

Benchmark Workouts 2018

Nr	Posts	Name	Date	Difficulty	Energy Type & BTWB Category	WOD
5	130483	Annie		37	Volume - Lactic - Bodyweight	Annie 50-40-30-20-10 reps, for time of: Double Under AbMat Sit-up
8	110964	Cindy		38	Volume - Lactic - Bodyweight	Cindy Complete as many rounds as possible in 20 mins of: 5 Pull-ups 10 Push-ups 15 Air Squats
28	48072	Angie		42	Volume - Lactic - Bodyweight	Angie For time: 100 Pull-ups 100 Push-ups 100 Sit-up (abmat)s 100 Air Squats
30	37588	Baseline		34	Work Capacity - Bodyweight	Baseline For time: Row, 500 m 40 Air Squats 30 AbMat Sit-ups 20 Push-ups 10 Pull-ups
65	19513	Nicole		33	Volume - Lactic - Bodyweight	Nicole Complete as many rounds in 20 minutes as you can of: Run, 400 m max rep Pull-ups
82	14561	4 RFT400 m and Air Squats		18	Work Capacity - Bodyweight	4 RFT400 m and Air Squats 4 rounds for time of: Run, 400 m 50 Air Squats
123	6775	3 RFTRows, Burpees and 400 m		20	Work Capacity - Bodyweight	3 RFTRows, Burpees and 400 m 3 rounds for time of: Row, 500 m 21 Burpees Run, 400 m
190	3047	Adrian		43	Work Capacity - Bodyweight	Adrian 7 rounds for time of: 3 Forward Rolls 5 Wall Climbs 7 Toes To Bars 9 Box Jump (30 in.)s
11	87209	Run 1 mi TT		20	Endurance Durability - Endurance	Run 1 mi TT Run 1 mi This is an all out effort for time.
13	80786	Run 5 km TT		20	Endurance Durability - Endurance	Run 5 km TT Run 5 km
22	54694	Row 2 km TT	08-01-18	15	Endurance Durability - Endurance	Row 2 km TT Row 2 km This is an all out effort for time.

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62	20029	CrossFit Games Open 16.2		18	Heavy - Alactic - Heavy	<p>CrossFit Games Open 16.2</p> <p>As many reps as possible in 20 mins of:</p> <p>25 Toes-to-bars</p> <p>50 Double Unders</p> <p>15 Squat Cleans, 135/85 lbs</p> <p>25 Toes-to-bars</p> <p>50 Double Unders</p> <p>13 Squat Cleans, 185/115 lbs</p> <p>25 Toes-to-bars</p> <p>50 Double Unders</p> <p>11 Squat Cleans, 225/145 lbs</p> <p>25 Toes-to-bars</p> <p>50 Double Unders</p> <p>9 Squat Cleans, 275/175 lbs</p> <p>25 Toes-to-bars</p> <p>50 Double Unders</p> <p>7 Squat Cleans, 315/205 lbs</p> <p>Start with a 4 min time cap, every time you finish the Squat Cleans add 4 minutes to your time cap. Stop at 20 mins.</p>
69	18634	CrossFit Games Open 14.3		20	Heavy - Alactic - Heavy	<p>CrossFit Games Open 14.3</p> <p>As many reps in 8 mins as you can of:</p> <p>10 Deadlifts, 135/95 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>15 Deadlifts, 185/135 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>20 Deadlifts, 225/155 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>25 Deadlifts, 275/185 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>30 Deadlifts, 315/205 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>35 Deadlifts, 365/225 lbs</p> <p>15 Box Jumps, 24/20 in</p> <p>You can put your tie break time in the notes.</p>
83	14314	CrossFit Games Open 11.5		40	Heavy - Alactic - Heavy	<p>CrossFit Games Open 11.5</p> <p>Complete as many rounds as possible in 20 mins of:</p> <p>5 Power Cleans, 145/100 lbs</p> <p>10 Toes To Bars</p> <p>15 Wall Balls, 20/14 lbs, 10 ft</p>
162	4055	Tommy V		50	Heavy - Alactic - Heavy	<p>Tommy V</p> <p>For time:</p> <p>21 Thrusters, 115 lbs</p> <p>12 Rope Climbs, 15 ft</p> <p>15 Thrusters, 115 lbs</p> <p>9 Rope Climbs, 15 ft</p> <p>9 Thrusters, 115 lbs</p> <p>6 Rope Climbs, 15 ft</p>
161	4158	Holbrook		54	Heavy - Alactic - Heavy	<p>Holbrook</p> <p>10 rounds, each round for time, of:</p> <p>5 Thrusters, 115/75 lbs</p> <p>10 Pull-ups</p> <p>Sprint, 100 m</p> <p>Rest 1 min between each round.</p>

