mile CSS fin. 5:00 Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/22/17

SEALFIT Online February 21, 2017 No Comments 38 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/21/17

SEALFIT Online February 20, 2017 No Comments 40 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 rounds:

10x Power Clean (115)
10x Toe to Bar
Right into

4 rounds:

20x Kettle Bell Swing (55/35)
15x Burpees
Durability: 40 min. Run 1:15 Hard. 1:00 Easy. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 2/20/17

SEALFIT Online February 19, 2017 No Comments 46 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 Rounds For time:

100x Push up
100x Sit up
100x Air Squat
1K row

Durability: 4 rounds: 5:00 CSS sprint, 3:00 rest, then 4 Rounds: 2:00 max effort CSS sprint,
1:30. Rest. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 2/18/2016

SEALFIT Online February 17, 2017 No Comments 123 views
Baseline:Pre-SOP and box breathing, ROM Drills then

Work Capacity: For time with a swim buddy:

2 mile swim
6 mile run
2 mile swim

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/17/17

SEALFIT Online February 16, 2017 No Comments 52 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds for reps:

In 3:00 complete:

-5x Deadlift (225/185)
-10x Box Jump
-Max Distance Row

rest 3:00 between sets.

Durability: 5k Row moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/16/17

SEALFIT Online February 15, 2017 3 Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 rounds:

1 mile ruck

20x Pull up
40x Push up
40x Sit up
400m Run

Durability: Max distance CSS fin in 90 minutes. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 2/15/17

SEALFIT Online February 14, 2017 No Comments 27 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/14/17

SEALFIT Online February 13, 2017 No Comments 41 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 21-15-9-15-21 reps:

American Kettlebell Swing (55/35)
Burpees
* Rest 5 minutes after all rounds have been complete, then...

30x Turkish Get up (35/25)
Durability: 40 min. Run 1:00 hard pace, :50 easy pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 2/13/17

SEALFIT Online February 12, 2017 No Comments 70 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 sets for time:

800m run with Slamball (40/30)
4 rounds:
5x Dead hang pull up
10x Push up
15x Air Squat
Durability: 200m CSS sprint, 150m Freestyle easy pace. Continue this for 30 min for max Rounds. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 2/11/2016

SEALFIT Online February 10, 2017 3 Comments 184 views
Baseline: Pre-SOP and box breathing, then ROM Drill

Work Capacity: 100 Curtis – P for time (115/105)

*EMOM perform 7 Burpees.

*For every minute after 30 minutes = 1 Sandbag Get up per side. Complete sandbag get ups after all Curtis- P are done.

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/10/17

SEALFIT Online February 9, 2017 No Comments 55 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 rounds for time:

10x Deadlift (155/105)

10x Toe to Bar

10x Slam Ball

*Rest 5 min. After all 6 rounds have been completed.

100x Push up without breaking plank position

100x Sit up unbroken.

Durability: 4 rounds: 1000m Run, 1000m Row. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/9/17

SEALFIT Online February 8, 2017 No Comments 51 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time: 10 rounds:

250m Row

100m SB Bicep carry walking lunge

100m Farmer Carry (AHAP)

20x Burpees

Durability: Timed 500m CSS, then 1 mile CSS (fins). Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / ONRAMP WOD / SOFWOD

On Ramp – Thursday 2/9/17

SEALFIT Online February 8, 2017 1 Comment 34 views

Baseline: Pre-SOP and box breathing, then ROM Drill then, 1k Row, 3 rounds: 10x Barbell Good morning, 10x Jumping air Squat, 10x Kettlebell Deadlift.

Strength: Wide Grip Deadlift 10x 2 @90%

Stamina: 3 rounds, not for time: 50m Crab Walk, 25m Burpee Broad Jump, 2x Rope Climb.

Work Capacity: 4 rounds:

In 3:00 complete:

7x Squat Clean (95/65)

20x Air Squat

Max Jump Rope

*2 min. Rest between rounds

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/8/17

SEALFIT Online February 7, 2017 No Comments 42 views

Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Wednesday 2/8/17

SEALFIT Online February 7, 2017 No Comments 19 views
Baseline: Pre-SOP and box breathing, then ROM Drills. 20 minutes of grinder PT.

Endurance: LSD run, ruck or swim.

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/7/17

SEALFIT Online February 6, 2017 No Comments 38 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 20 rounds for time:

10x Push up
10x Sit up
*Rest 5min. After all 20 rounds, then...

1-10-1

Dead hang Chest to bar pull up.
Durability: 40 min. Run: 1:00 hard pace, 1:00 easy pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/7/17

SEALFIT Online February 6, 2017 No Comments 13 views
Baseline: Pre-SOP and box breathing, then ROM Drill then, 800m run, 21-15-9: Light Wall Ball, Push up.

Strength: Bench Press 10x 2 @90%

Work Capacity: 8 min. AMRAP:

10x Power Snatch (75/55)
15x Sit up
*Rest 3 min after AMRAP

30x Burpee for time.
Durability: 3 sets: 1 min. Max rep Toes to bar, 1 min. Rest. 1 min. Max rep Flutter Kick, 1 min. Rest. 1 min. Max rep Good morning darlings. Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Monday 2/6/17

SEALFIT Online February 5, 2017 2 Comments 44 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds for time:

400m Run with Sandbag

20x Wall Ball

10x Box Jump

Durability: 60 min. AMRAP: 200m CSS, 200m Freestyle. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 2/6/17

SEALFIT Online February 5, 2017 No Comments 19 views

Baseline: Pre-SOP and box breathing, then ROM Drill then, 3 rounds: 250m Row, 25m Bear Crawl, 10x Overhead Squat (45/35).

Strength: Overhead Squat 10x 2 @90%

Stamina: 3 Rounds not for time: 10x Turkish Get up (AHAP- 5/side), 16x Burpee Box step up (Alternating legs), 25m Hand over hand sled pull (AHAP).

Work Capacity: 10 Rounds for time:

6x Knee to Elbow

6x Kettlebell Swing (35/25)

6x Burpee

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 2/4/2016

SEALFIT Online February 3, 2017 1 Comment 135 views

Baseline: Pre-SOP and box breathing, then ROM Drills.

Work Capacity: Complete for time:

400m Walking lunge

400m run

400m Bear Crawl

400m Run

400m Crab Walk

400m run

400m run with 45# plate

400m run

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/3/17

SEALFIT Online February 2, 2017 No Comments 67 views

Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 21-18-15-12-9:

Deadlift (185)
4ct. Mt. Climbers
*Rest 5 minutes after all sets completed.

3 Rounds, not for time:

400m Farmer Carry (55/35)
200m Sled Pull (Walking forward)
Durability: 1,000m cool down row. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 2/2/17

SEALFIT Online February 1, 2017 No Comments 52 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: For time:

1 mile Ruck (40#)
100m Walking lunge (with ruck)
1 mile Run (without ruck)
800m Ruck
100m Walking lunge (with ruck)
800 Run (without ruck)
400m Ruck
100m Walking Lunge (with ruck)
400m Run (without ruck)
800m Ruck
100m Walking Lunge (with ruck)
800m Run (without ruck)
1 mile Ruck
100m Walking Lunge (with ruck)
1 mile Run (without ruck)
Durability: 70 min. CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 2/1/17

SEALFIT Online January 31, 2017 No Comments 51 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/31/17

SEALFIT Online January 30, 2017 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 5 rounds for time:

500m Row
20x Kettlebell Swing
30x Sit up
Rest 3 min. After 5 Rounds

100x Deadhang Chest to bar pull up for time.
Durability: 30 min run: 1:00 moderate pace, 1:00 Hard pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 1/30/17

SEALFIT Online January 29, 2017 No Comments 70 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 60 min. AMRAP:

50x Burpees
1 mile run
Durability: Swim: 5 sets: Swim as many meters as possible in 7 minutes (CSS), rest 5 min. Between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash “Thompson” – 1/28/2017

SEALFIT Online January 27, 2017 1 Comment 179 views
Hero WOD: U.S. Army Captain David J. Thompson, 39, of Hooker, Oklahoma, commander of Operational Detachment Alpha 3334, Company C, 3rd Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, North Carolina, was killed on January 29, 2010, while supporting combat operations in the Wardak Province of Afghanistan. Thompson is survived by his wife, Emily, their two daughters, Isabelle and Abigail, his parents, Charles and Freida, and his sister Alisha Mueller.

Baseline: Pre-SOP and box breathing, ROM drills then 3 rounds: 10x goblet squat, 10x ring row, 200m run.

Work Capacity: “Thompson”

10 rounds for time of:

15 ft Rope Climb, 1 ascent
95 pound Back Squat, 29 reps
135 pound barbells Farmer carry, 10 meters
*Begin the rope climbs seated on the floor.

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes

DAILY WOD / SOFWOD
SOFWOD – Friday 1/27/17

SEALFIT Online January 26, 2017 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

- 15x DB Thruster (35)
- 15x Air Squat
- 250m Row
- Rest 1:00 between rounds.
- *Rest 10:00 after all rounds have been completed, then:

40:00 Ruck- Fast Pace (40lb).
Durability: 100x 4ct. Flutter kick, 100x 4ct. Mt. Climbers, 100x Back extensions. Kokoro Yoga,
Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 1/26/17

SEALFIT Online January 25, 2017 No Comments 45 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

- 1-20x Burpees
- 20-1x 10m Shuttle Sprint
- (1x Burpee- 20x Shuttle sprint, then 2x Burpees, 19x Shuttle sprint... continue until you complete 20x burpees- 1 Shuttle Sprint)

Durability: 2 mile CSS with fins for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 1/25/17

SEALFIT Online January 24, 2017 No Comments 22 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/24/17

SEALFIT Online January 23, 2017 No Comments 31 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 21-18-15-12-9-6-3:

Box Jump
Toes to bar

*Rest 5 min. After all sets completed, then:

1000m Farmer Carry (55/35)

400m Walking lunge

10:00 Plank

Durability: Sprinting: Max distance in 3 min.- 3 min. Rest, max distance in 2:00- rest 2:00, Max distance in 1:00- Rest 1:00, Max distance in 2:00- rest 2:00- max distance in 3:00- 3:00 rest.

Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 1/23/17

SEALFIT Online January 22, 2017 No Comments 63 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: "Jared" – 4 Rounds for time:

800m Run

40x Pull up

70x Push up

Durability: 10x 100m CSS Sprint, 100m Free Style Sprint- 1:30- 2:00 Rest between Sets.

Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 1/21/2017

SEALFIT Online January 20, 2017 No Comments 175 views

Baseline: Pre-SOP and box breathing, ROM drills then, 2 rounds: 200m run, 25m Bear Crawl, 25m Crab Walk.

Work Capacity: Complete 500 Burpees for time:

*Every 10 min. Complete a 400m Run.

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 1/20/17

SEALFIT Online January 19, 2017 3 Comments 89 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

800m Run

30x American Kettlebell Swing (70/55)

30x Pull up

Durability: 2 mile run for time, immediately followed by 3,000m Row @ moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 1/19/17

SEALFIT Online January 18, 2017 No Comments 43 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 60 min. AMRAP:

1,000m Ruck (40#) (fast pace)

30x 4ct. Mt. Climbers

30x Dip

100m Bear Crawl

*Bodyweight movement to be done WITHOUT the ruck on.

Durability: 40 min. CSS (no fins) moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 1/18/17

SEALFIT Online January 17, 2017 No Comments 32 views

Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 1/17/17

SEALFIT Online January 17, 2017 No Comments 19 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds for time:

Row 500m

20x Burpee over the rower

Rest 3 min. After all 5 Rounds then,

3 rounds, not for time:

50m Farmer Carry Walking Lunge (55 per hand)

10x Sandbag Get up (70)

50m Crab Walk (feet Forward) with 25# plat on lap.

Durability: 8x 400m Sprints- 1:30 rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 1/16/17

SEALFIT Online January 16, 2017 No Comments 4 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds For max reps:

Max Dead hang Pull up

1:00 Rest

2:00. Max Push up

1:00 Rest

2:00. Max Sit up

1:00 Rest

2:00 Max Air Squat

5:00 Rest

1.5 Mile run.

5 min. Rest

Durability: Swim: 3x 500m Sprints: First round: 500m CSS, Second round: 500m Freestyle,
Third round: Every 50m Switch Between CSS and Freestyle. (1:1 Work to rest) Kokoro Yoga,
Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 1/14/2017

SEALFIT Online January 13, 2017 5 Comments 192 views

Work Capacity: For Max Distance/ Reps:

30 min. Max Distance Row

30 min. Max Distance Run

30 min. Max Burpees

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 1/13/17

SEALFIT Online January 12, 2017 No Comments 89 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 Rounds for time:

50x Air Squat
500m Row

Durability: 6 mile run @ moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Thursday 1/12/17

SEALFIT Online January 12, 2017 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 40 min. AMRAP:

Complete all 40 min. Without letting the Slamball touch the ground.

800m run with Slamball (40)
100m Walking lunge with Slamball overhead
20x Slam Ball Get up (10/side)
20x Step up holding Slam Ball

Durability: 1 mile CSS without fins, 1 mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Wednesday 1/11/17

SEALFIT Online January 10, 2017 No Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/10/17

SEALFIT Online January 9, 2017 2 Comments 60 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

21-15-9 reps:

Thruster (95/65)
Slam Ball (40)

Rest as long as it took you to complete 21-15-9 then,

-21-18-15-12-9 reps:

American Kettlebell Swing (55)

Burpee over Kettlebell

Durability: 6x 800m Sprints (3:00 rest between rounds) Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 1/9/17

SEALFIT Online January 8, 2017 No Comments 41 views
Monday

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds for time:

10x Dead hang Pull up

25x PST Sit up

25x Push up

*Every time you break during a movement (not performed unbroken) = 3x Burpees, all burpees performed after 10 rounds are completed.

*Every time you break during penalty burpees = 200m run.

Durability: CSS: 500m Sprint, 500m moderate pace with fins, 400m Sprint, 400m moderate pace with fins, 300m Sprint, 300m moderate pace with fins, 200m Sprint, 200m moderate pace with fins, 100m Sprint, 100m moderate pace with Fins. then, 10 min. Tred- no fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 1/7/2017

SEALFIT Online January 6, 2017 6 Comments 178 views

Baseline: Pre-SOP and box breathing, ROM drills then, 200m run, 15-10-5: Barbell Thruster, Burpee.

Work Capacity: "SPEHAR"

For time:

100x Thruster (135)

100x Chest to Bar Pull up

6 Mile run

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 1/6/17

SEALFIT Online January 5, 2017 No Comments 52 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 90 min. Ruck (40#)

Durability: 6 mile run – moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 1/5/17

SEALFIT Online January 4, 2017 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

10x Thruster (95)
20 Push up
10x Toe 2 bar
Rest 5 min. After all 5 rounds have been completed

3 Rounds:

200m Farmer Carry (55/35)
400m Sandbag Run
10x Sandbag Get up (5/side- 70#)
Durability: 30 min. CSS- consistent pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 1/4/17

SEALFIT Online January 3, 2017 No Comments 35 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/3/17

SEALFIT Online January 2, 2017 No Comments 39 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 min. EMOM:

5x Dip
10x Wall Ball
Rest 10 min after all 30 rounds have been completed

100x Burpee- Pull up for time.
Durability: 30 min. Fartlek run – :30 moderate pace, :30 Fast pace. Kokoro Yoga, Hydrate, Fuel,
Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 1/2/17

SEALFIT Online January 1, 2017 No Comments 56 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds for time:

50x Push up

100m Sandbag walking lunge

50x Sit up

800m run

Durability: CSS- 500m Sprint – 5 min. Rest, 400m Sprint – 4 min. Rest, 300m Sprint- 3 min.

Rest, 200m Sprint- 2 min. Rest, 100m Sprint. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 12/31/2016

SEALFIT Online December 31, 2016 No Comments 120 views

Saturday

Baseline: Pre-SOP and box breathing, ROM drills then, Rpw 500m, Foam roll, calf & IT band focus.

Work Capacity: Complete for time with a swim buddy:

2 mile swim

8 mile run

13 mile ruck

10 rounds:

5x Dead hang Pull up

10x Push up

15x Air Squat

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 12/30/16

SEALFIT Online December 29, 2016 No Comments 80 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: 60 min. AMRAP:

2x Rope Climb
400m run with sandbag on back
20x Burpee box jump
400m run (no sand bag)
10x Man Makers (35/25)
Durability: 10 sets: 250m row Sprint. 1 min. Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Thursday 12/29/16

SEALFIT Online December 28, 2016 No Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity:

A) 5 rounds for time:

500m row
20x Burpees
200m Farmer Carry (55/35)
B) 300 second plank hold, 300 second wall sit, 300 second Leg lever hold (6").

Durability: 1000m CSS fin, then 5 min. Rest into 500m CSS For time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Wednesday 12/27/16

SEALFIT Online December 28, 2016 No Comments 23 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

30min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Tuesday 12/27/16

SEALFIT Online December 26, 2016 No Comments 59 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity:

A) 20 min. AMRAP:

20x Wall Ball
15x Box Jump
10x Power Clean (95/65)
Rest 10 min
B) 3 rounds:
100m Bicep carry sandbag walking lunge
100m Bear crawl with sandbag on your back
Durability: 20 min. Run @ moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 12/25/16

SEALFIT Online December 26, 2016 2 Comments 49 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: For time:

1 mile run
20x Push up
20x Sit up
800m run
30x Push up
30x Sit up
400m run
40x Push up
40x Sit up
200m run
50x Push up
50x Sit up
200m run
40x Push up
40x Sit up
400m run
30x Push up
30x sit up
8 mile run
20x Push up
20x Sit up
1 mile run
Durability: 10 rounds: 100m CSS Sprint, 20x 4ct. Flutter kick. Kokoro Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 12/24/2016

SEALFIT Online December 23, 2016 1 Comment 153 views
Baseline: Pre-SOP and box breathing, ROM drills then 5 min. Double under – every time you break or mess up = 5x Burpees

Work Capacity: 90 min. AMRAP:

200m Farmer Carry (55/35)

100m Walking lunge
5x Wall Walks
400m Run with Sandbag (40/30)
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.
DAILY WOD / SOFWOD
SOFWOD – Friday 12/23/16

SEALFIT Online December 22, 2016 No Comments 47 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 min. AMRAP:

100x Jumping lunges
10x Deadlift (155)
100m Bear Crawl
10x Back Squat (155)
100m Crab Walk (Feet Forward)

Durability: 5x 250m Row (1:1 Work top rest ratio) Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 12/22/16

SEALFIT Online December 21, 2016 No Comments 43 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

1,000m Row
100x Dips
1,000m Row
100x V- up
1,000m Row
100x Air Squat
1,000m Row
Durability: 1 mile CSS fin for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 12/21/16

SEALFIT Online December 20, 2016 2 Comments 39 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 12/20/16

SEALFIT Online December 19, 2016 No Comments 41 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 Rounds for time:

400m run

20x Box Jump

20x Wall Ball

Durability: 4x 800m sprint (1:1 work to rest ratio) Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 12/19/16

SEALFIT Online December 18, 2016 4 Comments 66 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds:

:30 Plank Hold – into :30 Max Push up.

