

THE WOD DIARY

A powerful and simple diary to help you track progress, optimize
your training and overcome your limits.

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This is a preview of the Wod Diary. The full book contains 216 pages and more complete sections. Sign up in our e-mail list and help us fund the project :). Thank you!

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INTRODUCTION

All the sections within the diary you have in your hands are explained here so you'll have a clear picture of the process! We will focus on three actions: planning, training and recording.

GOALS

Here you can find a guideline to get the most out of this diary. The first step is to set our goals either if you are an experienced athlete or starting this new adventure. We need some time to reflect and figure out what we want to achieve.

It is really important to set goals that are specific and realistic. Short-term goals are aims you can achieve within a month and long-term goals within six to twelve months.

WORK OF THE DAY

All the works of the day we do in our training sessions should be in this section.

Scaled stand for a workout wich has been adapted to fit your needs as an athlete.

Rx means 'as prescribed'. This means that all exercises in the workout are performed at the suggested parameters for a given exercise.

Next, we have our **Team WODs**. Just remember to write down the name/s of the members of your team!

BENCHMARK WORKOUTS

These workouts allow you to track your progress while not falling into routine. They are used as a reference to check your evolution.

The girls benchmark workouts are named after girls, in similar way that the National Weather Service name storms after girls. These workouts are so physically demanding that they leave you feeling as though a storm hit you.

Heroes are named after soldiers and law enforcement officers who have been killed. Often, these hero workouts are some of the hardest WODs. In this section you'll be able to record your workout. These workouts explanations can be found right after.

Notable Workouts are some popular heroes and girls used as a model.

The Open is the first stage of competition in The Games season in order to be classified for the regionals. The Open workouts have evolved over the past 5 years and are designed to find the fittest athletes in the world but also remain accessible to the masses.

TABATA

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off.

Use every column to record your repetitions.

PERSONAL RECORDS

High intensity training is about progression and hard work! Write your personal Records and watch your evolution throughout time. Do not forget to update it every now and then!

Barbell lifts. The barbell lifts include both power lifting and olympic lifting. They greatly emphasize strength, power, and speed.

Gymnastics. Mastering these movements will prove your ability to manipulate and control your body. Their attraction lies in their simplicity and functionality, which makes up the training program.

Endurance. Here you will be able to note all your aerobic records.

PERSONAL EVOLUTION & LIFESTYLE

During your journey to build lean muscle, lose fat and gain a healthy body, the right tool to assess your results will make all the difference. Here you will find some tables and graphs to record this information.

TOOLBOX

Within this section you can find some useful tools which will help you become a better athlete.

Lb – Kg conversion. Forget about the calculator. Just check this out!

Percentage Chart. Have a look at the percentage of a specific weight.

Dictionary. Training has its own world with some vocabulary you must know when your coach is addressing you! That's why we have kindly made a glossary with all you need to know to be an expert!

GOALS

Set your short and long term goals
to keep your eyes on the road

*"Set your goals high, and don't
stop till you get there."*

Bo jackson

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SHORT TERM GOALS

Setting goals is a fundamental component of success. Research studies show direct links between goals and enhanced performance. Make sure that the goal is specific and realistic!

<u>TODAY'S DATE</u>	<u>1 MONTH GOALS</u>	<u>DUE DATE</u>
.....	1.

NOTES:

	2.	
--	---------	--

NOTES:

	3.	
--	---------	--

NOTES:

	4.	
--	---------	--

NOTES:

<u>TODAY'S DATE</u>	<u>3 MONTH GOALS</u>	<u>DUE DATE</u>
.....	1.

NOTES:

	2.	
--	---------	--

NOTES:

	3.	
--	---------	--

NOTES:

	4.	
--	---------	--

NOTES:

DAILY WORKOUT

Keep calm and note your
work of the day (WOD)

"If I pass out, note my time"

Anonymous

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WOD TRACKING

M T W T F S S / /20

SKILL/STRENGTH

NOTES

.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x

WOD

.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x

SCORE

.....
-------	-------

SCALED ☐ RX ☐

.....
-------	-------

x

M T W T F S S / /20

SKILL/STRENGTH

NOTES

.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x

WOD

.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x
.....	x x x x x x x x x x x x

SCORE

.....
-------	-------

SCALED ☐ RX ☐

.....
-------	-------

BENCHMARK WORKOUTS

The girls, Heroes, Notable workouts and The Open
Point of reference for evaluating your performance

"It never gets easier you just get stronger"

Anonymous

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ANGIE

For time
100 pull-ups
100 push-ups
100 sit-ups
100 squats

[illegible]

CHELSEA

Each minute on the minute for 30 minutes

- 5 pull-ups
- 10 push-ups
- 15 squats

[illegible]

BARBARA

5 rounds for time
20 pull-ups
30 push-ups
40 sit-ups
50 squats

*3 minutes rest between rounds

[illegible]

CINDY

As many rounds as possible in 20 minutes

- 5 pull-ups
- 10 push-ups
- 15 squats

[illegible]

11.1/14.1

As many rounds and reps as possible in 10 minutes

- 30 double unders
- 15 power snatches, 75/55 lb.