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81	14757	Linda		58	Heavy - Alactic - Heavy	Linda 10-9-8-7-6-5-4-3-2-1 reps, for time of: Deadlift, 1.5x bodyweight Bench Press, 1x bodyweight Clean, 0.75x bodyweight Set up three bars and storm through for time.
19	65264	DT		64	Heavy - Alactic - Heavy	DT 5 rounds for time of: 12 Deadlifts, 155/105 lbs 9 Hang Power Cleans, 155/105 lbs 6 Push Jerks, 155/105 lbs
145	5077	21-15-9 Deadlifts and Overhead Squats		70	Heavy - Alactic - Heavy	21-15-9 Deadlifts and Overhead Squats 21-15-9 reps, for time of: Deadlift, 225 lbs Overhead Squat, 135 lbs
1	157789	Fran		44	Work Capacity - Light	Fran 21-15-9 reps, for time of: Thruster, 95/65 lbs Pull-up
4	132149	Helen		41	Work Capacity - Light	Helen 3 rounds for time of: Run, 400 m 21 Kettlebell Swings, 1.5/1 pood 12 Pull-ups
9	91941	Jackie		34	Volume - Lactic - Light	Jackie For time: Row, 1000 m 50 Thrusters, 45/35 lbs 30 Pull-ups
16	69033	Nancy		50	Work Capacity - Light	Nancy 5 rounds for time of: Run, 400 m 15 Overhead Squats, 95/65 lbs
18	68094	Elizabeth		59	Work Capacity - Light	Elizabeth 21-15-9 reps, for time of: Clean, 135/95 lbs Ring Dip
26	48344	The Chief		40	Work Capacity - Light	The Chief Max rounds in 3 minutes of: 3 Power Cleans, 135/95 lbs 6 Push-ups 9 Squats Rest 1 minute. Repeat for a total of 5 cycles. For each cycle restart the AMRAP. Each year in the United States Navy, a highly qualified and elite cadre of Sailors are selected and promoted to the join the ranks of Chief Petty Officer. Since 1893, "The Chiefs" have been relied upon by subordinates and superiors alike for their personal example, technical expertise and above all, their unique leadership capabilities. As the induction process for newly selected Chief Petty Officers is now underway throughout the US Navy, we thought it appropriate to inaugurate "The Chief" in honor and recognition of all past and present CPOs. Thanks to them and their families for their self-sacrifice, ability to adapt, tireless dedication to mission and devotion to country.

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41	28002	CrossFit Games Open 13.4		38	Work Capacity - Light	<p>CrossFit Games Open 13.4 As many reps in 7 mins as you can of: 3 Clean & Jerks, 135/95 lbs 3 Toes To Bars 6 Clean & Jerks, 135/95 lbs 6 Toes To Bars 9 Clean & Jerks, 135/95 lbs 9 Toes To Bars 12 Clean & Jerks, 135/95 lbs 12 Toes To Bars 15 Clean & Jerks, 135/95 lbs 15 Toes To Bars 18 Clean & Jerks, 135/95 lbs 18 Toes To Bars</p> <p>If you complete the round of 18, go on to 21. If you complete 21, go on to 24, etc. This workout begins from the standing position with the barbell on the floor and the Athlete standing tall. Every rep counts in this workout.</p>
50	23453	Jack		49	Endurance Durability - Light	<p>Jack Complete as many rounds as possible in 20 mins of: 10 Push Press, 115/85 lbs 10 Kettlebell Swings, 1.5/1 pood 10 Box Jumps, 24/20 in</p>
55	22276	CrossFit Games Open 11.2		26	Work Capacity - Light	<p>CrossFit Games Open 11.2 Complete as many rounds as possible in 15 mins of: 9 Deadlifts, 155/100 lbs 12 Hand Release Push-ups 15 Box Jumps, 24/20 in</p>
60	20448	CrossFit Games Open 12.3		39	Work Capacity - Light	<p>CrossFit Games Open 12.3 Complete as many rounds as possible in 18 mins of: 15 Box Jumps, 24/20 in 12 Push Press, 115/75 lbs 9 Toes To Bars</p>
67	19326	CrossFit Games Open 16.1		17	Work Capacity - Light	<p>CrossFit Games Open 16.1 Complete as many rounds as possible in 20 mins of: Overhead Walking Lunge, 95/65 lbs, 25 ft 8 Bar Facing Burpees Overhead Walking Lunge, 95/65 lbs, 25 ft 8 Chest-to-bar Pull-ups</p>
72	17692	CrossFit Games Open 17.5		16	Work Capacity - Light	<p>CrossFit Games Open 17.5 10 rounds for time of: 9 Thrusters, 95/65 lbs 35 Double Unders * time cap: 40 minutes</p>
75	16679	Jeremy		45	Work Capacity - Light	<p>Jeremy 21-15-9 reps, for time of: Overhead Squat, 95/65 lbs Burpee</p>
106	9907	3 RFTHang Power Cleans and Burpees	01-01-18	50	Work Capacity - Light	<p>3 RFTHang Power Cleans and Burpees 3 rounds for time of: 15 Hang Power Cleans, 135/95 lbs 15 Burpees</p>
109	9124	Rahoi	07-01-18	33	Work Capacity - Light	<p>Rahoi Complete as many rounds as possible in 12 mins of: 12 Box Jumps, 24 in 6 Thrusters, 95 lbs 6 Bar-facing Burpees</p>