:-30 REST

:30 Leg lever hold (6")- into :30 Max PST Sit up

:30 REST

:30 Bar Dead hang – right into :30 Max Strict Pull up

:30 REST

Durability: 4x 250m CSS (rest between sets for half the time it took you to complete 250), 5x 100m CSS (1:00 rest between sets). Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 12/17/2016

SEALFIT Online December 16, 2016 4 Comments 192 views

Baseline: Pre-SOP and box breathing, ROM drills then, 2 rounds: 200m run, 10x Burpees.

Work Capacity: For time and reps:

10 mile run, right into..

20 min. AMRAP of Burpees.

Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 12/16/16

SEALFIT Online December 15, 2016 No Comments 35 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: Hero WOD “Jared:

4 rounds for time:

Run 800 meters

40 Pull-ups

70 Push-ups

Durability: 10x 250m Row Sprint- 1:1 Work to rest ratio. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 12/15/16

SEALFIT Online December 14, 2016 No Comments 28 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds for time:

1000m Ruck (40#)

20x Dips

20x Supine ring row

100m Walking lunge (carry ruck in bicep carry position)

Durability: 1.5 mile CSS with fins. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/14/16

SEALFIT Online December 13, 2016 No Comments 36 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 12/13/16

SEALFIT Online December 12, 2016 No Comments 45 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 min. AMRAP:

25x 4 ct. Mt. Climbers

25x Push up

25x Air Squat

-3 min. Rest-

12 min. AMRAP:

8x Sandbag Get up (60/50)
10x Thruster (95/65)
-2 min. Rest

14 min. AMRAP:

200m run
10x Deadhang pull up
20x Sit up
Durability: 4 mile run, moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 12/12/16

SEALFIT Online December 12, 2016 2 Comments 44 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 8 Rounds:

2:00 Work/ 2:00 Rest

10x Burpees
Max 20m Shuttle sprint for remainder of 2:00.
Durability: 5x 100m CSS Sprint, 100m CSS easy pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 12/10/2016

SEALFIT Online December 9, 2016 2 Comments 177 views
Work Capacity: For time:

3 mile run with Sandbag on back (40lb)
30 Rounds:
5x Pull up
10x Push up
15x Air Squat
3 mile run (no sandbag)
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 12/3/2016

SEALFIT Online December 9, 2016 No Comments 83 views
Work Capacity: 5 Rounds for time:

1k row
1k Ruck (40lb)
1k Run
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 12/9/16

SEALFIT Online December 8, 2016 No Comments 73 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds for reps:

:30 Max Thruster (95/65)

:30 Rest

:30 Max Sit up

:30 Rest

Durability: 5k Row @ moderate pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 12/8/16

SEALFIT Online December 7, 2016 2 Comments 72 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 min. AMRAP

200m Double arm Overhead KB Carry (35s)

25x Burpees

100m Sandbag Bicep carry Walking lunge (60lbs)

Durability: 2 mile CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/7/16

SEALFIT Online December 6, 2016 No Comments 67 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 12/6/16

SEALFIT Online December 5, 2016 No Comments 60 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 6 rounds:

5x Deadlift (155)

:60 Max meter row

2 min. Rest.

Durability: 4 Mile soft sand (difficult terrain) run Kokoro Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 12/5/16

SEALFIT Online December 4, 2016 No Comments 94 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

-1 mile run

-400m Sled push

-1 mile run

-20x Man Makers

-1 mile run

-400m Sled push

-1 mile run

Durability: Swim 500m Freestyle as fast as possible, rest 2 min., 10 min tread, rest 2 min., 500m CSS as fast as possible. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Friday 12/2/16

SEALFIT Online December 1, 2016 No Comments 64 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 min. of TRX or band drills (Y's, T's, I's)

Work Capacity: 10 rounds for max reps:

:30 Max Thruster (95/65)

:30 Rest

:30 Max Sit up

:30 Rest

Durability: 5 Mile run for time. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Thursday 12/1/16

SEALFIT Online November 30, 2016 No Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 min. Plank hold, 5 min. Bar hang.

Work Capacity: 5 rounds for time with a 30# ruck on:

1000m ruck

30x Air Squat

20x Burpees

Durability: 1 mile CSS moderate yet consistent pace. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/30/16

Geoff Haskell November 29, 2016 No Comments 39 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

-20min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/29/16

SEALFIT Online November 28, 2016 No Comments 66 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Max Burpees in 5 min.

Work Capacity: 30 min. AMRAP:

400m sprint

50m Overhead walking lunge (45/25)

Max unbroken Pull up (Strict)

Max unbroken Push up

Durability: 6x 500m Row 1 min. Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 11/28/16

SEALFIT Online November 27, 2016 1 Comment 82 views
Baseline: Pre SOP, Box Breathing, ROM Drills.

Work Capacity: For time:

1 mile run
2 rounds:

20x Deadlift (155/105)
20x Box Jump
20x Wall Ball
20x Push up
20x Sit up
1 mile run

Durability: Swim (CSS) 5x 100m 1:30 rest between sets, 5x 75m 1:15 rest between sets, 5x50m :45 rest between sets, 5x 25m :30 between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 11/26/2016

SEALFIT Online November 26, 2016 1 Comment 198 views

Baseline: Pre-SOP and box breathing, ROM drills then, 21-15-9 reps: Squat tuck jumps, plyo push up, V- up.

Work Capacity: For time:

2 mile run
100x Pull up
100x Box Jump
100x Push up
100x Wall Ball
100x Burpees
2 mile run

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD

SOFWOD – Friday 11/25/16

SEALFIT Online November 24, 2016 3 Comments 90 views

Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

1 mile run
20x Sangbag get up
10x Tire Flip
1000m Run
18x Sandbag get up
9x Tire Flip
800m Run
16x Sandbag Get up

8x Tire Flip
400m Run
14x Sandbag Get up
7x Tire Flip
200m Run
12x Sandbag Get up
6x Tire Flip
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/24/16

SEALFIT Online November 23, 2016 No Comments 47 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: EMOM for 35 min:

5x Pull up (Dead hang)
10x Push up
15x Air Squat
Durability: 2 Mile CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/23/16

Geoff Haskell November 22, 2016 No Comments 50 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/22/16

SEALFIT Online November 21, 2016 No Comments 46 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 rounds For time:

1 mile run
20x Box Jump
20x Wall Ball
20x Weighted Sit up (45/35)
Durability: 30 min Row for Max Meters. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 11/21/16

SEALFIT Online November 20, 2016 1 Comment 64 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 rounds for time:

20x Unbroken Push up

10x Unbroken dip

20x Unbroken 4 count Mt. Climbers

Durability: 5x 50m Freestyle, 5x 100m CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 11/20/2016

SEALFIT Online November 20, 2016 4 Comments 166 views

Baseline: Pre-SOP and box breathing, ROM drills, then warm up Clean and Rope Climb.

Work Capacity: With a Partner complete Triple “Glen”

90 Clean & Jerk (135/95)

3 mile run

30x Rope Climb

3 Mile Run

300x Burpees

*Partners split reps however needed using 1 Barbell and 1 Rope- Partners can run together (1.5 miles each per run, Burpees may be done at the same time.

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 11/18/16

SEALFIT Online November 17, 2016 No Comments 65 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 10 min. AMRAP:

20x Wall Ball
20x American Kettle Bell Swing
– 2 min. Rest-

10 min. AMRAP:

5x Power Clean (95/65)
30x Double Under
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/17/16

SEALFIT Online November 16, 2016 No Comments 33 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 4 Rounds For time:

1k Row
15x Dead Hang Pull up
20x Dips
30x 4 count Flutter Kick
Durability: 1 mile CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/16/16

SEALFIT Online November 15, 2016 No Comments 30 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/15/16

SEALFIT Online November 15, 2016 No Comments 52 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 40 min. AMRAP with 30# ruck:

200m Farmer Carry (55 each hand)
20x Burpees
100m Walking lunge

Durability: 3 mile terrain run. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 11/14/16

SEALFIT Online November 14, 2016 No Comments 61 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: For time:

800m run
5 rounds:
20x Push up
20x Sit up
10x Dead hang Pull up

800m run
Durability: 3x 500m CSS, 5 min. Rest between sets. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 11/12/2016

SEALFIT Online November 12, 2016 3 Comments 223 views
Baseline: Pre-SOP and box breathing, ROM drills then, 400m run, 10 min. Grinder PT.

Work Capacity: 4 Rounds for time:

100x Push up
5x Legless Rope Climb
100x Sledge Strike
1 mile Run
Durability: Kokoro yoga or Active Stretch. Hydrate and fuel within 30 minutes.
DAILY WOD / SOFWOD
SOFWOD – Friday 11/11/16

SEALFIT Online November 11, 2016 No Comments 97 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 15 min. AMRAP:

250m row
8x Turkish get up
-2 min rest-

10 min AMRAP:

10x burpee pull up
10 Box Jump over
-1 min rest-

7 min. AMRAP:

10x thruster (95/65)

10x slam ball
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/10/16

SEALFIT Online November 10, 2016 No Comments 58 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 90 min ruck – Every 10 min. Perform 15x burpees with the ruck.

Durability: 10 min. Plank hold. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/9/16

SEALFIT Online November 9, 2016 No Comments 35 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/8/16

SEALFIT Online November 8, 2016 No Comments 55 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 30 min AMRAP:

12x Sandbag Get up (70)
50m bear Crawl
50m crab walk
200m sprint
Durability: 5x 200m sprint CSS. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 11/7/16

SEALFIT Online November 7, 2016 2 Comments 85 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 3 rounds for time:

2 mile run
200x push up
2 mile ruck run (30/25)
200 sit up
2 mile run
100 burpees
Durability: 20 min cool down jog. Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 11/5/2016

SEALFIT Online November 5, 2016 No Comments 151 views

Baseline: 400m Run, 3 rounds: 10x Slam Ball, 15x Wall Ball, 10x Russian Kettlebell Swing
(70/55)

Work Capacity: For time:

1 mile run

100x Pull up

1 mile run

200x push up

1 mile run

300x Air Squat

1 mile run

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes.

DAILY WOD / SOFWOD
SOFWOD – Friday 11/4/16

SEALFIT Online November 4, 2016 No Comments 85 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: For time

2 mile run
50x Push up
6K Row
50x Push up
2 mile run
Durability: 10 min. Jog, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/3/16

SEALFIT Online November 3, 2016 No Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 30 min. AMRAP:

1k Ruck
20x Burpees with ruck on
Durability: 10 min. Assault Bike: :30 easy, :30 Hard, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/2/16

SEALFIT Online November 2, 2016 No Comments 46 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

-20min. Run- (Heart rate about 120)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/1/16

SEALFIT Online November 1, 2016 1 Comment 64 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 3 Rounds for reps: (No rest between movements)

2 min. Max Pull up
2 min. Max Push up
2 min. Max Sit up
2 min. Rest
Durability: 1 mile Swim CSS , Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 10/31/16

SEALFIT Online October 31, 2016 No Comments 58 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 5 Rounds for time:

800m run
25x GHD Sit up
25x Dip
25m Overhead walking lunge (45#)
Durability: 20 min Row, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 10/29/2016

SEALFIT Online October 29, 2016 4 Comments 215 views
Baseline: Pre-SOP and box breathing, ROM drills then, 3 rounds: row 200m, 10x burpee-pull up

Work Capacity: 60 min. Ladder:

800m Run
10x Pull up
20x Push up
30x Air Squat
*Every round add 800m to the run, 10 reps to Pull ups, 20 reps to Push up, 30 reps to Air squat.
Example: Next Round: 1 mile run, 20x Pull up, 40x Push up, 60x Air Squat.... Continue for 60
minutes.

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post
training session SOP
DAILY WOD / SOFWOD
SOFWOD – Friday 10/28/16

SEALFIT Online October 28, 2016 No Comments 99 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1K Row

Work Capacity: For time: Pyramid 1-10-1:

1x Pull up
2x Push up
3x Sit up
Durability: 10 min. Recovery jog, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 10/27/16

SEALFIT Online October 27, 2016 No Comments 58 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m run, 20-15-10: Dips, Ring row, Air Squat.

Work Capacity: 25 min. AMRAP

500m Row

50x Push up
14x Sandbag Get up
Durability: 4x 250m Sprint Row, 30 seconds rest between sets, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 10/26/16

SEALFIT Online October 26, 2016 2 Comments 42 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 20 minutes of Grinder PT then,

20min. Run- (Heart rate about 120)
Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 10/25/16

SEALFIT Online October 25, 2016 No Comments 22 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 min Grinder PT

Work Capacity: 5 Rounds for time:

200m Sprint
15x Burpee Broad Jump
50m Bear Crawl
Durability: 5 min. Cool down row, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 10/24/16

SEALFIT Online October 24, 2016 No Comments 96 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run – moderate pace

Work Capacity: 20 min AMRAP:

20x Strict Pull up
40x Push up
60x Sit up
Durability: Max Plank Hold, Max Wall Sit, Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 10/22/2016

SEALFIT Online October 22, 2016 No Comments 198 views
Baseline: Pre-SOP and box breathing, ROM drills then

Work Capacity: For time with a 30# Ruck:

3 Mile Run
100x 4x Flutter Kick
2 mile run
150x Burpees

1 mile run

200x Air Squat

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 10/21/16

SEALFIT Online October 21, 2016 No Comments 73 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run

Work Capacity: 3 Mile Sprint AFAP, 10 Burpees.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 10/20/16

SEALFIT Online October 20, 2016 No Comments 48 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4x400m 60 – 90%

Work Capacity: 500 Sit Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 10/19/16

SEALFIT Online October 19, 2016 No Comments 43 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Jog

Work Capacity: 7 Mile Ruck Sand or Uneven Terrain 30#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 10/18/16

SEALFIT Online October 18, 2016 No Comments 50 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Walking Lunge

Work Capacity: 200 Pull Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 10/17/16

SEALFIT Online October 17, 2016 No Comments 37 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4x200m 60-90%

Work Capacity: 500 Push Ups AFAP

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 10/15/2016

SEALFIT Online October 15, 2016 2 Comments 199 views
Baseline: Pre-SOP and box breathing, ROM drills then, 400m run, 3 rounds of Cindy.

Work Capacity: 1 Hour AMRAP:

5x Rope Climb

10x Man maker (40/30)

200m Farmer Carry (55/35)

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 10/14/16

SEALFIT Online October 14, 2016 No Comments 58 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 100m Sprint 60-90% Progression

Work Capacity: 2 Mile Sprint, 20 Pull Ups, 75 Push Ups, 100 Sit Ups AFAP

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 10/13/16

CNJ185 October 13, 2016 No Comments 39 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 35 Push Ups

Work Capacity: 45 Min AMRAP: 25 Weighted Step Up, 35 Sit Ups, 45 4 Count MTN Climbers, 55 Squats

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 10/12/16

CNJ185 October 12, 2016 No Comments 34 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds: 15 Pull Ups

Work Capacity: 4 Mile Soft Sand or Rugged Terrain Ruck 35#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 10/11/2016

SEALFIT Online October 11, 2016 No Comments 44 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile LSD Run

Work Capacity: 100 Burpee Pull Ups. Every 3 Min 20 Air Squats

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 10/10/2016

SEALFIT Online October 10, 2016 No Comments 63 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

Work Capacity: 5 Rounds for Time: Sprint 200m, 20 Pull Ups, 20 Dips, 20 Box Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 10/8/2016

SEALFIT Online October 8, 2016 1 Comment 207 views

Baseline: Pre-SOP and box breathing, ROM drills.

Work Capacity: “Bernie’s Trifecta” Complete for time:

1.5 Mile Swim

42,165m Row (If necessary Scale to 21,097m)

13.1 Mile Run.

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 10/7/2016

SEALFIT Online October 7, 2016 No Comments 73 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Jog

Work Capacity: 7 Mile Ruck on the steepest climb you can find. Go up 3.5 miles and back down.
Weight is 25#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 10/6/2016

CNJ185 October 6, 2016 No Comments 35 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4x 100m Sprint 60-90%

Work Capacity: 250 Weighted Step Ups with 40# Sandbag on Back Rack.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 10/5/2016

SEALFIT Online October 5, 2016 No Comments 45 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile run 70% with last 400m at 100%

Work Capacity: 5 Rounds: 5 Tire Flips, 10 Burpees over Tire, 10 Pull Ups.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 10/4/2016 (Mid cycle Deload week)

SEALFIT Online October 4, 2016 No Comments 56 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4x400m 60-90% 1 min rest between rounds.

Work Capacity: Push Up Pull Up Pyramid. 1 Pull 2, 2 Push Up Go up to 20-40 and back down.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 10/3/2016 (Mid cycle Deload week)

SEALFIT Online October 3, 2016 No Comments 74 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 20 Push Ups, 30 Sit Ups, 40 Air Squats

Work Capacity: SEALFIT PST Journal Results Compare

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 10/1/2016

SEALFIT Online October 1, 2016 No Comments 97 views

Baseline: 3 Rounds: 200m run, 25m walking lunge, 20x back extensions.

Work Capacity: For time:

1 Mile Sled drag (.75 bodyweight)

*Every time you stop or break = 10 Burpees on the spot.

Durability: 1 mile run @ easy pace, Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 9/30/2016 (Mid cycle Deload week)

SEALFIT Online September 30, 2016 No Comments 47 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 mile Run 60%

Work Capacity: 4 x 800m run 90%

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/29/2016 (Mid cycle Deload week)

SEALFIT Online September 29, 2016 No Comments 35 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50m Bear Crawl, 50m Low Crawl, 400m run.

Work Capacity: 100 Sandbag Get Ups AHAP! GO HARD!

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 9/28/2016 (Mid cycle Deload week)

SEALFIT Online September 28, 2016 No Comments 3 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Arm Haulers, 100 4 Count Flutter Kicks

Work Capacity: 5 Mile Soft Sand Ruck with 40#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 9/27/2016 (Mid cycle Deload week)

SEALFIT Online September 27, 2016 No Comments 8 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4x400m 60,70,80,90%

Work Capacity: 100 Alt Walking Lunges with Sandbag Front Rack AHAP.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 9/26/2016 (Mid cycle Deload week)

SEALFIT Online September 26, 2016 No Comments 5 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1.5 Mile Run 70%

Work Capacity: 100 Push Ups, 100 Sit Ups, 100 Air Squats, 25 Pull Ups, 1.5 Mile Run

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 9/24/2016

SEALFIT Online September 24, 2016 No Comments 46 views

Baseline: Pre-SOP and box breathing, ROM drills then, 500m row, 3 Rounds:

10x Wall Ball, 10x Burpees, 10x Ring Row.

