

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Deadlift 15, 12, 9	Run 400 m	Push Press 15, 12, 9	Run 400 m	Squat 15, 12, 9
Week 2	Deadlift 18, 15, 12	Run 400 m	Push Press 18, 15, 12	Run 400 m	Squat 18, 15, 12
Week 3	Deadlift 15, 12, 9	Run 400 m x 2	Push Press 15, 12, 9	Run 400 m x 2	Squat 21, 18, 15
Week 4	Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 2	Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 2	Squat x 18 Run 400 m Squat x 18
Week 5	Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 3	Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 3	Squat x 21 Run 400 m Squat x 21
Week 6	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 3	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 3	Squat x 21 Run 400 m Squat x 21 Run 400 m Squat x 21
Week 7	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 4	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 4	Squat x 21 Run 400 m Squat x 21 Run 400 m Squat x 21
Week 8	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 4	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 4	Squat x 24 Run 400 m Squat x 24 Run 400 m Squat x 24
Week 9	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 5	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 5	Squat x 24 Run 400 m Squat x 24 Run 400 m Squat x 24
Week 10	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 5	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 5	Squat x 27 Run 400 m Squat x 27 Run 400 m Squat x 27
Week 11	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 6	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 6	Squat x 27 Run 400 m Squat x 27 Run 400 m Squat x 27
Week 12	Deadlift x 12 Run 400 m Deadlift x 12 Run 400 m Deadlift x 12	Run 400 m x 6	Push Press x 12 Run 400 m Push Press x 12 Run 400 m Push Press x 12	Run 400 m x 6	Squat x 30 Run 400 m Squat x 30 Run 400 m Squat x 30

Crossfit Journal Training Guide

Anne Tjørndal



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Table of Contents Crossfit Journal Training Guide

1. Understanding the eBook Crossfit Journal Training Guide
 - The Rise of Digital Reading Crossfit Journal Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Crossfit Journal Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Crossfit Journal Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Crossfit Journal Training Guide
 - Personalized Recommendations
 - Crossfit Journal Training Guide User Reviews and Ratings
 - Crossfit Journal Training Guide and Bestseller Lists
5. Accessing Crossfit Journal Training Guide Free and Paid eBooks
 - Crossfit Journal Training Guide Public Domain eBooks
 - Crossfit Journal Training Guide eBook Subscription Services
 - Crossfit Journal Training Guide Budget-Friendly Options
6. Navigating Crossfit Journal Training Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Crossfit Journal Training Guide Compatibility with Devices
 - Crossfit Journal Training Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Crossfit Journal Training Guide
 - Highlighting and Note-Taking Crossfit Journal Training Guide
 - Interactive Elements Crossfit Journal Training Guide
8. Staying Engaged with Crossfit Journal Training Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Crossfit Journal Training Guide
- 9. Balancing eBooks and Physical Books Crossfit Journal Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Crossfit Journal Training Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Crossfit Journal Training Guide
 - Setting Reading Goals Crossfit Journal Training Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Crossfit Journal Training Guide
 - Fact-Checking eBook Content of Crossfit Journal Training Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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