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136	5480	7 RFTWall Balls and Pull-ups		38	Work Capacity - Light	7 RFTWall Balls and Pull-ups 7 rounds for time of: 10 Wall Balls, 20 lbs 10 Pull-ups
17	68904	Murph		43	Endurance Durability - Long	Murph For time: Run, 1 mi 100 Pull-ups 200 Push-ups 300 Air Squats Run, 1 mi In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005. This workout was one of Mike's favorites and he'd named it "Body Armor". From here on it will be referred to as "Murph" in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is. Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it.
29	41604	Kelly		38	Volume - Lactic - Long	Kelly 5 rounds for time of: Run, 400 m 30 Box Jumps, 24/20 in 30 Wall Balls, 20/14 lbs
89	12720	Wittman		33	Endurance Durability - Long	Wittman 7 rounds for time of: 15 Kettlebell Swings, 1.5/1 pood 15 Power Cleans, 95/65 lbs 15 Box Jumps, 24/20 in
90	12682	Loredo		31	Volume - Lactic - Long	Loredo 6 rounds for time of: 24 Air Squats 24 Push-ups 24 Walking Lunges Run, 400 m
128	6167	White		47	Endurance Durability - Long	White 5 rounds for time of: 3 Rope Climbs, 15 ft 10 Toes To Bars 21 Overhead Walking Lunge With Plates, 45 lbs Run, 400 m U.S. Army 1st Lt. Ashley White, 24, of Alliance, Ohio, assigned to the 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard, based in Goldsboro, North Carolina, died on Oct. 22, 2011, in Kandahar Province, Afghanistan, from wounds suffered when insurgents attacked her unit with an improvised explosive device. She is survived by her husband, Capt. Jason Stumpf; parents, Robert and Deborah; brother, Josh; and sister, Brittney.
135	5587	5 RFTDouble Unders, Box Jumps and Kettlebell Swings		46	Endurance Durability - Long	5 RFTDouble Unders, Box Jumps and Kettlebell Swings 5 rounds for time of: 40 Double Unders 30 Box Jumps, 24/20 in 20 Kettlebell Swings, 1.5/1 pood

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139	5320	Klepto		55	Volume - Lactic - Long	Klepto 4 rounds for time of: 27 Box Jumps, 24 in 20 Burpees 11 Squat Cleans, 145 lbs
146	5061	Bradley		39	Endurance Durability - Long	Bradley 10 rounds for time of: Sprint, 100 m 10 Pull-ups Sprint, 100 m 10 Burpees Rest 30 secs
168	3854	31 Heroes		68	Endurance Durability - Long	31 Heroes Complete as many rounds as possible in 31 mins of: 8 Thrusters, 155/105 lbs 6 Rope Climbs, 15 ft 11 Box Jumps, 20/24 in This is a Partner WOD – Partner #1 will perform the work listed above. Partner #2 will run 400m with a sandbag (45/25). Once Partner #2 returns from the run, Partner #1 will grab the sandbag and begin their 400m, while Partner #2 continues work wherever #1 left off. Score – Total # of reps
38	31870	Run 400 m TT		15	Speed - Speed	Run 400 m TT Run 400 m This is an all out effort for time.
10	88084	Row 500 m TT		14	Speed - Speed	Row 500 m TT Row 500 m This is an all out effort for time.
34	35271	Row 1 km TT		14	Speed - Speed	Row 1 km TT Row 1 km This is an all out effort for time.
51	23137	Row 250 m TT		8	Speed - Speed	Row 250 m TT Row 250 m This is an all out effort for time.

Overview of workouts

Total / Type of Workout

8	Bodyweight
3	Endurance
8	Heavy
16	Light
9	Long
4	Speed

48

Total / Energy system

8	Volume - Lactic
18	Work Capacity
10	Endurance Durability
8	Heavy - Alactic
4	Speed

48