Work Capacity: With a Partner: Complete 5 Rounds for time and rounds:

Partner A) 1 Mile Run

Partner B) Max Rounds of:

10x Pull up

15x Push up

20x Air Squats

*Switch when Partner gets back from run – Each round is completed after both partners have run.

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD
SOFWOD – Friday 9/23/2016

SEALFIT Online September 23, 2016 No Comments 2 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4x100m Sprints 60,70,80,80%

Work Capacity: 4x400m 75%, 4x200m 75%, 4 x 100m 75%. Rest as needed to keep 75%.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 9/22/2016

SEALFIT Online September 22, 2016 No Comments 3 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Sandbag front squats 30#

Work Capacity: 20 min Amrap of: 5 Burpees, 10 Pullups and 15 Jumping Squats.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 9/21/2016

SEALFIT Online September 21, 2016 No Comments 2 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sandbag ground to overhead. 40#

Work Capacity: 4 Hour Ruck Rugged as possible 30#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 9/20/2016

SEALFIT Online September 20, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Miles Soft Sand Run

Work Capacity: 4 Rounds: 25 4 Count Flutter Kicks, 25 Push Ups, 25 Burpees.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 9/17/2016

SEALFIT Online September 17, 2016 1 Comment 85 views
Baseline:

Work Capacity: Complete For time:

“Murph”

1 Mile run
100x Pull up
200x Push up
300x Air Squat

1 Mile Run
"Glen"

30x Clean & Jerk (135/95)

1 mile run

10x Rope Climb

1 mile run

100 Burpees

*No rest between workouts.

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 9/16/2016

SEALFIT Online September 16, 2016 No Comments 7 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1.5 Mile Run 80%

Work Capacity: 4 Rounds: 50 Air Squats, 50 Star Jumps, 50 4 Count Jumping Jacks

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/15/2016

SEALFIT Online September 15, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200m Bear Crawl

Work Capacity: 20 Min Plank Hold, Every time you break, 8 strict Pull Ups.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 9/14/2016

SEALFIT Online September 14, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 200m (60%, 70%, 80, 90% Intensity)

Work Capacity: 4 Mile Ruck/Run 20#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 9/13/2016

SEALFIT Online September 13, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run

Work Capacity: Row or Swim 2000m

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 9/12/2016

SEALFIT Online September 12, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Min Plank Hold. 10 min Wall Sit.

Work Capacity: 3 Rounds: 100 Four Count Flutter Kicks, 50 Push Ups, 50 V Ups.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 9/10/2016

SEALFIT Online September 10, 2016 1 Comment 31 views
Baseline: Pre-SOP and box breathing, ROM drills then 400m run, 3 rounds: 25m lunge, 20x
Back Extension.

Endurance: 15 Mile Ruck (30/20)

-Every 30 min perform 25x Push up with pack on.

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post
training session SOP
DAILY WOD / SOFWOD
SOFWOD – Friday 9/9/2016

SEALFIT Online September 9, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Swim or row 1000m

Work Capacity: 300 Air Squats, 200 Arm Haulers, 100 V Ups.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/8/2016

SEALFIT Online September 8, 2016 No Comments 21 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400 at (60,70,80,90%)

Work Capacity: 25 15' Rope Climbs

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 9/7/2016

SEALFIT Online September 7, 2016 No Comments 3 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of "Cindy"

Work Capacity: 10 Mile Ruck with 50#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 9/6/2016

SEALFIT Online September 6, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 5 Rounds for Time: 25 Alt Lunges with 40# Sandbag in Front Rack, 200m Run with 40# Sandbag on Back Rack, 25 Sandbag Get Ups.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 9/5/2016

SEALFIT Online September 5, 2016 1 Comment 4 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Push Ups Every Time you break, 25 burpees.

Work Capacity: 100 Pull Ups, Every Time you break 25 4 Count Mtn Climbers.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 9/3/2016

SEALFIT Online September 3, 2016 No Comments 27 views

Baseline: Pre-SOP and box breathing, ROM drills then 5 minute easy row, then, 20-15-10:

jumping Squat, Plyo Push up.

Monster Mash: 4 Rounds For time:

100m Overhead walking lunge (45/35lbs)

100m Bear Crawl

1 mile run

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 9/2/2016

SEALFIT Online September 2, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of Cindy

Work Capacity: SEALFIT PST Journal Results.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/1/2016

SEALFIT Online September 1, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile LSD Pace Run

Work Capacity: 4 Rounds: 25 Sandbag Squat Cleans, 25 Weighted Step Ups (Sandbag), 25m Bear Crawl.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/31/2016

SEALFIT Online August 31, 2016 No Comments 3 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1000m Row or Swim

Work Capacity: 3 Hour Night Ruck on Rough Terrain.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/30/2016

SEALFIT Online August 30, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Squats, 50 Arm Haulers, 50 4 Count Jumping Jacks

Work Capacity: 100 Alt Sand Bag Shoulder Toss 60#

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 8/29/2016

SEALFIT Online August 29, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400m Run (60,70,80,90%)

Work Capacity: 30 Min AMRAP: 10 Push Ups, 20 Sit Ups, 200m Run, 25m Walking Lunge

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 8/27/2016

SEALFIT Online August 27, 2016 No Comments 17 views

Baseline: Pre-SOP and box breathing, ROM drills then, 10 min of Sandbag drills

Monster Mash: With a Swim Buddy, in a weight vest:

*Split reps evenly between partners except for run – Both partners run.

2 mile run

100x Tire Flip

2 mile run

100x Sandbag Get up

2 mile run

100x Burpee

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 8/26/2016

SEALFIT Online August 26, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run

Work Capacity: 2 1.5 Mile Runs Max Effort.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/25/2016

SEALFIT Online August 25, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 100m Sprint 60,70,80,90%

Work Capacity: 100 4 Count Flutter Kicks, 5 Min Plank, 100 4 Count Mtn Climbers, 5 Min Plank

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/24/2016

SEALFIT Online August 24, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100m Bear Crawl, 50m Crab Walk, 25m Low Crawl

Work Capacity: 4 Hour Ruck AHAP. Record Distance

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/23/2016

SEALFIT Online August 23, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of Cindy (5 Pull Ups, 10 Push Ups, 15 Squats)

Work Capacity: 3 Rounds: 800m Run, 50 3 Count Mtn Climbers, 20 Toes To Bar.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 8/22/2016

SEALFIT Online August 22, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run Moderate Pace

Work Capacity: 5 rounds: 20 Weighted Step Ups 40# 20", 20 Plyo Push Ups, 50 Sit Ups, 10 Pull Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 8/20/2016

SEALFIT Online August 20, 2016 2 Comments 19 views

Baseline: Pre-SOP and box breathing, then ROM drills then,

Work Capacity: With a Swim Buddy, complete as fast as possible:

4 mile Run

1 mile Swim

6 mile Ruck

Durability: 100x Push up, 100x Sit up, 50x Dead hang pull up. Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 8/19/2016

SEALFIT Online August 19, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sandbag Get Ups

Work Capacity: Run 1 Mile. 100 Pushups, 100 Situps, 100 Squats, 30 Pull Ups, Run 1 Mile

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/18/2016

SEALFIT Online August 18, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Row 1000m

Work Capacity: 5 Rounds: 20 Step Ups w/Sandbag, 30 Alt Lunges, 200m Sandbag Run

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/17/2016

SEALFIT Online August 17, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 5 Mile 40# Ruck

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/16/2016

SEALFIT Online August 16, 2016 No Comments 6 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Mins of Burpees

Work Capacity: 4 Rounds of: 2 Min Push Ups, 2 Min Sit Ups, 2 Mins Pull Ups, 2 Mins Rest.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 8/15/2016

SEALFIT Online August 15, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 15x Bent Over Sandbag Rows, 20x Sandbag Squat Cleans, 100m Sandbag Run (40#)

Work Capacity: 400m Sprint, 50 Push Ups, 400m Sprint, 50 Pull Ups, 400m Sprint, 50 Leg levers.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 8/13/2016

SEALFIT Online August 13, 2016 1 Comment 19 views

Baseline: Pre-SOP and box breathing, then ROM drills then, 400m run, 20-15-10: jumping lunge, Burpees.

Work Capacity: For Time:

400m Overhead walking Lunge (45#/35# plate)

*Every time the weight come down from overhead perform 30x Burpees.

Durability: 2 mile run (easy pace) Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 8/12/2016

SEALFIT Online August 12, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 count Flutter Kicks

Work Capacity: 400m Bear Crawl, 200m Crab Walk, 100m Low Crawl, 400m Sprint.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/11/2016

SEALFIT Online August 11, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4x400m 60% – 100%

Work Capacity: 2 Mile Timed Run

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/10/2016

SEALFIT Online August 10, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Pull Ups (strict)

Work Capacity: 5 Mile Ruck with 35# every mile 50 Squats with Ruck in Front Rack

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/8/2016

SEALFIT Online August 9, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Rounds: 25 Sand Bag Squat Cleans, 25 4 Count Mtn Climbers, 50m Bear Crawl

Work Capacity: Swim 1000m

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 8/8/2016

SEALFIT Online August 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Mile Run

Work Capacity: 50x Dips, 50X Sand Bag Get Ups, 50X Plyo Push Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 8/6/2016

SEALFIT Online August 6, 2016 2 Comments 137 views

Baseline: Pre-SOP and box breathing, then ROM drills then 3 Rounds: 5x Pull up, 10x Push up, 15x Air Squat.

Work Capacity: 10 Rounds for time:

10X Tire Flip

30X Push up

800m Run

Endurance: 1000m Swim

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/4/2016

SEALFIT Online August 4, 2016 1 Comment 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Rounds, 10 Strict Pull Ups, 20 Sit Ups, 30 Push Ups.

Work Capacity: Max Effort Bar Hang, Max Effort Plank Hold, Max Effort Wall Sit, 3 Mile Run.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/3/2016

SEALFIT Online August 3, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds – Run 200m with SB, then 5x SB get up, 10x SB front squats, 15x SB snatch.

Work Capacity: Complete for time:

300 squats

3 rounds

15 pull-ups

15 v-ups

100 push-ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/2/2016

SEALFIT Online August 2, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 4 Count Jumping Jacks

Work Capacity: 100 4 Count Arm Haulers, 100 4 Count Mtn Climbers, Run 1 Mile, 100 4 Count Mtn Climbers, 100 4 Count Arm Haulers.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 8/1/2016

SEALFIT Online August 1, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Flutter Kick, 100 4 Count Mtn Climbers

Work Capacity: 800m run, 100 Sang Bag Get Ups, 800M Run With Sand Bag

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 7/30/2016

SEALFIT Online July 30, 2016 1 Comment 12 views

Baseline: Pre-SOP and box breathing, then ROM drills then 400m Run then, 20-25-10 Wall Ball, KB Sumo deadlift high pull

Work Capacity: 90 min AMRAP:

1 mile run

400m Farmer Carry (55/35)

50x Burpee pull ups

400m Buddy carry

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 7/29/2016

SEALFIT Online July 29, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 21/15/9 Plyo Push Ups, Sit Ups, 4 count Flutter Kicks

Work Capacity: 10 Rounds:

20 4-Count Mtn Climbers into 100m Sprint

Bear Crawl Back to Start

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/28/2016

SEALFIT Online July 28, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run Moderate Pace

Work Capacity: Do 10 – 1 Rep (10,9,8... etc) of

Push Ups, Pull Ups, Sit Ups, 4 Count Flutter Kicks, 4 Count Mtn Climbers, Sand Bag Get Ups 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 7/27/2016

SEALFIT Online July 27, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run Moderate Pace

Work Capacity: 100 Sand Bag Back Squats, Every Minute 2 Burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/26/2016

SEALFIT Online July 26, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m, then 3 rounds – 10x thrusters (PVC), 10, 4x mountain climbers, 50x sit-ups.

Work Capacity: Complete the following for time...

30, 4x mountain climbers

50x airsquats

Run 800m

50 airsquats

30, 4x mountain climbers

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 7/25/2016

SEALFIT Online July 25, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sand Bag Cleans, 50 Sand Bag Thrusters, 50 4 Count Jumping Jacks

Work Capacity: 30 min AMRAP: 20 Push Ups, 10 Pull Ups, 400 meter Run, 1 Min Rest.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 7/23/2016

SEALFIT Online July 23, 2016 3 Comments 11 views

Baseline: Pre-SOP and box breathing, then ROM drills then, 1,000m row.

Work Capacity: In a weight vest, Complete 3 rounds as fast as possible:

1 mile run

100x Burpees

Endurance: 1,000m Row then Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 7/22/2016

SEALFIT Online July 22, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 250 Alt Step Ups 20" with 40# Sandbag

Work Capacity: 800m Bear Crawl, 800m Sprint, 800m Low Crawl.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/21/2016

SEALFIT Online July 21, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Burpees

Work Capacity: Run 1 Mile, 10 Rope Climbs, Run 1 Mile, 20 Pull Ups Strict, Run 1 Mile.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 7/20/2016

SEALFIT Online July 20, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 20 Min Plank, Rest 1 Min every 5 Min.

Work Capacity: 10 Mile 40# Ruck with elevation changes

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/19/2016

SEALFIT Online July 19, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, LSD Run 4 Miles on Trail or Sand

Work Capacity: 100 Push Ups, 30 Pull Ups (Strict), 100 Air Squats. Every time you break 10 Burpees.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 7/18/2016

SEALFIT Online July 18, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 10 Toes to Bar, 10 Burpees, 20 Alt Lunges

Work Capacity: With 60# Sandbag. Run 800m, 50 Sandbag getups, 50 Sandbag Squat Cleans, 50 Sandbag Thrusters, Run 800m

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 7/16/2016

SEALFIT Online July 16, 2016 2 Comments 24 views
Baseline: Pre-SOP and box breathing, then ROM drills then

Work Capacity: For time:

1-10 Ascending ladder of Curtis P (95/65)

10-1 Descending ladder of Man Maker (40/30)

400m run between each set:

-1x Curtis P, 10x Man maker

400m run

-2x Curtis P, 9x Man maker

400m run

-3x Curtis P, 8x Man maker

400m run.....

Continue until you have reached 10 Curtis P and 1 Man maker

Durability: Kokoro Yoga or Active stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 7/15/2016

SEALFIT Online July 15, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 10 Push Ups, 20 Air Squats, 20 Sit Ups

Work Capacity: AMRAP 20 Min: 10 Arm Haulers, 10 Hollow Rocks, 10 4 Count Flutter Kicks, 10 Plyometric Push Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/14/2016

SEALFIT Online July 14, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Mile LSD Run

Work Capacity: Row or Swim 2000m

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 7/13/2016

SEALFIT Online July 13, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 7 Mile Ruck AHAP.

Work Capacity: 100 Dead Hang Pull Ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/12/2016

SEALFIT Online July 12, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sand Bag Step Ups 20"

Work Capacity: 4 Rounds: 10 Sand Bag Get Ups, 50m Bear Crawl, 200m Sprint, 20 Sand Bag Squat Cleans

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 7/11/2016

SEALFIT Online July 11, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run

Work Capacity: 200 Sit Ups, 200 Push Ups, 100 4 Count Mtn Climbers

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 7/9/2016

SEALFIT Online July 9, 2016 No Comments 15 views

Baseline: Pre-SOP and box breathing, then ROM drills. 4 rounds – Barbell complex with push up chaser (75#-105#).

Work Capacity: With a partner, complete the following...

100m tire flip

100x sledge hammer strikes

100x box jumps on tire

100x push ups with feet elevated on tire

*Only 1 person can be working at a time.

Durability: 30 minute ruck or swim. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 7/8/2016

SEALFIT Online July 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Mile Ruck AHAP

Work Capacity: 8 x 100m Sprints, 100 Burpees.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 7/7/2016

SEALFIT Online July 7, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 800m Sprint

Work Capacity: 3 Rounds Max Effort: Wall Sit, Plank, Leg Hold 6”

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 7/6/2016

SEALFIT Online July 6, 2016 No Comments 13 views
Baseline: Pre-SOP and box breathing, then ROM drills then 3 Rounds: 5x Pull up, 10x Push up,
15x Air Squat.

Work Capacity: 10 Rounds for time:

10X Tire Flip
30X Push up
800m Run
Endurance: 1000m Swim
DAILY WOD / SOFWOD
SOFWOD – Wednesday 7/6/2016

SEALFIT Online July 6, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400m Run

Work Capacity: 4 Rounds: 10 Pull Ups, 20 Turkish Get Ups 35#, 30 Sand Bag Front Squats

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 7/2/2016

SEALFIT Online July 5, 2016 1 Comment 7 views
Baseline: Pre-SOP, box breathing then ROM drills.

Stamina: 100x Slam ball, 100x Wall ball, 100x Sand bag to shoulder

Work Capacity: 100x Curtis P for time (95#/65#)

Durability: 2 mile recovery run. 10 minute plank hold. Warrior Yoga drills. Hydrate and fuel within
30 minutes. Journal post training session SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 7/5/2016

SEALFIT Online July 5, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Mile Ruck

Work Capacity: 2000m Row or Swim

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 7/4/2016

SEALFIT Online July 4, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Mile Run

Work Capacity: 200 Sit Ups, 200 Push Ups, 200m Bear Crawl

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Friday 7/1/2016

SEALFIT Online July 1, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Flutter Kick, 100 4 Count Mtn Climbers

Work Capacity: 800m run, 100 Sang Bag Get Ups, 800M Run With Sand Bag

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

AILY WOD / SOFWOD
SOFWOD – Thursday 6/30/2016

SEALFIT Online June 30, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 200 Push Ups.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 6/29/2016

SEALFIT Online June 29, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50m Crab Walk, 50m Bear Crawl, 50m Walking Lunges, Max Bar Hang

Work Capacity: 1 Mile Run, 100 Weighted Step Ups 20" (AHAP), 1 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 6/28/2016

SEALFIT Online June 28, 2016 1 Comment 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sand Bag Cleans, 50 Sand Bag Thrusters, 50 4 Count Jumping Jacks

Work Capacity: 30 min AMRAP: 20 Push Ups, 10 Pull Ups, 400 meter Run, 1 Min Rest.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 6/27/2016

SEALFIT Online June 27, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 X 100 m Jog, run, Sprint, Sprint

Work Capacity: 4 Mile Trail or Sand Run. Every mile 50 of the following: Push Ups, Sit Ups, 4 Count Mtn Climbers.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 6/25/2016

SEALFIT Online June 25, 2016 No Comments 8 views
Baseline: Pre-SOP and box breathing, then ROM drills. 30-20-10 reps of wall ball, sit up.

Work Capacity: Complete 7 rounds for time of the following...

