

AFFILIATE

JUN 29 - JUL 05

ALL CAP TRACKS AFFILIATE

WORKOUTS

IMPERIAL METRIC

TODAY

MON // BENCHMARK

OMAR

For time:
10 thrusters (65/95 lb)
15 bar-facing burpees
20 thrusters
25 bar-facing burpees
30 thrusters
35 bar-facing burpees

TUE // BENCHMARK

MICHAEL

3 rounds for time of:
800-m run
50 GHD back extensions
50 sit-ups

WED // BENCHMARK

JENNIFER

AMRAP 26:
10 pull-ups
15 KB swings (35/53 lb)
20 box jumps (20/24 in)

THU // BENCHMARK

JT

21-15-9 reps for time of:
Handstand push-ups
Ring dips
Push-ups

FRI // BENCHMARK

NED

7 rounds for time of:
11 back squats
1,000-m row
– Use bodyweight for the back squats.

SAT // BENCHMARK

EVA STRONG

With a partner, 5 rounds for time of:
24 double-unders, each
19 toes-to-bars, total
2 clean and jerks, total (135/205 lb)
400-meter run, together
– Share all work and complete the run together.

SUN

260705

Program any Hero workout, make up a missed Hero workout from this week, or perform the active recovery session.

Active recovery session:
5:00 run, row, bike, or ski
2:00 couch stretch/side
1:00 rotational med-ball slam (10/15 lb)
5:00 run, row, bike, or ski
2:00 alternating Spiderman twists
2:00 straddle stretch
1:00 med-ball slams
5:00 run, row, bike, or ski
2:00 banded shoulder stretch/side
1:00 hand-to-hand kettlebell swings (26/35 lb)
5:00 run, row, bike, or ski
– During each 5:00 run, row, bike, or ski, focus on nasal breathing only, and maintain no more than 20 breaths per minute.

MONTHLY FOCUS

LIFTING HEAVY

- Welcome to July! It's heavy loading month, and we can't wait to kick it off strong.
- This month's workouts and skill work are designed to get athletes lifting heavy relative to capacity.
- We'll kick off the month with our second Hero week to celebrate Independence Day.
- Keep an eye out for guest programmer James Hobart! See if you can guess his week.
- July benchmarks: 1-rep-max deadlift, 3-rep-max front squat, Linda.

CAP Programming | June in Review

- Focus: Gas Pedal | Throughout June we prioritized high-power, short-duration efforts to challenge athletes to keep the gas pedal down.
 - 7 interval-style workouts (23%)
- 9 workouts were 10:00 or less (30%)
- 3 heavy days
- 4 heavier met-cons

MONTHLY OVERVIEW VIDEO

- Movement breakdown: gymnastics (24), weightlifting (22), and monostructural (17)
- Movement function breakdown: squatting (16), upper-body press/hold (13), upper-body pull (12)
- Most programmed weightlifting movements: deadlift (4) and carry (4)
- Most programmed gymnastics movements: pull-up (4) and burpee (3)
- Most visited time domains: 11:00-25:00 and 6:00-10:00 (7 each)
- May CAP Benchmarks: 1-minute max-calorie bike, Fran (backward), 5K run

WORK YOUR WEAKNESS

STRENGTH I

Snatch
Wave 1:
75% x 3
80% x 2
85% x 1
Wave 2:
80% x 2
85% x 2
90% x 1
Wave 3:
85% x 1
90% x 1
95% x 1
Heavy single x 1
– Welcome to week four of this 2026 Strength I lifting cycle, where we'll continue following the same wave-loading template as our previous cycle. Next week will be a deload week, and then in week six, we will test our 1-rep snatch.
– For the percentages, use a recent max or heavy single.
– If the percentage calls for more than a single rep, they are meant to be completed as unbroken (touch-and-go) reps.
– Rest as needed between percentages and waves.

STRENGTH II

Back squat
2-2-2-2-2+
– Welcome to week four of this 2026 Strength II lifting cycle, where we continue to build strength in the back squat.
– Use the same load for sets 4 and 5, but go for more than 2 reps in that final set without pushing to failure.
– Rest as needed between sets.
– Consider the back squats in the workout on Friday. Think about limiting the weight across your sets.

STRENGTH III

For time:
400-meter back-rack walk (1.15 x bodyweight)
or
400-meter yoke carry (15/25 lb per corner)
– 9:00-14:00.
– You might have to drop the bar once or twice and use the yoke up to 5 times.
– Walk as far as you can without putting the bar down. Push through the feeling of being uncomfortable and continue to walk. If you have to drop, rest minimally before picking it back up again.
– If using a barbell, only use a load you can safely get back to the rack position from the ground if you have to drop.
– Brace your midsection the entire walk, and use a belt if desired.
– Scale load to finish within the intended time domain.
– Make sure you have a loading that you can comfortably and confidently bring to your back rack if you are using a bar.

SKILL I

4 sets:
Handstand walk (100 ft)
1:00 plank hold
– Rest 2:00 between sets.
– Set up a 100-ft course and walk as far as possible without breaking.
– Perform the plank on your hands or your forearms.
– If you are unable to walk on your hands or you know you will struggle with the volume, consider reducing the distance or giving yourself 1 minute to walk as far as you can. Scale to 50 alternating shoulder taps if you are unable to walk on your hands.

STAMINA I

5 sets for max calories:
3:00 air bike
– Rest 1:00 between sets.
– 30-50 calories each set.
– Consistent paces across the 3-minute effort.
– Build stamina and conditioning.
– Increasing the pace with each effort.
Sets 4 and 5 should be at a pace that is challenging to hold for the entire 3 minutes.
– Keep your chest high and push/pull with your arms and legs.
– Bike modifications: Echo bike, assault bike, C2 bike, ski, row, run

ABOUT THE WEEK

OVERVIEW WEEKLY TIP

CAP Weekly Overview: 260629

WEEKLY OVERVIEW

JUNE 29-JULY 5

- Welcome to another Hero week in celebration of Independence Day!
- Hero workouts with scaling to preserve the stimulus, keep athletes safe, and offer a good workout.
- Six total Hero workouts and a Sunday option to pick your own Hero or take an active recovery day.
- Blend of shorter and longer efforts.
- Intentionally selected movement functions to break up movement patterns and minimize fatigue.
- Remind athletes of the why behind Hero workouts – their purpose is bigger than just a challenging workout.
- Encourage athletes to log their scores in the CrossFit app!

Watch on YouTube

- Welcome to another Hero week in celebration of Independence Day!
- Look forward to Hero workouts with scaling to preserve the stimulus, keep athletes safe, and offer a good workout.
- There will be six total Hero workouts and a Sunday option to pick your own Hero or take an active recovery day.
- Expect a blend of shorter and longer efforts with intentionally selected movement functions to break up movement patterns and minimize fatigue.
- Enjoy this week, and help athletes make smart decisions!
- Remind athletes of the why behind Hero workouts — their purpose is bigger than just a challenging workout.
- Encourage athletes to log their scores in the CrossFit app!