11.2

As many rounds and reps as possible in 15 minutes

- 9 deadlifts, 155/100 lb.
- 12 push-ups
- 15 box jumps, 24/20 inch box

11.3

As many rounds and reps as possible in 5 minutes

- 1 squat clean, 165/110 lb.
- 1 jerk, 165/110 lb.

11.4

As many rounds and reps as possible in 10 minutes

- 60 bar-facing burpees
- 30 overhead squats, 120/90 lb.
- 10 muscle-ups

11.5

As many rounds and reps as possible in 20 minutes

- 5 power cleans, 145/100 lb.
- 10 toes-to-bar
- 15 wall-ball shots, 20/14 lb. ball

11.6/12.5

As many reps as possible in 7 minutes

- 3 thrusters, 100/65 lb.
 - 3 chest-to-bar pull-ups
 - 6 thrusters, 100/65 lb.
 - 6 chest-to-bar pull-ups
 - 9 thrusters, 100/65 lb.
 - 9 chest-to-bar pull-ups
 - 12 thrusters, 100/65 lb.
 - 12 chest-to-bar pull-ups
 - 15 thrusters, 100/65 lb.
 - 15 chest-to-bar pull-ups
 - 18 thrusters, 100/65 lb.
 - 18 chest-to-bar pull-ups
 - 21 thrusters, 100/65 lb.
 - 21 chest-to-bar pull-ups
- *if you complete the round of 21, go on to 24. if you complete 24, go on to 27, etc*

12.1

As many reps as possible in 7 minutes

- Burpees
- *This workout begins from a standing position. The Athlete will move from flat on the ground to touching an object with both hands that is 6 inches above their max reach*

12.2

As many reps as possible in 10 minutes

- 30 snatches, 75/45 lb.
- 30 snatches, 135/75 lb.
- 30 snatches, 165/100 lb.
- Max snatches 210/120 lb.

12.3

As many rounds and reps as possible in 18 minutes

- 15 box jumps, 24/20 inch box
- 12 push press, 115/75 lb.
- 9 toes-to-bar

TABATAS

20 seconds of all-out exercise
followed by 10 seconds of rest

*"If you think 20 seconds goes by fast...
you have never done a Tabata"*

Anonymous

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PERSONAL RECORDS

Measure your progress to achieve your goals

*"The only thing standing between you
and your goal is the bullshit story you keep
telling yourself as to why you can't achieve it"*

Jordan Belfort

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[illegible]

BACK SQUAT

[illegible]

PERSONAL EVOLUTION

See the change of your body in numbers
and be proud of it

*"Train like an athlete, eat like a nutritionist,
sleep like a baby, win like a champion"*