7x Clean (135#/95#)
1x Full Gasser (4x55m shuttle sprints/width of a football field)
15x Hand release push ups

Durability: Swim or ruck 30 minutes. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 6/24/2016

SEALFIT Online June 24, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m, then 3 rounds – 10x thrusters (PVC), 10, 4x mountain climbers, 50x sit-ups.

Work Capacity: Complete the following for time...

30, 4x mountain climbers

50x airsquats

Run 800m

50 airsquats

30, 4x mountain climbers

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 6/23/2016

SEALFIT Online June 23, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds, not timed: 10x burpee broad jumps, 5x max height squat jumps, max hold chin above pull up bar.

Work Capacity:

Run 3 miles @ moderate pace.

100x sit ups

100x burpee pullups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 6/22/2016

SEALFIT Online June 22, 2016 1 Comment 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, EMOM for 12 min

2 burpee to pistol (1 each leg//grid league style)

6 knees to elbows

Work Capacity: 3 rounds

20 feet elevated/inclined pushups (unbroken)

30 air squats (unbroken)

40 sit-ups (unbroken)

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 6/21/2016

SEALFIT Online June 21, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds – Run 200m with SB, then 5x SB get up, 10x SB front squats, 15x SB snatch.

Work Capacity: Complete for time:

300 squats

3 rounds

15 pull-ups

15 v-ups

100 push-ups

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 6/20/2016

SEALFIT Online June 20, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100m bear crawl, 35 sand bag thrusters, 35 back squats.

Work Capacity: 5 rounds

3 minute amrap, 1 minute rest after each round:

3 handstand push-ups

6 sand bag power cleans 50#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 6/18/2016

SEALFIT Online June 18, 2016 No Comments 9 views

Baseline: Pre-SOP and box breathing., then ROM drills. 4 rounds – Barbell complex (75#-105#) with push up chaser.

Work Capacity: 20 rounds – Every 60 seconds, perform the following...

5x wallball (20#/12#)

3x handstand push up

1x power clean (185#/135#)

Durability: 8x hill sprints (If you do not have access to a hill, substitute 200m sprints @ :45 interval). 3 rounds – 20x GHD sit ups, 60 second plank. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 6/17/2016

SEALFIT Online June 17, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile Soft Sand Run

Work Capacity: Read for 30 min uninterrupted about something you want to learn.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 6/16/2016

SEALFIT Online June 16, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Sit Ups, 100 Air Squats, 5 Min Plank Hold

Work Capacity: Row 5000m, every 2 Min 10 Star Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 6/15/2016

SEALFIT Online June 15, 2016 1 Comment 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 20 Burpee Pull Ups, 20 Hand Release Push Ups

Work Capacity: 50 Back Squats with 60# Sand Bag, 50 Sand Bag Squat Cleans, 50 Sand Bag Clean and Jerks, 1 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 6/14/2016

SEALFIT Online June 14, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: 800m Front Rack Sand Bag Run, 400m Bear Crawl, 200m Sprint, 400m Farmer Carry 50#, 800m Sandbag Shoulder Carry Run.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 6/13/2016

SEALFIT Online June 13, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 20 Toes To Bar, 20 Push Ups, 20 Burpees

Work Capacity: 40 Min AMRAP Of:

20 Burpees, 20 Box Jumps 24", 20 4 Count Mtn Climbers, 400m Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 6/11/2016

SEALFIT Online June 11, 2016 No Comments 10 views

Baseline: Run 800m then 7 rounds of 5x pull up, 10x Push up, 15x Sit up every minute on the minute.

Work Capacity: Cover as much distance rucking (40lbs) for 2 hours as possible:

-Every 15 minutes: 25x push ups with ruck on.

Durability: Kokoro Yoga or Active Stretch, hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 6/10/2016

SEALFIT Online June 10, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Rounds, 10 Strict Pull Ups, 20 Sit Ups, 30 Push Ups.

Work Capacity: Max Effort Bar Hang, Max Effort Plank Hold, Max Effort Wall Sit, 3 Mile Run.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 6/9/2016

SEALFIT Online June 9, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 4 Count Jumping Jacks

Work Capacity: 100 4 Count Arm Haulers, 100 4 Count Mtn Climbers, Run 1 Mile, 100 4 Count Mtn Climbers, 100 4 Count Arm Haulers.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 6/8/2016

SEALFIT Online June 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 4 Hour Ruck AHAP.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 6/7/2016

SEALFIT Online June 7, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Walking Lunge

Work Capacity: 50 Sandbag Get Ups, 50 Sandbag Step Ups 20", 50 Sand Bag Toss Over Head. 60# Suggested.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 6/6/2016

SEALFIT Online June 6, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1000m Bear Crawl

Work Capacity: 100 Pull Ups, 200 Sit Ups, 300 Air Squats, Run 2 Miles AFAP.

Durability: Kokoro Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 6/4/2016

SEALFIT Online June 4, 2016 1 Comment 8 views

Baseline: Pre-SOP, Box Breathing, then ROM drill. 5 minutes: 10x Goblet Squat, rest in the bottom of the squat for the remainder of the minute, perform 5 rounds with no rest.

Work Capacity: 3 Rounds For Time with a swim buddy:

2 mile run

400m lunge

500m Swim

Durability: 5 minute plank, stretch, rehydrate, refuel.

DAILY WOD / SOFWOD

SOFWOD – Friday 6/3/2016

SEALFIT Online June 3, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Bar Hang, Max Effort Wall Sit, Max Effort Over Head Hold with 45# Object.

Work Capacity: 200 20" Step Ups AHAP.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SO

DAILY WOD / SOFWOD
SOFWOD – Thursday 6/2/2016

SEALFIT Online June 2, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 min Plank

Work Capacity: 7 Mile Ruck

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 6/1/2016

SEALFIT Online June 1, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Jog, 3 Rounds of Cindy Strict

Work Capacity: SEALFIT PST

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 5/31/2016

SEALFIT Online May 31, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 100m Hill Sprints

Work Capacity: 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks, 400m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 5/30/2016

SEALFIT Online May 30, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 200m Lunges, 200m Bear Crawl, 200m Low Crawl

Work Capacity: 4 mile Run with 20#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 5/28/2016

SEALFIT Online May 28, 2016 No Comments 5 views
Baseline: Pre-SOP and box breathing, then ROM drills.

Work Capacity: "Murph". Complete the following for time...

Run 1 mile
100x pull ups
200x push ups
300x air squats
Run 1 mile

*If you have a 20# weight vest or body armor, wear it.
Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/27/2016

SEALFIT Online May 27, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of CINDY

Work Capacity: SEALFIT PST

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 5/26/2016

SEALFIT Online May 26, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Sprint

Work Capacity: 1 Mile Front Rack Sand Bag Carry 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 5/25/2016

SEALFIT Online May 25, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Sit Ups

Work Capacity: Row 5000 Meters, Max Effort Plank

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 5/24/2016

SEALFIT Online May 24, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Push Ups

Work Capacity: Ruck 5 Miles with 45#

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 5/23/2016

SEALFIT Online May 23, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Flutter Kick, 100 4 Count Mtn Climbers

Work Capacity: 800m run, 100 Sang Bag Get Ups, 800M Run With Sand Bag

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 5/21/2016

SEALFIT Online May 21, 2016 No Comments 7 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 800m, then Burgener warm up + skill transfer exercises.

Work Capacity: “Isabel” and “Grace”

“Isabel” – Complete 30x snatch for time (135#/95#)

Rest 5 minutes

“Grace” – Complete 30x clean and jerk for time (135#/95#)

Durability: Run 30 minutes in the hills, beach, or most difficult/fun terrain you have access to. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/20/2016

SEALFIT Online May 20, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m

Work Capacity: 1 Mile Max Effort Sprint.

Sub 7 Min = 3 Mile Ruck with 35#

Sub 8 Min = 4 Mile ruck with 35#

8+ Min 3 x 1 Mile Sprint with 5 min Rest.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 5/18/2016

SEALFIT Online May 18, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Monkey Squats

Work Capacity: Find a Sandy or Grassy area:

1000m Low Crawl with 20 Push Ups every 2 Min.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 5/18/2016

SEALFIT Online May 18, 2016 No Comments 5 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Sit Ups

Work Capacity: 30 Min ARMRAP

2 Tire Flips

10 Burpees

10 Broad Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 5/17/2016

SEALFIT Online May 17, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 21/15/9 Plyo Push Ups, Sit Ups, 4 count Flutter Kicks

Work Capacity: 10 Rounds

20 4 Count Alt Mtn Climbers into 100m Sprint

Bear Crawl Back to Start

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 5/16/2016

SEALFIT Online May 16, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of Cindy Strict

Work Capacity: 800m Front Rack Lunges w/Sand Bag 80#, Every time you drop the bag 30 burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 5/14/2016

SEALFIT Online May 14, 2016 No Comments 5 views

Baseline: Pre-SOP and box breathing, then ROM drills. 4 rounds – Barbell complex with push up chaser (75#-105#).

Work Capacity: With a partner, complete the following...

- 100m tire flip
- 100x sledge hammer strikes
- 100x box jumps on tire
- 100x push ups with feet elevated on tire

*Only 1 person can be working at a time.

Durability: 30 minute ruck or swim. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/13/2016

SEALFIT Online May 13, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Min Wall Sit, 5 Min Plank, Max Effort Towel Hang

Work Capacity:

800m Farmer Carry 50#

400M Sprint

200m Farmer Carry

100M Sprint

50 SBGU's 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 5/12/2016

SEALFIT Online May 12, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of Strict Cindy

Work Capacity: SEALFIT PST Journal.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 5/11/2016

SEALFIT Online May 11, 2016 No Comments 5 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Arm Haulers, 50 4 Count Flutter Kicks

Work Capacity: 10 Rounds:

100M Sprint

100M Bear Crawl

100M Lunges

100M Front Rack Sand Bag Carry

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 5/10/2016

SEALFIT Online May 10, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Row 1000m, 20 Strict Pull Ups

Work Capacity: 30 Min AMRAP: 500m Row, 10 Pull Ups, 10 Dips, 10 Alt Pistols.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 5/9/2016

SEALFIT Online May 9, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: 4 x 400M with 50 Push Ups immediately following 400m

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 5/7/2016

SEALFIT Online May 7, 2016 No Comments 9 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 200m, 10x DB snatch right arm, Run 200m DB snatch left arm.

Work Capacity: "Weston". Complete 5 rounds for time of...

Row 1,000m

200m farmers carry (45#/35#)

50m right arm waiter walk (45#/35#)

50m left arm waiter walk (45#/35#)

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 5/6/2016

SEALFIT Online May 6, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile LSD Run

Work Capacity: 5 Mile Ruck, Set your timer and every 15 min do max effort Squats.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Thursday 5/5/2016

SEALFIT Online May 5, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds: 10 Pull-ups, 15 Sit Ups, 20 Sledge Strikes.

Work Capacity: 30 min AMRAP: 20 Pull-ups, 20 Sledge Strikes, 100m Sprint, 50 4 Count Mtn Climbers.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Wednesday 5/4/2016

SEALFIT Online May 4, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, ROW 500M, 25 Goblet Squats 35/25#

Work Capacity:

5000M Row
50 Turkish Get Ups (Alt 5 per Side) 35/25#
5000M Row

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Tuesday 5/3/2016

SEALFIT Online May 3, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Run 3 Miles

Work Capacity: 100 Burpees, 50 Pull Ups Strict, 25 4 Count Mtn Climbers, 400m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Monday 5/2/2016

SEALFIT Online May 2, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills,

Work Capacity: 5 rounds

3 minute amrap, 1 minute rest after each round:

3 handstand push-ups
6 sand bag power cleans 50#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/30/2016

SEALFIT Online April 30, 2016 No Comments 5 views
Baseline: 3 rounds: Run 400, 10x KBS (light), 10x Slam Ball, 10x Burpees

Work Capacity: For Time:

Ruck Run 3 Miles (35/25)
Swim 1 mile
Ruck Run 3 miles (35/25)
200x Burpees
DAILY WOD / SOFWOD
SOFWOD – Friday 4/29/2016

SEALFIT Online April 29, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1.5 Mile Run

Work Capacity: 4 x 100m, 4 x 200m, 4x 400m AFAP

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 4/28/2016

SEALFIT Online April 28, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sandbag Thrusters 20#

Work Capacity: 5 Rounds For Time:

10 Sandbag Toss Over Head
20 Over Head Walking Lunges 30#
30 Burpee Pull Ups
40 Sit Ups
Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 4/27/2016

SEALFIT Online April 27, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Wall Sit, Max Effort Plank, Max Effort Bar Hang, Max Effort Handstand Hold

Work Capacity: 3 Mile Run AFAP

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 4/26/2016

SEALFIT Online April 26, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of 10 Arm Haulers, 10 Back Extensions, 10 Sand Bag Squat Cleans

Work Capacity: 5 Mile Ruck with 40#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 4/25/2016

SEALFIT Online April 25, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1.5 Mile Run

Work Capacity:

100 Push Ups

100 Sit Ups

100 Air Squats

100 Pull Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/23/2016

SEALFIT Online April 23, 2016 1 Comment 11 views
Baseline: Pre-SOP and box breathing, then ROM drills.

Work Capacity: "Clovis". Complete the following for time...

Run 10 miles

150x burpee pull ups

*Break up as needed

Durability: 30 minute easy recovery swim. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/22/2016

SEALFIT Online April 22, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 20 T2Bs, 20 4 Count Mtn Climbers, 20 Air Squats

Work Capacity: 100 Sand Bag Get up for Time.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/21/2016

SEALFIT Online April 21, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400m (60%,70%,80%, Max Effort)

Work Capacity: 5 Rounds: Max Effort Chin over bar hang, Max Effort Handstand Hold, Max Effort Plank, Max Effort Wall Sit

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 4/20/2016

SEALFIT Online April 20, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 40 Pull Ups, Every time you break, 50m Walking Lunge

Work Capacity: 5 Mile Ruck 40#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 4/19/2016

SEALFIT Online April 19, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Sit Ups, Every time you break 50 Burpees

Work Capacity: 1.5 Mile Max Effort Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 4/18/2016

SEALFIT Online April 18, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Push Ups Every time you rest, 50 m sprint.

Work Capacity: 2 Ruck/Run with 60# Sand Bag on Back Rack

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/16/2016

SEALFIT Online April 16, 2016 No Comments 8 views

Baseline: Box breathing, then ROM drills. Complete 30-20-10 reps of 4-count mountain climbers, sit ups.

Work Capacity: Partner workout...

Partner #1 runs 200m, while partner #2 performs max rep sledge hammer hits. When partner #1 returns from the run, switch task. Repeat this cycle until as a unit you have performed a total of 500x sledge hammer hits.

Durability: Ruck 30 minutes with a 50# pack. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/15/2016

SEALFIT Online April 15, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Rounds of 25 Squats

Work Capacity: 100 4 Count Flutter Kicks, 50m Walking Lunge, 100 4 Count Jumping Jacks, 50m Bear Crawl, 50 Burpees, 50m Low Crawl

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/14/2016

SEALFIT Online April 14, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 Rounds of 10 Dead Hang Pull Ups

Work Capacity: 100 Sit Ups, 400m Sprint, 100 Sit Ups, 200m Sprint, 100 Sit Ups, 100m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 4/13/2016

SEALFIT Online April 13, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Jog

Work Capacity: 7 mile Rugged Terrain Ruck AHAP

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 4/12/2016

SEALFIT Online April 12, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 rounds, 10 4 Count Mtn Climbers to 50m Sprint.

Work Capacity: 1 Mile Farmer Carry 35# Every Time you put the weights down, 10 Push Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 4/11/2016

SEALFIT Online April 11, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Sand Bag Thrusters, 20 Sand Bag Squat Cleans, 30 Sand Bag Get Ups.

Work Capacity: 1 Mile Run, 10 Rope Climbs, 20 Burpees, 30 Push Ups, 40 4 Count Jumping Jacks, 1 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/9/2016

SEALFIT Online April 9, 2016 No Comments 9 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 400m, 30x sandbag cleans, Run 400m.

Work Capacity: Complete 3 rounds for time of...

Run 400m with sandbag (80#/60#)

10x Sandbag Curtis P's (80#/60#)

Run 400m without sandbag

20x burpee

Durability: Max duration plank hold (Pays to be a winner...winner chooses "motivational consequences" for other athletes). Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/8/2016

SEALFIT Online April 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run, 10 min Plank

Work Capacity: 100 4 Count Flutter Kicks, 100 4 Count Arm Haulers, 100 Leg Levers, 100 Push Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 4/7/2016

SEALFIT Online April 7, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 200m Run, 40 Pull Ups (no kipping)

Work Capacity: 200 Weighted Step Ups 60#, 100 Burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 4/6/2016

SEALFIT Online April 6, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: 7 Mile Ruck 40#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 4/5/2016

SEALFIT Online April 5, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Mtn Climbers

Work Capacity: 4 Rounds, 50M Broad Jump, 50M Walking Lunge, 50M Bear Crawl, 50M Crab Walk

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 4/4/2016

SEALFIT Online April 4, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Pull Ups, 20 Push Ups, 30 Sit Ups

Work Capacity: 10K Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 4/2/2016

SEALFIT Online April 2, 2016 No Comments 7 views

Baseline: Pre-SOP and box breathing, then ROM drills. 4 rounds – Barbell complex with push up chaser (75#-105#)

Work Capacity: Complete the following for time...

100x Curtis P's (95#/65#)

*Any time you break (more than a 3 breath rest), stop what you are doing and perform 1x suicide sprint (start line – 5m – 10m).

Durability: 30 minute recovery swim (If you do not have access to a pool, row for 30 minutes).
Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training
session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 4/1/2016

SEALFIT Online April 1, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Pull Ups, 20 Push Ups, 30 Sit Ups, 40
Squats 400m Run

Work Capacity: SEALFIT PST Journal Results.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/31/2016

SEALFIT Online March 31, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Squats, 50 Arm Haulers, 50 Star Jumps

Work Capacity: 4 x 400m Run 1 min rest between rounds.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/30/2016

SEALFIT Online March 30, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Pull Ups Every time you drop off the bar 25
push ups.

Work Capacity: 250 4 Count Jumping Jacks, 250 4 Count Flutter Kicks

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 3/29/2016

SEALFIT Online March 29, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Burpees

Work Capacity: 4 mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 3/28/2016

SEALFIT Online March 28, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds, 50m Bear Crawl, 50m Low Crawl,
100m Sprint

Work Capacity: 40min AMRAP – 20 Toes To Bar, 20 Step Ups with 40#, 20 Push Ups, 200m
Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 3/26/2016

SEALFIT Online March 26, 2016 No Comments 11 views

Baseline: Pre- SOP, Box Breathing and ROM drills, then: 10 minute Row (easy pace)

Work Capacity: Complete for time:

ENDURANCE BARBARA:

5 rounds:

20 pull up
30 push up
40 sit up
50 air squat
Run 1 mile

DAILY WOD / SOFWOD

SOFWOD – Friday 3/25/2016

SEALFIT Online March 25, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Toes To Bar, 10 Burpee Pull Ups, 30 Front Squats with 40#

Work Capacity: 400m Buddy carry or carry the heaviest thing you can find that is close to your body weight.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/24/2016

SEALFIT Online March 24, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Pull Ups, Push Ups, Sit Ups

Work Capacity: 4 x 400m Sprint, 1 min rest between rounds, GO HARD!

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/23/2016

SEALFIT Online March 23, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Jumping Jacks, 100 4 Count Flutter Kicks

Work Capacity: 5 Mile Ruck in rough terrain with as much elevation change as possible.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 3/22/2016

SEALFIT Online March 22, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run Moderate Pace

Work Capacity: 100 Sand Bag Cleans For Time: Every Time You Rest 25 Push Ups 10 Pull Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 3/21/2016

SEALFIT Online March 21, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Farmer Carry 40#

Work Capacity: 10 x 100m Sprints with 25 4 Count Mtn Climbers at Start of each 100m. 1 min rest between each.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 3/19/2016

SEALFIT Online March 19, 2016 1 Comment 5 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds – Run 200m, 10x KB sumo deadlift high pulls (24kg/16kg), 10x push ups, 10x jumping pull ups.

Work Capacity: "Ryan". Complete 5 rounds for time of...

10x push press (135#/95#)

20x step ups (24in box)

10x deadlift (225#/155#)

200m farmers carry (140#/80#)
Durability: Ruck 30 minutes with a 50# pack in the most difficult terrain you have access to.
Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 3/18/2016

SEALFIT Online March 18, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Row 1000m

Work Capacity: 1.5 Mile Timed Run. AFAP!

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 3/17/2016

SEALFIT Online March 17, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: 5 Mile Ruck with as much weight as possible.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 3/16/2016

SEALFIT Online March 16, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 500m Row, 75 4 Count Mtn Climbers

Work Capacity: 4 Rounds for Time:

20 Step ups with 60# Sandbag
20 Arm Haulers
20 Sandbag Get Ups
Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 3/15/2016

SEALFIT Online March 15, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats.

Work Capacity: 5 Pull Ups Every Min on the Min for 30 Min.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 3/14/2016

SEALFIT Online March 14, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of: 10 Sandbag Squat Cleans, 10 Power Cleans, 10 Alt Sandbag to Shoulder.

Work Capacity: 2 Mile Run, 40 Pull Ups, 2 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD

Weekly Monster Mash – 3/12/2016

SEALFIT Online March 12, 2016 No Comments 6 views

Baseline: Pre-SOP and box breathing, then ROM drills. 4 rounds (75#-105#) – Barbell complex with burpee chaser.

Work Capacity: Complete 4 rounds for time of the following...

8x Overhead squat (105#/65#)

16x Burpee

3x rope climb (15ft)

400m run

DAILY WOD / SOFWOD

SOFWOD – Friday 3/11/2016

SEALFIT Online March 11, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Min Plank

Work Capacity: 10 Min Max Effort Burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 3/10/2016

SEALFIT Online March 10, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run, 50 Sit Ups

Work Capacity: 4 Mile Soft Sand or Trail Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 3/9/2016

SEALFIT Online March 9, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 V Ups

Work Capacity: 75 Ring Rows, 75 Step Ups 24”, 75 4 Count Flutter Kicks

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 3/8/2016

SEALFIT Online March 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of: 10 pull ups, 20 sit ups, 30 Squats.

Work Capacity: 5 Pull Ups Every Min on the Min for 30 Min.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 3/7/2016

SEALFIT Online March 7, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run, 50 Burpees

Work Capacity: 4 x 1mile Sprints. GO HARD!!

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 3/5/2016

SEALFIT Online March 5, 2016 No Comments 13 views

Baseline: Pre-SOP and box breathing, then ROM drills. 10 minutes of sandbag get ups.

Work Capacity: For Time:

-2 mile run

“Adam Brown”

Two rounds for time of:

295 pound Deadlift, 24 reps
24 Box jumps, 24 inch box
24 Wallball shots, 20 pound ball
195 pound Bench press, 24 reps
24 Box jumps, 24 inch box
24 Wallball shots, 20 pound ball
145 pound Clean, 24 reps
-2 mile run
DAILY WOD / SOFWOD
SOFWOD – Friday 3/4/2016

SEALFIT Online March 4, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 min Wall Sit

Work Capacity: 5 Mile Ruck 40#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 3/3/2016

SEALFIT Online March 3, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile soft sand run.

Work Capacity: 20 Min Plank Hold, Every time your knees touch 20 squats.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 3/2/2016

SEALFIT Online March 2, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Swim 500m or Row 2000m

Work Capacity: 20 min AMRAP

50m Front Rack Walking Lunge,
20 Pull Ups
20 Burpees
Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 3/1/2016

SEALFIT Online March 1, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Jog, 5 Pull Ups, 20 Push Ups, 20 Sit Ups, 20 Air Squats.

Work Capacity: SEALFIT PST

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 2/23/2016

SEALFIT Online February 29, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run, 500m Row.

Work Capacity: 3 Rounds For Time: 200m Sandbag Overhead Walking Lunge, 50 Sit Ups, 20 Dips.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 2/27/2016

SEALFIT Online February 27, 2016 No Comments 6 views
Baseline: Pre-SOP and box breathing, then ROM drills. 30-20-10 reps of wall ball, sit up.

Work Capacity: Complete 7 rounds for time of the following...

7x Clean (135#/95#)
1x Full Gasser (4x55m shuttle sprints/width of a football field)
15x Hand release push ups

Durability: Swim or ruck 30 minutes. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 2/26/2016

SEALFIT Online February 26, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 200m Walking Lunge

Work Capacity: 4 x 100 m Sprints 1 min rest between intervals, 100 Push Ups, 300 Sit Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/25/2016

SEALFIT Online February 25, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: Max Effort Bar Hang, Plank Hold, Wall Sit

Work Capacity: 5 Mile Soft Sand or Rough Terrain Ruck.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/24/2016

SEALFIT Online February 24, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 250 4 Count Jumping Jacks

Work Capacity: 4 Mile Trail Run, every 5 mins 30 Burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 2/23/2016

SEALFIT Online February 23, 2016 No Comments 3 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100m Crab Walk, 100m Low Crawl, 100m Broad Jump

Work Capacity: 5 Rounds for Time:

Sprint 200m

20 Pull Ups

20 Dips

20 Box Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 2/22/2016

SEALFIT Online February 22, 2016 2 Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run Moderate Pace

Work Capacity: Do 10 – 1 Rep (10,9,8... etc) of

Push Ups

Pull Ups

Sit Ups

4 Count Flutter Kicks

4 Count Mtn Climbers

Sand Bag Get Ups 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 2/21/2016

SEALFIT Online February 21, 2016 No Comments 4 views

Baseline: Pre-SOP and box breathing, then ROM drills. 10 minutes of sandbag get ups.

Work Capacity: Complete the following for time...

Run 1 mile with sandbag (80#/60#)

50x sandbag cleans (80#/60#)

Run 1 mile with sandbag (80#/60#)

Durability: 30 minute swim or ruck run (50#). Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/19/2016

SEALFIT Online February 19, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 4 Count Flutter Kick, 100 4 Count Mtn Climbers

Work Capacity: 800m run, 100 Sang Bag Get Ups, 800M Run With Sand Bag

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/18/2016

SEALFIT Online February 18, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 200 Push Ups.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/17/2016

SEALFIT Online February 17, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50m Crab Walk, 50m Bear Crawl, 50m Walking Lunges, Max Bar Hang

Work Capacity: 1 Mile Run, 100 Weighted Step Ups 20" (AHAP), 1 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 2/16/2016

SEALFIT Online February 16, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sand Bag Cleans, 50 Sand Bag Thrusters, 50 4 Count Jumping Jacks

Work Capacity: 30 min AMRAP: 20 Push Ups, 10 Pull Ups, 400 meter Run, 1 Min Rest.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 2/15/2016

SEALFIT Online February 15, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 X 100 m Jog, run, Sprint, Sprint

Work Capacity: 4 Mile Trail or Sand Run. Every mile 50 of the following: Push Ups, Sit Ups, 4 Count Mtn Climbers.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 2/13/2016

SEALFIT Online February 13, 2016 No Comments 3 views
Baseline: Pre-SOP and box breathing, then ROM drills. 4 rounds – barbell complex with burpee chaser (75#-105#)

Work Capacity: “Glen” Complete the following for time ...

- 30x clean and jerk (135#/95#)
- Run 1 mile
- 10x rope climb (15ft)
- Run 1 mile
- 100x burpee

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 2/12/2016

SEALFIT Online February 12, 2016 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m, then 3 rounds – 10x thrusters (PVC), 10, 4x mountain climbers, 50x sit-ups.

Work Capacity: Complete the following for time ...

- 30, 4x mountain climbers
- 50x airsquats
- Run 800m
- 50 airsquats
- 30, 4x mountain climbers

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/11/2016

SEALFIT Online February 11, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds, not timed:

10x burpee broad jumps,
5x max height squat jumps,
Max hold chin above pull up bar.
Work Capacity:

Run 3 miles @ moderate pace.

100x sit ups

100x burpee pullups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/10/2016

SEALFIT Online February 10, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, EMOM for 12 min

2 burpee to pistol (1 each leg//grid league style)

6 knees to elbows

Work Capacity: 3 rounds

20 feet elevated/inclined pushups (unbroken)

30 air squats (unbroken)

40 sit-ups (unbroken)

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 2/9/2016

SEALFIT Online February 9, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds – Run 200m with SB, then 5x SB get up, 10x SB front squats, 15x SB snatch.

Work Capacity: Complete for time:

300 squats

3 rounds:

15 pull-ups

15 v-ups

100 push-ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 2/8/2016

SEALFIT Online February 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100m bear crawl, 35 sand bag thrusters, 35 back squats.

Work Capacity: 5 rounds, 3 minute amrap, 1 minute rest after each round:

3 handstand push-ups

6 sand bag power cleans 50#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 2/6/2016

SEALFIT Online February 6, 2016 1 Comment 4 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds – Run 200m, 5x pull up, 10x push ups, 15x air squats, 10x dislocates.

Work Capacity: Dynamic “Angie”. Complete the following for time..

100x jumping pull ups

100x clapping push ups

100x sit up to standing

100x jumping air squats

Durability: 30 minute ruck with a 50# load or 30 minute swim. Warrior yoga or Active Stretch.

Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 2/5/2015

SEALFIT Online February 5, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Jog

Work Capacity: Find a steep hill, do:

10 100m Hill Sprints

5 Bear Crawls Up Hill

2 Crab Walks Up Hill

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 2/4/2015

SEALFIT Online February 4, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Push Ups.

Work Capacity: 5 Mile Rugged Terrain Ruck with 40#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 2/3/2015

SEALFIT Online February 3, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Walking Lunge

Work Capacity: 5 Rounds for Time:

Max Effort Bar Hang

200m Sprint
50m Bear Crawl
50m Overhead Walking Lunge with 45# Weight
Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 2/2/2015

SEALFIT Online February 2, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run Moderate Pace

Work Capacity: 100 Sand Bag Back Squats, Every Minute 2 Burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 2/1/2015

SEALFIT Online February 1, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Jog

Work Capacity: SEALFIT PST, Journal Score and compare notes

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 1/30/2016

SEALFIT Online January 30, 2016 No Comments 4 views
Baseline: Pre-SOP and box breathing., then ROM drills. 4 rounds – Barbell complex (75#-105#)
with push up chaser.

Work Capacity: 20 rounds – Every 60 seconds, perform the following...

5x wallball (20#/12#)
3x handstand push up
1x power clean (185#/135#)

Durability: 8x hill sprints (If you do not have access to a hill, substitute 200m sprints @ :45
interval). 3 rounds – 20x GHD sit ups, 60 second plank. Warrior yoga or Active Stretch. Hydrate
and fuel within 30 minutes. Journal post training session SOP.
DAILY WOD / SOFWOD
SOFWOD – Friday 1/29/2015

SEALFIT Online January 29, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile Soft Sand Run

Work Capacity: Read for 30 min uninterrupted about something you want to learn.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Friday 1/28/2015

SEALFIT Online January 28, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Sit Ups, 100 Air Squats, 5 Min Plank Hold

Work Capacity: Row 5000m, every 2 Min 10 Star Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 1/27/2015

SEALFIT Online January 27, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 20 Burpee Pull Ups, 20 Hand Release Push Ups

Work Capacity:

50 Back Squats with 60# Sand Bag
50 Sand Bag Squat Cleans
50 Sand Bag Clean and Jerks
1 Mile Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/26/2015

SEALFIT Online January 26, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity:

800m Front Rack Sand Bag Run
400m Bear Crawl
200m Sprint
400m Farmer Carry 50#,
800m Sandbag Shoulder Carry Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Friday 1/25/2015

SEALFIT Online January 25, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 20 Toes To Bar, 20 Push Ups, 20 Burpees

Work Capacity: 40 Min AMRAP Of:

20 Burpees
20 Box Jumps 24"
20 4 Count Mtn Climbers
400m Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 1/23/2016

SEALFIT Online January 23, 2016 No Comments 4 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds – Run 200m, 10x jumping pull ups, 10x dips, 10x sit ups.

Work Capacity: “Fight Gone Bad”. Complete 3 rounds for max reps of...

- 1 minute wall ball (20#/12#)
- 1 minute sumo deadlift high pull (75#/55#)
- 1 minute box jump (24in/20in)
- 1 minute push press (75#/55#)
- 1 minute row (Calories)
- 1 minute rest

Durability: 30 minute ruck or swim. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 1/22/2015

SEALFIT Online January 22, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: Max Effort: Push Ups, Sit Ups and Pull Ups. Once finished, repeat and beat your scores.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 1/21/2015

SEALFIT Online January 21, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Run with Sand Bag

Work Capacity: 5 Rounds for Time:

- 50 Front Rack Walking Lunges with Sand Bag
- 50 Sand Bag Get Ups
- 50 Squat Cleans
- 200m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 1/20/2015

SEALFIT Online January 20, 2016 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Mile Ruck 35#

Work Capacity: 10 x 5 Pull Ups with Weight Vest or Ruck

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/19/2015

SEALFIT Online January 19, 2016 No Comments 3 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile run soft sand or rugged terrain

Work Capacity: 4 x 200, 4 x 400, 2 x 800, 1 Mile

Minimal rest as possible.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 1/18/2015

SEALFIT Online January 18, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 25m bear crawl, crab walk, low crawl.

Work Capacity: 30 Min AMRAP of:

50 4 count Jumping Jacks
50 4 Count Mtn Climbers
50 4 Count Flutter kicks
50 8 Count Body Builders

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD /
SOFWOD
Weekly Monster Mash – 1/16/2016

SEALFIT Online January 16, 2016 No Comments 6 views
Baseline: Pre-SOP, box breathing then ROM drills. 20 minutes of sand bag drills.

Strength/Stamina: Adam Brown – 2 rounds for time:

24x Dead Lift (295#/205@)
24x Box Jump (24/20)
24x Wall ball
24x Bench Press (195#/135#)
24x Box jump
24x Wall ball
24x Power Clean (145#/100#)

Work Capacity: Max KB swing in 5 minutes.

Durability: 3 mile recovery run. Warrior Yoga drills. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 1/15/2015

SEALFIT Online January 15, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Mile Ruck with 40#

Work Capacity: Max Effort Plank Hold with 40# Ruck

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Thursday 1/14/2015

SEALFIT Online January 14, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run, If you don't break 8 Mins 50 Burpees.

Work Capacity: 30 Min AMRAP

20 Arm Haulers
20 Leg Levers
20 Push Ups
20 Sit Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 1/13/2015

SEALFIT Online January 13, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 25 Pull Ups, Every time you drop off the bar add 4 reps.

Work Capacity:
3 Mile Weighted Run (Vest or Ruck) 20#
Every Mile, 50 Air Squats.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 1/12/2015

SEALFIT Online January 11, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Air Squats, Every time you rest add 20 reps.

Work Capacity: 5 Rounds for Time

10 Pull Ups
20 Box Jumps
30 4 Count Flutter Kicks
200m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 1/11/2015

SEALFIT Online January 11, 2016 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Sit Ups Every time you rest add 10 Reps.

Work Capacity: 800m Walking Lunge then max plank hold with 20# vest, pack or weight.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / FREE WEEKLY WORKOUT / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 1/9/2016

SEALFIT Online January 9, 2016 No Comments 5 views

Baseline: Pre-SOP, box breathing, then ROM drills. Run 1 mile, then 4 rounds of Frog Complex (65#/35# to 95#/65#)

Work Capacity: for time do 10...1 of

Bench Press (185#/125#)

Dead Lift (225#/145#)

Power Clean (155#/105#)

Durability: Ruck 1-4 hours with a 50# pack in the most difficult terrain you have access to. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 1/8/2015

SEALFIT Online January 8, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Push Ups Every time you rest add 10 reps.

Work Capacity: 8 x 100m Sprint followed by 1 mile AFAP

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 1/7/2015

SEALFIT Online January 7, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 25 Ball Slams 35#, 25 (each leg) Overhead Walking Lunges 35# Ball, 25 Pull Ups

Work Capacity: 5 Rounds For Time: 50 Step Ups 20", 25 Ball Slams, 400 m Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 1/6/2015

SEALFIT Online January 6, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 mile soft sand or rough terrain run.

Work Capacity: 100 4 Count Jumping Jacks, 100 4 Count Mtn Climbers, 100 4 Count Flutter Kicks

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 1/5/2015

SEALFIT Online January 5, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Dynamic Warm Up Drills, 5 x 25M Hill Sprints

Work Capacity: 50 Sand Bag Step Ups, 50 Sand Bag Get Ups, 50 Sand Bag Power Cleans

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 1/4/2016

SEALFIT Online January 4, 2016 No Comments 2 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Jog, 10 of the following: Push Ups, Sit Ups, Pull Ups, Squats

Work Capacity: SEALFIT PST Journal Results Compare Notes

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 1/2/2016

SEALFIT Online January 2, 2016 No Comments 3 views

Baseline: Pre-SOP, box breathing then ROM drills.