Anonymous

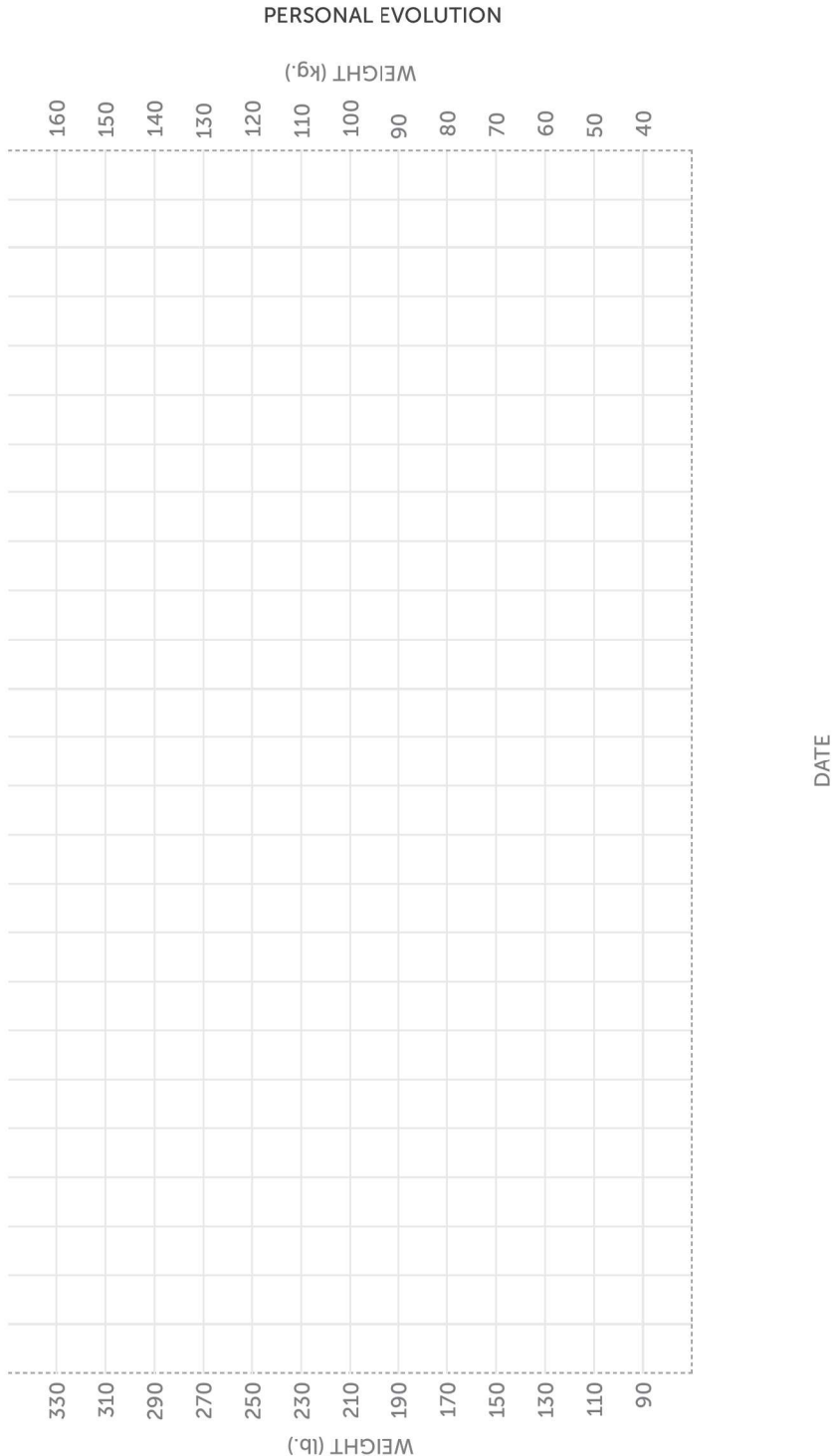
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PERSONAL EVOLUTION

[illegible][illegible]

WEIGHT EVOLUTION CHART



DATE

MEASUREMENT EVOLUTION CHART

SIZE

THIGH

HIPS

WAIST

BICEPS

CHEST

SHOULDERS

NECK

TOOLBOX

A couple of tools to make your life in the box easier

*"If you only have a hammer, you tend
to see every problem as a nail"*

Abraham maslow

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TOOLBOX - PERCENTAGE CHART

<u>WEIGHT</u>	<u>50%</u>	<u>55%</u>	<u>60%</u>	<u>65%</u>	<u>70%</u>	<u>75%</u>	<u>80%</u>	<u>85%</u>	<u>90%</u>
220	110	120	130	145	155	165	175	185	200
225	115	125	135	145	160	170	180	190	205
230	115	125	140	150	160	175	185	195	205
235	120	130	140	155	165	175	190	200	210
240	120	130	145	155	170	180	190	205	215
245	125	135	145	160	170	185	195	210	220
250	125	140	150	165	175	190	200	215	225
255	130	140	155	165	180	190	205	215	230
260	130	145	155	170	180	195	210	220	235
265	135	145	160	170	185	200	210	225	240
270	135	150	160	175	190	205	215	230	245
275	140	150	165	180	195	205	220	235	250
280	140	155	170	180	195	210	225	240	250
285	145	155	170	185	200	215	230	240	255
290	145	160	175	190	205	220	230	245	260
295	150	160	175	190	205	220	235	250	265
300	150	165	180	195	210	225	240	255	270
305	155	170	185	200	215	230	245	260	275
310	155	170	185	200	215	235	250	265	280
315	160	175	190	205	220	235	250	270	285
320	160	175	190	210	225	240	255	270	290
325	165	180	195	210	230	245	260	275	295
330	165	180	200	215	230	250	265	280	295
335	170	185	200	220	235	250	270	285	300
340	170	185	205	220	240	255	270	290	305
345	175	190	205	225	240	260	275	295	310
350	175	195	210	230	245	265	280	300	315
355	180	195	215	230	250	265	285	300	320
360	180	200	215	235	250	270	290	305	325
365	185	200	220	235	255	275	290	310	330
370	185	205	220	240	260	280	295	315	335
375	190	205	225	245	265	280	300	320	340
380	190	210	230	245	265	285	305	325	340
385	195	210	230	250	270	290	310	325	345
390	195	215	235	255	275	295	310	330	350