Stamina: 100x Slam ball, 100x Wall ball, 100x Sand bag to shoulder

Work Capacity: 100x Curtis P for time (95#/65#)

Durability: 2 mile recovery run. 10 minute plank hold. Warrior Yoga drills. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 1/1/2016

SEALFIT Online January 1, 2016 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 4 x 400m with 5 min Rest between, 100 Burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 12/31/2015

SEALFIT Online December 31, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Push Ups and Sit Ups

Work Capacity: 4 Rounds for Time: 10 Burpees Toes to Bar, 20 Sand Bag Get Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/30/2015

SEALFIT Online December 30, 2015 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds of 10 Alt Front Rack Lunges, Overhead squats and Squat Cleans 60# Sand Bag

Work Capacity: Run 3.5 miles with Sand Bag, if you drop it: 100 Burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 12/29/2015

SEALFIT Online December 29, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds for Time: 20 Sandbag Clean and Jerks 60#, 20 Sledge Strikes, 20 Star Jumps

Work Capacity: 45 Min AMRAP: 2 Mile Bike or Air Assault AirDyne, 500M Row or Swim, 25 Burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 12/28/2015

SEALFIT Online December 28, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1500m Swim or Row

Work Capacity: Max Effort Pull Ups, Push Ups, Sit Ups, Squats

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 12/26/2015

SEALFIT Online December 26, 2015 No Comments 4 views

Baseline: Pre-SOP, box breathing, then ROM drills. 3 rounds – Run 200m, 10x KB sumo deadlift high pulls (55#/35#), 10x push ups, 10x jumping pull ups.

Work Capacity: “Ryan” – 5 rounds for time of...

10x push press (135#/95#)

20x step ups (24in box)

10x deadlift (225#/155#)

200m farmers carry (140#/80#)
Durability: Ruck 1-4 hours with a 50# pack in the most difficult terrain you have access to.
Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 12/24/2015

SEALFIT Online December 24, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 5 mile LSD Trail Run

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/23/2015

SEALFIT Online December 23, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds of 25 4 Count Mtn Climbers, 4 Count Jumping Jacks and 4 Count Flutter Kicks

Work Capacity: 30 Min AMRAP of: 5 Box Jumps 36", 50 Sand Bag to Shoulder AHAP, 10 Pull Ups.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 12/22/2015

SEALFIT Online December 22, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Rounds of Cindy Strict

Work Capacity: 5k Row or Swim

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 12/21/2015

SEALFIT Online December 21, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Run 3 Miles Moderate Pace

Work Capacity: 100 8 Count Body Builders

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Friday 12/18/2015

SEALFIT Online December 18, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Ruck with 35#

Work Capacity: 800m Bear Crawl, 400m Low Crawl, 200m Sprint, 100m Backwards Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Thursday 12/17/2015

SEALFIT Online December 17, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Push ups, Sit ups, Pull Ups

Work Capacity: 8 x 400m with 1 min rest

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/16/2015

SEALFIT Online December 16, 2015 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 25 Sand Bag Get Ups 60#

Work Capacity: 2 Mile Sand Bag Carry, Every time you drop it. 50 Burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD
SOFWOD – Tuesday 12/15/2015

SEALFIT Online December 15, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Run 1.5 Miles

Work Capacity: Run 1.5 Miles Again AFAP! Then Max effort, Push Ups, Sit Ups, Pull Ups. Zero Rest!

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 12/14/2015

SEALFIT Online December 14, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10, 20, 30 Reps of: Push Ups, Sit Ups, Air Squats, Pull Ups

Work Capacity: 4 Rounds: 30 Burpee Pull Ups, 30 4 Count Flutter Kicks, 400m Run

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 12/12/2015

SEALFIT Online December 12, 2015 No Comments 3 views
Baseline: Pre-SOP, box breathing, then ROM drills. 15 minutes of sandbag drills

Work Capacity: Complete the following for time...

- Run 1 mile with sandbag (80#/60#)
- 50x sandbag cleans
- 25x sandbag get-ups
- Run 1 mile slick

Durability: 30 to 60 minute swim or fast ruck (50#). Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 12/11/2015

SEALFIT Online December 11, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 2 mile run moderate pace.

Work Capacity: 45 Min AMRAP: 50 Step Ups 20", 50 4 Count Jumping Jacks, 50 Burpees

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 12/10/2015

SEALFIT Online December 10, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 of each, Sit Ups, Push Ups, 4 Count Mtn Climbers

Work Capacity: Swim or Row. 250m, 500m, 1000m, 2000m, rest 30 min between.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 12/9/2015

SEALFIT Online December 9, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400m 2 min rest, (50% – 90% Pace)

Work Capacity: Rest 10 Min and repeat 400. 100% max effort and try to set a PR.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 12/8/2015

SEALFIT Online December 8, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 min Plank Hold, 20 Dead Hangs, 5 Min Plank Hold

Work Capacity: 5 Rounds of: 50m Bear Crawl, 25 Sit Ups, 50m Walking Lunge, 10 Dead Hangs, 50m Duck Walk

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 12/7/2015

SEALFIT Online December 7, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run, 30 Push Ups, 30 Sit Ups, 10 Dead Hangs

Work Capacity: Complete the following: 150 Weighted Step Up with 60# Sand Bag, 150 4 Count Mtn Climbers, 150 Arm Haulers

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 12/5/2015

SEALFIT Online December 5, 2015 No Comments 3 views
Baseline: Pre-SOP, box breathing, then ROM drills. 30-20-10 reps of wall ball, sit up.

Work Capacity: Complete 7 rounds for time of the following...

7x Clean (135#/95#)
7x bar facing burpee
200M sand bag run

Durability: Swim 1 mile and ruck minimum of one hour. Sub long row for swim if no water access. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 12/4/2015

SEALFIT Online December 4, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Run

Work Capacity: 7 Mile Ruck with 35#

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 12/3/2015

SEALFIT Online December 3, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Sit Ups, 50 Push Ups, 50 Squats, 20 Dead Hangs

Work Capacity: 30 Min AMRAP of: 20 Ring Rows, 20 Jumping Squats, 20 Push Ups, 20 Step ups 20"

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Friday 12/25/2015

SEALFIT Online December 2, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 10 Burpees for every glass of eggnog

Work Capacity: Relax with family and friends and enjoy the day.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 12/2/2015

SEALFIT Online December 2, 2015 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds for Time: 10 SBGU's, 10 SB Front Squats, 10 Sand Bag Thrusters

Work Capacity: With 60# Sand Bag. 3 Mile Ruck. Every Mile 30 Sand Bag Ground To Shoulder Alt.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 12/1/2015

SEALFIT Online December 1, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1000m Row

Work Capacity: 20 Min AMRAP, 10 Cal row, 10 Burpees, 10 Pull Ups

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 11/30/2015

SEALFIT Online November 30, 2015 2 Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of Cindy

Work Capacity: SEALFIT PST Compare notes or set baseline.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

SOFWOD

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 11/28/2015

SEALFIT Online November 28, 2015 No Comments 3 views

Baseline: Pre SOP, Box breathing, ROM Drills. 4 Rounds – Bar Bell complex increase load 75#-105#

Work Capacity: Partner WOD. AMRAP for 20 minutes of:

1st person = 7x hang snatch (75#/55#)

2nd person = max hand release push ups

Switch after the snatches are completed. Score will be the # of push-ups for the team. If no partner, then do 7x hang snatch and 10 HR push-ups.

En-Durability: Ruck 1-4 hours, preferably on a trail or beach. Warrior Yoga drills and Post SOP recovery.

Stay focused & stay on target -- Mark Divine

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DAILY WOD / SOFWOD
SOFWOD – Friday 11/27/2015

SEALFIT Online November 27, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of 10 Pull Ups, 20 Push Ups, 30 Sit Ups

Work Capacity: 10 x 100m Hill Sprints, 20 Burpees at the Top, 20 4 Count Leg Levers at the bottom. Rest 1 min between.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/26/2015

SEALFIT Online November 26, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity: 5 Mile Hike with Family or Friends. Enjoy the day.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/25/2015

SEALFIT Online November 25, 2015 1 Comment 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Run

Work Capacity: 100 Sand Bag Squat Cleans every 5 minutes 10 Pull Ups.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

SOFWOD
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/24/2015

SEALFIT Online November 24, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 20 of the following: Smurf Jack, Star Jumps, Body Builders

Work Capacity: 5 Rounds for Time: 20 SBGU's, 400m Run, 20 Push Ups

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 11/23/2015

SEALFIT Online November 23, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes box breathing, ROM drills, then...

50x dumbbell snatch (alternate), 30x dumbbell squat clean, 20 dumbbell box step ups

Work Capacity: 3 rounds For Time

30 Tuck Jumps

26 Lunges

22 Toes to bar

Rest 5min

5x 200m sprint 1:1 work/rest.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 11/21/2015

SEALFIT Online November 21, 2015 No Comments 5 views
Baseline: Pre SOP, Box breathing, ROM Drills. Then 3 rounds – 50x double unders, 25x air squats, 15x push up, 5x pull up.

Work Capacity: “300”. Complete the following for time...

25x pull up
50x deadlift (135#/95#)
50x push up
50x box jump (24in/20in)
50x floor wipers (135#/95#)
50x KB clean and press (16kg/12kg)
25x pull up

Durability: Row 5k meters then Grinder PT with core focus for 15 to 45 minutes. Warrior Yoga drills and Post SOP recovery.

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DAILY WOD / SOFWOD
SOFWOD – Friday 11/20/2015

SEALFIT Online November 20, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds fo Cindy

Work Capacity: 200 Step Ups with Weight Vest 20#, Every time you rest 25 Burpees.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/19/2015

SEALFIT Online November 19, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 15 Min Grinder PT

Work Capacity: 7 mile trail or soft sand run.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 11/18/2015

SEALFIT Online November 18, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 4 100m Hill Sprints with 1 min rest between (start at 60% last sprint should be 100%)

Work Capacity: 20 Min AMRAP of: 20 Sandbag Back Squats, 15 Sandbag Cleans (Full), 10 Sand Bag Floor Press, 5 Sandbag Toss over head.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 11/17/2015

SEALFIT Online November 17, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Row or Swim 1000m

Work Capacity: 1 – 10 10 – 1 of Strict Pull Ups, Dips, SBGU's

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 11/16/2015

SEALFIT Online November 16, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 800m Run

Work Capacity: 5 Rounds for Time: 50m Sled Drag (or weight drag) 50#, 50 Burpees, 50 Sit Ups

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 11/14/2015

SEALFIT Online November 14, 2015 No Comments 4 views

Baseline: Pre-SOP, Box breathing, ROM Drills. Run 800m, then Grinder PT for 30 minutes.

Work Capacity: Complete 4 rounds for time of...

Run 800m

50x KB swing (32kg/24kg)

40x Jumping Lunges (ea leg = 1 rep)

30x pull up

End-Durability: Run 3 miles, Swim 1 mile, Run 3 miles. Scale distance as necessary. Warrior Yoga drills and Post SOP recovery.

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DAILY WOD / SOFWOD
SOFWOD – Friday 11/13/2015

SEALFIT Online November 13, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Run at 75% rest 5 Min, 1.5 Mile Time Tile (Go Hard)

Work Capacity:

1.5 Mile run, then, depending on your time:

12 Min + = 200 Burpees, 3 Mile Ruck/Run 20#

10 Min + = 150 Burpees, 3 Mile Ruck/Run 20#

8 Min + = 3 Mile Ruck/Run 20#

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/12/2015

SEALFIT Online November 12, 2015 No Comments 2 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of: 10 Dips, 20 Leg Levers, 30 Squats,

Work Capacity: 5 – 7 Mile Rugged Terrain Ruck carrying your weight 30#. (not in a rucksack)

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 11/11/2015

SEALFIT Online November 11, 2015 No Comments 2 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 25 – 4 Count Jumping Jacks, 25 Push Ups, 25 Pull Ups

Work Capacity: 400m Overhead walking lunge with 40# Object, 800m Run, 1000m Row or Swim

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 11/10/2015

SEALFIT Online November 10, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 4 x 400m Hill Runs

Work Capacity: 5 Rounds for Time: 20 SBGU's, 100M Sprint, 25 Burpees, 100M Low Crawl

Durability: Warrior Yoga, Hydrate, Fuel. Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Monday 11/9/2015

SEALFIT Online November 9, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing ROM Drills, 50 Star Jumps, 50 Smurpees

Work Capacity: 4 Rounds for Time, 800M Run, 100m Bear Crawl, 200m Walking Lunge, 50 4 count Mtn , Climbers

Durability: Warrior Yoga, Hydrate Fuel, Journal, Per Post SOP

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 11/7/2015

SEALFIT Online November 7, 2015 No Comments 2 views

Baseline: Pre- SOP, BB and ROM Drills. Run 800M, then 15 minutes of various Sand Bag Drills (70/40)

Stamina / Work Capacity: Teams of two (*) perform AFAP:

Run 1 mile

50x Dead Lift (225/155)

100x Box Jump (24/20)

50X Power Clean (155/115)

100X Slam Ball (40/20)

50x Overhead Squat (115 / 75)

100x Burpees

50x Sand Bag Get Ups

Run 1 mile

*Both partners run together. One person works movement while other is in leaning rest. Goal is equal distribution of workload. If Solo then halve the movement reps (or for a challenge do as is!)

Durability: Banded Buddy Stretches, Mobility work and Post SOP.

Stay focused & stay on target — Mark Divine

Check out the new Way of the SEAL Leadership Development Course by Coach Divine. This program is a leadership application of the powerful Unbeatable Mind Foundation Course

DAILY WOD / SOFWOD

SOFWOD – Friday 11/6/2015

SEALFIT Online November 6, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Push Ups, 50 Sit Ups, 50 Squats

Work Capacity: Death By Burpees (Min 1 do 1 burpee, 2 do 2, 3 do 3, until you no longer can do the appropriate amount in that minute)

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 11/5/2015

SEALFIT Online November 5, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800M Overhead Walking Lunge with 25# Object

Work Capacity: 4 x 800m with 4 min rest between runs: then 200 4-count Mountain Climbers.
(Every time you break, 30 sit ups)

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Wednesday 11/4/2015

SEALFIT Online November 4, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds: 10 SBGU's, 20 Deadhangs, 30 4 Count Jumping Jacks

Work Capacity: 30 Min Grinder PT (you can only use each movement 1 time: minimum 20 reps per movement)

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Tuesday 11/3/2015

SEALFIT Online November 3, 2015 No Comments 1 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2000m row or swim.

Work Capacity: 150 Step Ups 20" with 40# of weight (use any object) 150 Burpees.

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP

DAILY WOD / SOFWOD

SOFWOD – Monday 11/2/15

SEALFIT Online November 2, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 300 Sit Ups

Work Capacity: 5 mile trail run. Every 3 min 5 burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 10/31/2015

SEALFIT Online October 31, 2015 No Comments 4 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds of 5x burpee, 10x 4 ct flutter kicks, 15x Monkey Squat.

Work Capacity: "Murph" – Complete the following for time:

Run 1 mile
100x pull ups
200x push ups
300x air squats
Run 1 mile

*If you have a 20# weight vest or body armor, wear it. SEALFIT Rx is un-partitioned
Stamina: Moving methodically, great form: With partner, alternate to perform 100x clean & jerk (135# / 95#).

*Face each other and alternate movements until you reach 100 reps total (50 each).

Durability: Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Friday 10/30/15

SEALFIT Online October 30, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of CINDY

Work Capacity: SEALFIT PST

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Thursday 10/29/15

SEALFIT Online October 29, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile Sprint

Work Capacity: 1 Mile Front Rack Sand Bag Carry 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Wednesday 10/28/15

SEALFIT Online October 28, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Sit Ups

Work Capacity: Row 5000 Meters, Max Effort Plank

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP
DAILY WOD / SOFWOD
SOFWOD – Tuesday 10/27/15

SEALFIT Online October 27, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 200 Push Ups

Work Capacity: Ruck 5 Miles with 45#

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 10/26/15

SEALFIT Online October 26, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Dead Hang Pull Ups

Work Capacity: Run 3 Miles, 100 4 Count Flutter Kicks, 100 4 Count Mtn Climbers

Durability: Warrior Yoga, Hydrate Fuel, Per Post SOP.
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 10/24/2015

SEALFIT Online October 24, 2015 No Comments 2 views
Baseline: Pre-SOP and box breathing, then ROM drills. Run 800m, then work on C & J and Snatch skills for 15 minutes.

Work Capacity: "IsaGrace"

Complete 30x snatch for time (135#/95#)

Rest 5 minutes

Complete 30x clean and jerk for time (135#/95#)

Stamina: 4 rounds, not timed: 10x very slow push-up (exhale down, inhale up, no breath between reps), 20x GHD sit-ups, 50M crab walk.

Durability: Run 30 minutes in the hills, beach, or most challenging terrain you have access to. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 10/23/15

SEALFIT Online October 23, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 2 Mile LSD Run

Work Capacity: 5 Mile Ruck, Set your timer and every 15 min do max effort Squats.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 10/22/15

SEALFIT Online October 22, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 rounds: 10 Pull-ups, 15 Sit Ups, 20 Sledge Strikes.

Work Capacity: 30 min AMRAP: 20 Pull-ups, 20 Sledge Strikes, 100m Sprint, 50 4 Count Mtn Climbers.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 10/21/15

SEALFIT Online October 21, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Swim 1000m or Row 2000m.

Work Capacity: 5 Rounds for Time: Row 500m, 15 SBGU's, 20 Weighted Step Ups With Sand Bag.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 10/20/15

SEALFIT Online October 20, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Run 1 Mile

Work Capacity: 100 Sand Bag Front Rack Lunges, Every 2 Min 5 Burpees.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 10/19/15

SEALFIT Online October 19, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Min Plank Hold, 50 Hollow Rocks, 50 Monkey Squats

Work Capacity: 10 Rounds for Time: 20 Push Ups, 10 Pull Ups, 5 Alt Pistols.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 10/17/2015

SEALFIT Online October 17, 2015 No Comments 3 views

Baseline: Pre-SOP and box breathing, then ROM drills. Various Sand Bag Drills for 15 minutes.

Work Capacity: With a partner, complete the following...

100m tire flip

100x sledge strikes

100x box jumps on tire

100x push ups with feet elevated on tire

*Only 1 person can be working at a time. Other partner is in leaning rest when not "working."

Stamina: Chipper: 15x rope ascents, 100x Dips, 400M walking lunge

Durability: 30 minute ruck or swim. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 10/16/15

SEALFIT Online October 16, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m

Work Capacity: 1 Mile Max Effort Sprint.

Sub 7 Min = 3 Mile Ruck with 35#

Sub 8 Min = 4 Mile ruck with 35#

8+ Min 3 x 1 Mile Sprint with 5 min Rest.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 10/15/15

SEALFIT Online October 15, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Monkey Squats

Work Capacity: Find a Sandy or Grassy area: 1000m Low Crawl with 20 Push Ups every 2 Min.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 10/14/15

SEALFIT Online October 14, 2015 No Comments 4 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Sit Ups

Work Capacity: 30 Min ARMRAP

2 Tire Flips, 10 Burpees, 10 Broad Jumps

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 10/13/15

SEALFIT Online October 13, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 21/15/9 Plyo Push Ups, Sit Ups, 4 count Flutter Kicks

Work Capacity: 10 Rounds

20 4-Count Alt Mtn Climbers into 100m Sprint

Bear Crawl Back to Start

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 10/12/15

SEALFIT Online October 12, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of Cindy Strict

Work Capacity: 800m Front Rack Lunges w/Sand Bag 80#, Every time you drop the bag 30 burpees

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 10/10/2015

SEALFIT Online October 10, 2015 No Comments 3 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 200m, 10x DB snatch right arm, Run 200m DB snatch left arm.

Work Capacity: "Weston". Complete 5 rounds for time of...

Row 1,000m

200m farmers carry (45#/35#)

50m right arm waiter walk (45#/35#)

50m left arm waiter walk (45#/35#)

Stamina: AFAP with good form:

Buddy carry 800M, 50x Man Makers (40/25), Buddy Carry 800M

Durability: Row 2,000M at moderate pace. Warrior yoga or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 10/9/15

SEALFIT Online October 9, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Max Effort Plank Hold

Work Capacity: Using your time from the plank complete the following:

3 – 4 Min = 10 Mile Run

4 – 5 Min = 8 Mile Run

6 – 7 Min = 6 Mile Run

7 – 8 Min = 5 Mile Run

8+ Min = 5 Mile Ruck with 35#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 10/8/15

SEALFIT Online October 8, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 x 800m Run

Work Capacity: 150 Step Ups 20", Every 3 Min Do 15 Dips

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 10/7/15

SEALFIT Online October 7, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of 1 min bar hangs, 4 min Plank

Work Capacity: 5 Rounds For Time: 10 Commando Pull Ups, 20 Air Squats, 30 Push Ups

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 10/6/15

SEALFIT Online October 6, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, Row 2000m

Work Capacity: 800m Back Rack Sand Bag Carry AHAP, 50 SBGU's, 50 SB Squat Cleans, 50 SB Thrusters

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Monday 10/5/15

SEALFIT Online October 5, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Mile Uneven Terrain Run with 20 Push Ups every 2 Min.

Work Capacity: 100 Sit Ups, 100 Arm Haulers, 100 4 Count Flutter Kicks, 100 4 Count Mtn Climbers, Run 800m

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 10/3/2015

SEALFIT Online October 3, 2015 1 Comment 3 views

Baseline: Pre-SOP, 10 minutes box breathing, ROM Drills, 2x (20 burpees, 200m run, 20 burpees)

Strength & Stamina:

PST

2:00 max Push-ups

Rest 2:00

2:00 max air squats

Rest 2:00

2:00 max sit-ups

Rest 2:00

Max effort strict pull-ups

1 mile timed run in boots and pants

500m swim (if pool available). If not, then record 2,000m row time.

Work Capacity: 'GLEN' in honor of SEALFIT Coach Glen Doherty, who gave his life in service to others in Benghazi. For time do:

30 clean and jerk
1 mile run
10 rope climb
1 mile run
100 burpees

Durability: Post SOP recap, Warrior Yoga, Fuel & hydrate.
DAILY WOD / SOFWOD
SOFWOD – Friday 10/2/15

SEALFIT Online October 2, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Min Wall Sit, 5 Min Plank, Max Effort Towel Hang

Work Capacity: 800m Farmer Carry 50#, 400M Sprint, 200m Farmer Carry, 100M Sprint, 50 SBGU's 60#

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Thursday 10/1/15

SEALFIT Online October 1, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of Strict Cindy

Work Capacity: SEALFIT PST, Journal.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Wednesday 9/30/15

SEALFIT Online September 30, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 100 Arm Haulers, 50 4 Count Flutter Kicks

Work Capacity: 10 Rounds: 100M Sprint, 100M Bear Crawl, 100M Lunges, 100M Front Rack Sand Bag Carry.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 9/29/15

SEALFIT Online September 29, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Row 1000m, 20 Strict Pull Ups

Work Capacity: 30 Min AMRAP: 500m Row, 10 Pull Ups, 10 Dips, 10 Alt Pistols.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 9/28/15

SEALFIT Online September 28, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run

Work Capacity: 4 x 400M with 50 Push Ups immediately following 400m

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 9/26/2015

SEALFIT Online September 26, 2015 No Comments 6 views

Baseline: pre SOP and 10 minutes Box Breathing, ROM drills. 10 minutes of Sand Bag drills.

Stamina / Durability: with weight vest: 100 burpees, 4 mile run, 100 burpees

Strength: with a buddy, 100x Tire flips alternating. If alone do 50

Durability: Warrior Yoga, fuel and hydrate!!

DAILY WOD / SOFWOD

SOFWOD – Friday 9/25/15

SEALFIT Online September 25, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1000m Row.

Work Capacity: 10000m Row try to keep it at 2:00 500m Pace.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/24/15

SEALFIT Online September 24, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, ROM Drills, 1 mile Jog.

Work Capacity: 4 x 800m Sprints with 5 min rest. GO HARD!

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.

DAILY WOD / SOFWOD
SOFWOD – Wednesday 9/23/15

SEALFIT Online September 23, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills,
3 Rounds: 20 Ring Rows, 20 Box Jumps 30", 20 Dips

Work Capacity:
100m Bear Crawl,
50m Crab Walk,
25m Low Crawl,
50m Burpee Broad Jump,
100m Walking Lunges.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 9/22/15

SEALFIT Online September 22, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 50 Push Ups, 25 Pull Ups, 50 Sit Ups, 50 4
Count Mtn Climbers

Work Capacity: 3 Mile Rugged Terrain Trail Run, Set Timer every 5 min complete 25 HR Push
Ups.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 9/21/15

SEALFIT Online September 21, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Row 1000m, 30 Russian KB Swings 70#

Work Capacity: 30 Min AMRAP:
Row 1000M
100m Farmer Carry 70# KB

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 9/19/2015

SEALFIT Online September 19, 2015 No Comments 2 views
Baseline: Pre SOP, 10 minutes box breathing, ROM drills, then...
2x (200m run, 10 pull-ups, 10 burpees, 10 V-sit)

Strength: Power clean warm up then 5-5-5-5, then max push-ups in 2 minutes

Stamina / Work Cap: with a weight vest, complete the following AFAP with your team...
2 rounds: Run 1 mile. Row 2,000. Run 800m, 50 burpees. Rest 5 min and hydrate between
rounds.

Durability: Post SOP recap, warrior Yoga, fuel and hydrate!

DAILY WOD / SOFWOD
SOFWOD – Friday 9/18/15

SEALFIT Online September 18, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 800 Meter Run

Work Capacity: 4 x 1 Mile Run with 10 Min Rest

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Thursday 9/17/15

SEALFIT Online September 17, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 3 Rounds of 20, Ring Rows, Step Ups 30", Arm Haulers

Work Capacity: 100 Arm Haulers,
50 Weighted Step Ups 60# 20",
75 Ring Rows,
50 Weighted Step Ups 60# 20",
50 4 Count Mtn Climbers,
50 Weighted Step Ups 60# 20",
25 Strict Pull Ups.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Wednesday 9/16/15

SEALFIT Online September 16, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 5 Rounds of Cindy (Strict)

Work Capacity: Find a 50M Hill steeper the grade the better.
20 Min AMRAP Hill Sprints With 20 Squats at the top 20 Push Ups at the Bottom.

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Tuesday 9/15/15

SEALFIT Online September 15, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, ROW 500M, 25 Goblet Squats 35/25#

Work Capacity: 5000M Row, 50 Turkish Get Ups (Alt 5 per Side) 35/25#, 5000M Row

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / SOFWOD
SOFWOD – Monday 9/14/15

SEALFIT Online September 14, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 1 Mile Run Moderate Pace, 50 Push Ups

Work Capacity: 30 Min AMRAP: 10 Pull Ups (Strict), 200m Sprint

Durability: Warrior Yoga, Hydrate, Fuel, Per Post SOP.
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 9/12/2015

SEALFIT Online September 12, 2015 No Comments 4 views
Baseline: Pre SOP and 10 minutes box breathing, ROM Drills, then warm up clean & jerk

Strength / Work Cap: With a partner do 80 clean & jerk (135/95) alternating lifts. If no buddy then do 40 C&J at same pace as if you had a partner

Stamina: Murph – standard is unpartitioned with a 20# vest or body armor
1 mile run
100 pull-ups
200 push-ups
300 air squats
1 mile run

Durability: Ruck under load, 1-3 hours with team (40/20)
Post SOP recap, Hydrate and fuel before both sessions and take time to reflect on your week.
DAILY WOD / SOFWOD
SOFWOD – Friday 9/11/15

SEALFIT Online September 11, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes box breathing, ROM drills, then...
40 sand bag clean and press

Work Capacity:
break up any way necessary:
100 sand bag deadlift 70/50
100 pull-ups
100 back extensions
DAILY WOD / SOFWOD
SOFWOD – Thursday 9/10/15

SEALFIT Online September 10, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes box breathing, ROM drills, then...
50x dumbbell snatch (alternate), 30x dumbbell squat clean, 20 dumbbell box step ups

Work Capacity: 3 rounds For Time
30 Tuck Jumps
26 Lunges
22 Toes to bar

Rest 5min
5x 200m sprint 1:1 work/rest.
Post SOP recap, Warrior Yoga, fuel and hydrate!

DAILY WOD / SOFWOD
SOFWOD – Wednesday 9/9/15

SEALFIT Online September 9, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes Box Breathing, ROM drills, then...
3 minutes double unders, 10 clapping push-ups, 10 tuck jumps

Work Capacity: Angie: 100 pull-ups, 100 push-ups, 100 sit-ups, 100 air squats
Post SOP recap, Warrior Yoga, fuel and hydrate!
DAILY WOD / SOFWOD
SOFWOD – Tuesday 9/8/15

SEALFIT Online September 8, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes box breathing, ROM drills. Then...
100m bear crawl, 35 sand bag thrusters, 35 back squats

Work Capacity: 5 rounds
3 minute amrap, 1 minute rest after each round:
3 handstand push-ups
6 sand bag power cleans 50/30
Post SOP recap, Warrior Yoga, fuel and hydrate!
DAILY WOD / SOFWOD
SOFWOD – Monday 9/7/15

SEALFIT Online September 7, 2015 No Comments 0 views
Baseline: Pre-SOP, 5 minutes box breathing, ROM drills, then
3x (200m run, 20 air squats, 10 dive bomber push-ups, 10 V Ups)

Work Capacity: Death by burpee
Complete one burpee the first minute, two the second, three the third, etc. until failure
Rest 2min
2 mile timed run
Post SOP recap, Warrior Yoga, fuel and hydrate!
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 9/5/2015

SEALFIT Online September 5, 2015 No Comments 3 views
Baseline: Pre-SOP and box breathing, then ROM drills.

Strength: Clean Work to 1RM, then EMOM for 10 rounds do 5x Dips

Work Capacity: "Clovis". Complete the following for time...

Run 10 miles
150x burpee pull ups
*Break up as needed

Durability: 30 minute recovery swim or walk. Warrior yoga drills as time allows. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 9/4/15

SEALFIT Online September 4, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds – Run 200m with SB, then 5x SB get up, 10x SB front squats, 15x SB snatch

Work capacity: Complete for time

300 squats

3 rounds:

15 pull-ups

15 v-ups

100 push-ups

DAILY WOD / SOFWOD

SOFWOD – Thursday 9/3/15

SEALFIT Online September 3, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM Drills. 20 minutes of grinder PT.

Work capacity:

2 rounds

10 pull-ups

10 sandbag granny toss

Then without stopping,

2 rounds

Run 400m

50 double unders

Then,

1 round

10 CHEST TO BAR pull-ups

10 sandbag granny toss

Then 1 round

Run 800

100 double unders

DAILY WOD / SOFWOD

SOFWOD – Wednesday 9/2/15

SEALFIT Online September 2, 2015 No Comments 0 views

Baseline: PreSOP and box breathing, then ROM drills. 2 minutes of jump rope, 15x good mornings with bands, 2 minutes of jump rope, 15x sand bag deadlift (70/50#).

Work Capacity: 3 rounds

20 foot elevated/inclined pushups (unbroken)

30 air squats (unbroken)

40 sit ups (unbroken)

All movements should be completed as slow as possible. If movements are broken up (not continuous movement) complete ten burpees immediately, then pick up where you left off.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 9/1/15

SEALFIT Online September 1, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 400m, 3 rounds – 10x Sand Bag get ups, 10x burpee, 50M bear crawl.

Work Capacity:

Run 1 mile
200 pushups
Run 1 mile
200 squats
Run 1 mile

DAILY WOD / SOFWOD

SOFWOD – Monday 8/31/15

SEALFIT Online August 31, 2015 No Comments 0 views

Baseline: PreSOP and box breathing, then ROM drills. 50x double unders, 20x sand bag front squats (70/50#), 50x double unders, 20x SB push press (70/50#)

Work Capacity: 5 Rounds

100m burpee broad jumps
Run 400m
15 sandbag power cleans 70/50

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash – 8/29/2015

SEALFIT Online August 29, 2015 No Comments 2 views

Focus: Working Under Load.

Baseline: Pre SOP, Box Breathing, ROM Drills, 20 SBGU's, 200m run with Sand Bag, 20 Squat Cleans with Sandbag AHAP

Work Capacity:

With Sand Bag AHAP (Read the ENTIRE WOD to determine AHAP weight)

800m Carry

40 Squats Back Rack

400m Carry

20 Push Ups w/Bag on Back

200m Carry

50 Front Rack Alt Lunges

200m Carry

20 Push Ups w/Bag on Back

400m Carry

40 Squats Back Rack

800m Carry

100 4 Count Flutter Kicks w/Bag Extended Arms Locked (Every time you lower the bag to your chest complete 50 4 Count Mtn Climbers)

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!

Kokoro 39 Prep and Planning is in progress. We promise you this WOD will give you a small taste of what is in store...

DAILY WOD / SOFWOD

SOFWOD – Friday 8/28/15

SEALFIT Online August 28, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 400, then 3 rounds of: 10x alligator push-ups, 10x 5 count breath push-ups, 10x 5 count breath leg levers.

Work Capacity: 20 rounds, every 60 seconds, perform the following...

3 HSPUs

6 burpees over a 10" obstacle

9 squat-tuck-jumps

Notes: for breath count push-ups and leg levers – do the movement on one breath for 5 count – for instance inhale to 5 count while lowering into push-up and exhale to 5 count while raising up. Leg levers exhale for 5 count while you raise legs, inhale 5 count while you lower.

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/27/15

SEALFIT Online August 27, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. 3 rounds – Run 200m with SB, then 5x SB get up, 10x SB front squats, 15x SB snatch

Work Capacity: Complete 3 rounds of...

30x box squat with sandbag (SB) on back

SB Curits P (2 DB@ 40/25),

800m farmer's carry (2x 55/35 KB)

Sprint 100m

Recover with 10 deep tactical (5-5) breaths before next round

Durability: 4x 400m sprints (rest 2 minutes between sprints). Warrior yoga drills or Active Stretch. Hydrate and fuel within 30 minutes. Journal post training session SOP.

Notes: on WC really work the tactical breath by visualizing energy entering your body and reciting a mantra or word like "calm" to lower your heart rate and calm the nervous system down. Notice the impact. Explode into your next round as if it were the first.

DAILY WOD / SOFWOD
SOFWOD – Wednesday 8/26/15

SEALFIT Online August 26, 2015 No Comments 0 views
Baseline: Pre-SOP and box breathing, then ROM Drills. 20 minutes of grinder PT.

Endurance: Swim 4×500 resting 5min in between. During 5min rest accumulate 3min of elbow plank holds

DAILY WOD / SOFWOD
SOFWOD – Tuesday 8/25/15

SEALFIT Online August 25, 2015 No Comments 0 views
Baseline: 3 rounds, not timed: 10x burpee broad jumps, 5x max height squat jumps, max hold chin above pull up bar.

Work Capacity:

Run 3 miles @ moderate pace.
100x sit ups
100x burpee pullups
Warrior yoga hip mobility drill. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Monday 8/24/15

SEALFIT Online August 24, 2015 No Comments 0 views
Baseline: Pre-SOP and box breathing, then ROM drills. Run 400m, then 3 rounds – 10x thrusters (PVC), 10, 4x mountain climbers, 50x sit-ups.

Work Capacity: Complete the following for time...

30, 4x mountain climbers
50x airsquats
Run 800m
50 airsquats
30, 4x mountain climbers

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash – 8/22/2015

SEALFIT Online August 22, 2015 No Comments 3 views
Baseline: Pre-SOP and box breathing, then ROM drills. Run 400m, 30x sandbag cleans, Run 400m.

Strength: Clean 5×3, then EMOM for 10 rounds of 7x Dips

Work Capacity: Complete 4 rounds for time of...

Run 400m with sandbag (80#/60#)
10x Sandbag Curtis P's (80#/60#)

Run 400m without sandbag
20x burpee

Durability: Max duration plank hold (Pays to be a winner...winner chooses "motivational consequences" for other athletes). Warrior yoga drills. Hydrate and fuel within 30 minutes.

Journal post training session SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 8/21/15

SEALFIT Online August 21, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. Then 3 rounds – 10x hand release push ups, 10x supine ring rows, 10x Pull-ups.

Work Capacity: "J.T." Complete 21-15-9 reps of the following...

Handstand push ups
Ring (or bar) dips
Push ups

DAILY WOD / SOFWOD

SOFWOD – Thursday 8/20/15

SEALFIT Online August 20, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. Run 800m, then 20x pause burpees

Work Capacity: Complete 4 rounds for time of...

400m run
10x med ball cleans (20/14lbs)
15x wall ball (20#/12#)

Then immediately complete:

100x 4-count bicycle sit ups, 100x arm haulers.

DAILY WOD / SOFWOD

SOFWOD – Wednesday 8/19/15

SEALFIT Online August 19, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM Drills. 20 minutes of grinder PT.

Work Capacity: Run 4 miles, after: complete 100 sandbag power cleans (50/30)

DAILY WOD / SOFWOD

SOFWOD – Tuesday 8/18/15

SEALFIT Online August 18, 2015 No Comments 0 views

Baseline: Pre-SOP and box breathing, then ROM drills. 30-20-10 reps of pushups and squats

Work Capacity: Complete 5 rounds for max reps of...

30 seconds max pullups
30 seconds rest

30 burpee tuck jumps
30 seconds rest
Rest 10min

Sprint 800m, jog 800m, sprint 400m, jog 400m. Warrior yoga drills. Hydrate and fuel within 30 minutes. Journal post training session SOP.

DAILY WOD / SOFWOD
SOFWOD – Monday 8/17/15

SEALFIT Online August 17, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, Run 400m

Work Capacity:

“Nancy”
3 rounds for time
500m row
15 overhead squats 95#

Rest 3 Min
Repeat and beat your score, if you don't 100 burpees.

Stay focused! – Coach Divine

DAILY WOD / SOFWOD
SOFWOD – Friday 8/14/15

SEALFIT Online August 14, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity:

EMOM for 30min

Even minutes:

10 pushups
1 rope climb
Odd minutes”

20 squats

Stay focused! – Coach Divine

DAILY WOD / SOFWOD
SOFWOD – Thursday 8/13/15

SEALFIT Online August 13, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity:

As many miles as possible in 1hr

hike, swim or ruck

-record method and/or type of terrain

Stay focused! – Coach Divine

DAILY WOD / SOFWOD
SOFWOD – Wednesday 8/12/15

SEALFIT Online August 12, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity:

10-9-8-7-6-5-4-3-2-1

10m Shuttle Sprints

Pull ups

Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Tuesday 8/11/15

SEALFIT Online August 11, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills

Work Capacity:

Complete for time:

100x Pushups

3 rounds:
30 kettlebell swings 53/35
15 burpees

100x Squats
Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Monday 8/10/15

SEALFIT Online August 10, 2015 No Comments 0 views
AMRAP in 20 minutes:

8x wall walks
16x 4 count mountain climbers
24x squats
Rest 3 minutes

8x200m sprint resting 1min between sprints
Stay focused! – Coach Divine

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DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash

CNJ185 August 7, 2015 No Comments 2 views
Weekly Monster Mash August 8th 2015

Focus: Working Under Load.

Baseline: Pre SOP, Box Breathing, ROM Drills, 20 SBGU's, 200m run with Sand Bag, 20 Squat Cleans with Sandbag AHAP

Work Capacity:

With Sand Bag AHAP (Read the ENTIRE WOD to determine AHAP weight)

800m Carry

40 Squats Back Rack

400m Carry

20 Push Ups w/Bag on Back

200m Carry

50 Front Rack Alt Lunges

200m Carry

20 Push Ups w/Bag on Back

400m Carry

40 Squats Back Rack

800m Carry

100 4 Count Flutter Kicks w/Bag Extended Arms Locked (Every time you lower the bag to your chest complete 50 4 Count Mtn Climbers)

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!

Kokoro 39 Prep and Planning is in progress. We promise you this WOD will give you a small taste of what is in store...

DAILY WOD / SOFWOD

SOFWOD – Friday 8/7/15

SEALFIT Online August 7, 2015 No Comments 0 views

Complete for time:

100x Squats

3 rounds

50m sprint
30x box jump (24in/20in),
20x KB swing (55/35)
100x Squats
Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Thursday 8/6/15

SEALFIT Online August 6, 2015 No Comments 0 views
Complete 8 rounds of the following...

Run 400m

20x 4-count mountain climbers

20x air squats
Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Wednesday 8/5/15

SEALFIT Online August 5, 2015 No Comments 0 views
5 rounds
20 jumping squats with sand bag
20 power cleans with sandbag
Run 800m with sandbag
Stay focused! – Coach Divine

Check out our new Basic Training Program debuting on August 20 and 21 at SEALFIT HQ.
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DAILY WOD / SOFWOD
SOFWOD – Tuesday 8/4/15

SEALFIT Online August 4, 2015 No Comments 0 views
60 burpees
800m run
40 v-ups
400m run
20 hspus
200m run
Rest 10 minutes
Repeat in reverse order.

Stay focused! – Coach Divine

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DAILY WOD / SOFWOD

SOFWOD – Monday 8/3/15

SEALFIT Online August 3, 2015 No Comments 0 views

3 rounds

Run 800m

30 American kbs 55/35

15 pull-ups

8 sand bag get ups 60/40

Stay focused! – Coach Divine

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DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Weekly Monster Mash

CNJ185 July 31, 2015 No Comments 2 views

Weekly Monster Mash

Baseline: Pre SOP, Box Breathing, ROM Drills, 200m Walking Lunge, 20 Strict Pull Ups, 20 Push Ups, 20 Air Squats, 20 Dislocates.

Work Capacity:

5 rounds

20 sand bag power cleans

20 burpees

20 sit-ups

Rest 3 min

5 rounds

400m run

20 pull-ups

Rest 3 min

5 rounds

20 double unders

20 Vups

20 toes to bar

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!

DAILY WOD / SOFWOD
SOFWOD – Friday 7/31/15

CNJ185 July 31, 2015 No Comments 1 views
Max Push Ups 2 Min, Max Sit Ups 2 Mins, Max Pull Ups, 1.5 Mile Run
Repeat after 10 Min Rest. If you don't beat your first round score. 100 Burpees.
Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Thursday 7/30/15

SEALFIT Online July 30, 2015 No Comments 0 views
Complete 150 thrusters with a 45lb bar.

Every 3min perform 5 burpees and return to thrusters.
After, rest 5min
Run 2.5miles
Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Wednesday 7/29/15

SEALFIT Online July 29, 2015 No Comments 0 views
3 rounds for time and reps of:
Swim 500m
Then,
AMRAP in 3min of,
3 burpees
6 hand stand pushups
9 squats

Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Tuesday 7/28/15

SEALFIT Online July 28, 2015 No Comments 0 views

150 burpees for time.

Every 30 reps, sprint for :40sec resume burpees until all 150 are complete.

Make sure to sprint again after the 150reps

Then,

complete 5 rounds for time

30-20-10

Kettle bell swings 53/35lbs

Situps

Stay focused! – Coach Divine

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DAILY WOD / SOFWOD
SOFWOD – Monday 7/27/15

SEALFIT Online July 27, 2015 No Comments 0 views

AMRAP in 20min

25m bear crawl

25m sprint

25 goblet squats with a 53/35lb kettlebell (sub dumbbells)

25 burpees

Stay focused! – Coach Divine

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DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash

CNJ185 July 24, 2015 No Comments 1 views

Weekly Monster Mash

Baseline: Pre SOP, Box Breathing, ROM Drills, 800 M Run, 5 Rounds of Cindy

Work Capacity:

“Murph” With 20# Vest or Ruck

1 Mile Run

100 Pull Ups

200 Push Ups

300 Squats

1 Mile run

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/23/15

SEALFIT Online July 23, 2015 No Comments 0 views

Swim 500m

3 rounds for time:

Run 800m

15 burpees

15 pullups

After 3 rounds, complete another 500m swim

Stay focused! – Coach Divine

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DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Benchmark WOD – Wednesday 7/22/15

CNJ185 July 21, 2015 No Comments 2 views

Baseline: Pre SOP, Box Breathing, Rom Drills, 3 rounds, 20 Dips, 20 Chin Ups, 20 KB Swings
55/35#

LSD Run, Ruck or Swim

Or:

Benchmark WOD:

“Eva”

Five rounds for time of:

Run 800 meters

2 pood Kettlebell swing, 30 reps

30 Pull-ups

Durability: 20 Min Warrior Yoga, Hydrate, Fuel and Journal Per POST SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/21/15

CNJ185 July 20, 2015 No Comments 1 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Bear Crawl

Work Capacity:

“Christine”
3 rounds for time
500m row
12 Body Weight Dead Lift
21 Box Jumps

Rest 3 Min

Repeat and beat your score, if you don't 100 burpees.

Stay focused! – Coach Divine

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Learn the

methods behind the SEALFIT training and begin your path to becoming a SEALFIT coach.

DAILY WOD / SOFWOD

SOFWOD – Monday 7/20/15

CNJ185 July 20, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Backwards Walking Lunges

Work Capacity: Barbara

5 Rounds for time with 3 Min Rest between Rounds:

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Weekly Monster Mash

CNJ185 July 17, 2015 No Comments 2 views
Weekly Monster Mash

Baseline: Pre SOP, Box Breathing, ROM Drills, 800M Run, 200m Bear Crawl, 100m Alt Lunges

Work Capacity:

For time:
1 mile run
25 thrusters (95/65)
1200m run
25 thrusters
800m run
25 thrusters
400m run
25 thrusters
200m run
25 thrusters

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!
DAILY WOD / SOFWOD
SOFWOD – Thursday 7/16/15

CNJ185 July 15, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, ROM Drills, 400m Backwards Walking Lunges

Work Capacity: Barbara

5 Rounds for time with 3 Min Rest between Rounds:

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats
DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Benchmark WOD – Wednesday 7/15/15

CNJ185 July 14, 2015 No Comments 0 views
Baseline: Pre SOP, Box Breathing, Rom Drills, 3 rounds, 25 Double Unders, 45/35# Overhead Squat, 10 Strict Pull Ups.
LSD Run, Ruck or Swim
Or:
Benchmark WOD:
Running with Angie

2 mile run

100 pull ups

800 meter run

100 push ups

800 meter run

100 situps

2 mile run

100 squats

Durability: 20 Min Warrior Yoga, Hydrate, Fuel and Journal Per POST SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/14/15

CNJ185 July 13, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, Sing Happy Birthday to Coach Divine, 3 Min plank with Sandbag on Back, 20 Alt SBGU's, 20 Sandbag Squat Cleans

Work Capacity: 2 Mile LSD with 60# Sand Bag. 100 Burpees every time you let it touch the ground.

DAILY WOD / SOFWOD

SOFWOD – Monday 7/13/15

CNJ185 July 12, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity: 400m Walking Lunges, 400m Sprint, 200m Walking Lunges, 200m Sprint, 100m Walking Lunges, 100m Sprint

2 Min Max Effort Squat

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD
Monster Mash 7/11/15

CNJ185 July 10, 2015 No Comments 1 views

Baseline: Baseline: Pre SOP, Box Breathing, ROM Drills, 800M Run, 200m Bear Crawl, 100m Alt Lunges

Work Capacity:

50 Sand Bag Step Ups 20/16' 60/40#

10 Sand Bag Get Ups

200M Run w/Sand Bag

20 Sand Bag Squat Cleans

400m Run w/ Sand Bag

20 Sand Bag Back Squats

200m Run with Sand Bag

10 Sand Bag Get Ups

50 Sand Bag Step Ups 20/16' 60/40#

Durability: 20 minutes Warrior Yoga, Hydrate, Fuel

Hooyah!

DAILY WOD / SOFWOD
SOFWOD – Friday 7/10/15

CNJ185 July 9, 2015 No Comments 0 views

SOFWOD – 7/7/15

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity:

Run 1 Mile, Max Rep Push Up, Run 800M, Max Rep Push Ups, Run 400m, Max Rep Push Ups,
Run 200M, Max Rep Push Ups.

Total Your Push Ups and do that qty Air Squats.

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/9/15

CNJ185 July 8, 2015 No Comments 0 views

SOFWOD – 7/7/15

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity:

1000m Row, 10 Clean and Jerks 135/95#, 500 Meter Row, 10 Clean and Jerks 135/95#, 1000M
Row 10 Clean and Jerks 135/95#, 10 Rope Climbs

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Hero WOD – Wednesday 7/8/15

CNJ185 July 7, 2015 No Comments 2 views

Baseline: Pre SOP, Box Breathing, Rom Drills, 3 rounds, 25 Double Unders, 45/35# Overhead Squat, 10 Strict Pull Ups.

LSD Run, Ruck or Swim

Or:

Hero WOD:

“Bull”

Two rounds for time of:

200 Double-unders

135 pound Overhead squat, 50 reps

50 Pull-ups

Run 1 mile

Durability: 2 Mile LSD Run, 20 Min Warrior Yoga, Hydrate, Fuel and Journal Per POST SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 7/7/15

CNJ185 July 6, 2015 No Comments 2 views

SOFWOD – 7/7/15

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity: 21 – 18 – 15 – 12 – 9 – 6 – 3 – 1 of Pull Ups, Push Ups, Squats, Calories on a Rower, GHD Sit Ups

Sounds off in comments if you are following the SOFWOD’s

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Independence Day WOD – 7/4/15

SEALFIT Online July 3, 2015 No Comments 1 views

Independence Day WOD – 7/4/15

Baseline: Pre SOP, Box Breathing, ROM Drills, Sing National Anthem, 5 Rounds of Cindy,

Warm up to Working Weight in Work Capacity.

Work Capacity:

30 Bench Press at 60% Body Weight

Run 400m

40 Deadlift at 225/155#

Run 400m

40 Alt 1 Arm KB Snatch 55/35#

Run 400m

20 Power Clean at 135/95#

Run 400m

20 Back Squat at 135/95#(from ground) 50 Burpees if you drop the bar.

Run 400m

30 Bench Press at 60% Body Weight

Durability: Throw something on the grill, Hangout with friends and family, Celebrate the Anniversary of the ratification of the Declaration of Independence, Hydrate, Fuel and Journal Per SOP.

DAILY WOD / SOFWOD

SOFWOD – Friday 7/3/15

SEALFIT Online July 2, 2015 No Comments 0 views

SOFWOD – Friday 7/3/15

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity: Row 1000m, 10 C&J's 135#, Row 500m 10 C &J's 135#, Row 250m 10 C&J's 135#, Run 1 Mile

DAILY WOD / SOFWOD

SOFWOD – Thursday 7/2/15

SEALFIT Online July 1, 2015 No Comments 0 views

SOFWOD – Thursday 7/2/15

Baseline: Pre SOP, Box Breathing, Rom Drills

Work Capacity:

Find a set of stairs and run with 60/40# Sandbag for 20 Min only run the timer when you are going up.

DAILY WOD / MASTERS WOD / ONRAMP WOD / OPWOD / SOFWOD

Benchmark WOD – Wednesday 7/1/15

SEALFIT Online June 30, 2015 No Comments 0 views

Baseline: Pre SOP, Box Breathing, Rom Drills, Barbell Complex 45 – 95# / 25 – 65# Burpee Chaser

LSD Run, Ruck or Swim

Or:

Hero WOD: Operation Red Wings (Scale as Needed)

4 Rounds

3 Bear Complex (95/135)

200m Run

8 Barbell Burpees (95/135)

200m Run

8 Thrusters (95/135)

200m Run

Durability: 2 Mile LSD Run, 20 Min Warrior Yoga, Hydrate, Fuel and Journal Per POST SOP.

DAILY WOD / SOFWOD

SOFWOD – Tuesday 6/30/15

CNJ185 June 29, 2015 No Comments 0 views

SOFWOD

2 Mile Run

50 Alt Lunges

1 Mile Run

25 Alt Lunges

800m Run

15 Alt Lunges

400M Run

10 Alt Lunges
DAILY WOD / SOFWOD
SOFWOD Monday – 6/29/15

SEALFIT Online June 28, 2015 No Comments 0 views
Complete the following for time...

100x box jumps (use any bench or ledge you have access to)

75x push ups

50x sit ups

25x burpee

Run 1 mile
DAILY WOD / SOFWOD
SOF WOD Friday 6/26/2015

SEALFIT Online June 25, 2015 No Comments 0 views
AMRAP in 45min
Run 800m
20 pullups
20 1 arm kettle snatches, 10 ea arm (1.5/1pood)
20 goblet squats (1.5/1pood)

DAILY WOD / SOFWOD
SOF WOD Thursday 6/25/2015

SEALFIT Online June 24, 2015 No Comments 0 views
In 60 minutes, perform: 4 miles run + max distance swim (CSS with fins)

Rest as long as needed, complete the following:

150 pushups

150 squats

DAILY WOD / SOFWOD

SOF WOD Wednesday 6/24/2015

SEALFIT Online June 24, 2015 No Comments 2 views

15 HSPUs

25 box jumps 30"/24"

35 kettle bell swings 2pood/1.5pood

45 hand release pushups

55 burpees

65 double unders (3x singles)

55 burpees

45 hand release pushups

35 kettle bell swings 2pood/1.5pood

25 box jumps

15 HSPUs

DAILY WOD / SOFWOD

SOF WOD Tuesday 6/23/2015

SEALFIT Online June 23, 2015 No Comments 1 views

Row 10k (record time)

Then, 1hr recovery swim

DAILY WOD / SOFWOD

SOF WOD Monday 6/22/2015

SEALFIT Online June 22, 2015 No Comments 0 views

1 mile swim

21-15-9

Burpees

Situps

Squats

1 mile swim

DAILY WOD / SOFWOD

SOF WOD Friday 6/19/2015

SEALFIT Online June 18, 2015 No Comments 0 views

8 rounds

Run 800m

rest 2min between

6 rounds

Run 400m

rest 1min between

4 rounds
Run 200m
rest :30sec between

After, complete:
150 pushups for time
DAILY WOD / SOFWOD
SOF WOD Thursday 6/18/2015

SEALFIT Online June 17, 2015 No Comments 0 views
3 rounds of 1min each station:
Box jumps 24"/20"
Kettle bell swings 2pood/1.5pood
Burpee tuck jumps
Situps
Rest
DAILY WOD / SOFWOD
SOF WOD Wednesday 6/17/2015

SEALFIT Online June 16, 2015 No Comments 1 views
Swim Intervals:
Warm up: 1000 meter CSS
Work out: 10 X 100 Free (1:30)
5 X 200 Free (3:00)
10 X 50 Free (:45)
Cool Down : 500 any stroke
Notes: Remember you may adjust the interval just make sure it limits your rest to no more than 15- 20 seconds, but if you are up for it keep the intervals as they are
DAILY WOD / SOFWOD
SOF WOD Tuesday 6/16/2015

SEALFIT Online June 15, 2015 No Comments 0 views
100 goblet squats (2pood/1.5pood)
100 burpress
100 pullups
100 pushups
DAILY WOD / SOFWOD
SOF WOD Monday 6/15/2015

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2 rounds

2.5 mile run
rest 1:1 (rest = same time as run)
then,
2k row
DAILY WOD / SOFWOD
SOF WOD Friday 6/12/2015

SEALFIT Online June 11, 2015 No Comments 0 views

1000m run
45 pullups
45 PVC/broomstick thrusters
45 double unders (3x singles)
800m
30 pullups
30 PVC/broomstick thrusters
30 double unders (3x singles)
400m run
15 pullups
15 PVC/broomstick thrusters
15 double unders (3x singles)
after,
1 hour max distance swim
DAILY WOD / SOFWOD
SOF WOD Thursday 6/11/2015

SEALFIT Online June 10, 2015 No Comments 0 views

5 rounds
15 wallball situps 20/14 (situp holding ball, touch toes/ground overhead, with ball)
Row 750
15 pushups with feet elevated on ball
after the 5 rounds,
150 airsquats
DAILY WOD / SOFWOD
SOF WOD Wednesday 6/10/2015

SEALFIT Online June 9, 2015 No Comments 0 views

Complete the following for time:
400m farmer's carry, carrying 2, 1.5pood/1pood kettle bells
then,
AMRAP in 15min
10 burpees
10 russian kettle bell swings (russian = an eye level swing)
400m farmer's carry, carrying 2, 1.5pood/1pood kettle bells