



MY Week - August 2024: Deborah Moore

Deborah Moore is a masters CrossFit athlete and a mid-life health educator. After finding herself “bored” in her late 40’s after decades of running, triathlons and being “a self-confessed endurance junkie” - she decided to try something new.

With a bit of trepidation, she tried something relatively new at the time - Crossfit - and an obsession was born. With Crossfit, her body began to change and she felt physically stronger and healthier than she ever had in her life.

Throughout this journey, she has researched the positive effects of nutrition and strength training on age-related physical and cognitive decline, and gained a certification in Sports Nutrition, as well as a Crossfit level 1 trainer certification.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Day	CrossFit Workout	CrossFit Workout	CrossFit Workout	Active Recovery	CrossFit Workout	CrossFit Workout
<i>Daily Movement</i>	<i>Split jerks, snatch skills, conditioning & accessory</i>	<i>Back squat, Hyrox conditioning + accessory</i>	<i>Ring muscle up / bar muscle up drills</i>	<i>Hike or easy jog, or flow workout</i>	<i>Clean complex. Push press conditioning</i>	<i>Snatches. Deadlifts</i>
45:00 walk with my dog & family Full body mobility with a focus on extra stiff parts	Warm up + mobility MAIN SET: • 8 x 2-3 split jerks • 8 x 2-3 Mid-hang power snatch @ 50-75% CONDITIONING: 3 x 3 AMRAP of: • 12 cal assault bike • 5 clean & jerks @ 85# • max bar muscle ups (banded) • 2:00 rest ACCESSORY: 3 x 10 each of: • db bench press • strict CTB pull ups • lateral med ball wall slams	Warm up + mobility MAIN SET: 5 x 4 back squat at 80%+ CONDITIONING: • 500m run • 500 row • 500m run • 50m sled push • 500 run • 50m sled pull • 500 run • 50 wall balls ACCESSORY: 3 x 10 of: • weighted hip thrusts • B stance db RDL • plank shoulder taps	Warm up + mobility MAIN SET: • 2 x 10 ring rows • 3 dynamic push ups • 3 x 8 -10 ring swings • 3 x 5 rowing transition lifter • 10 rowing muscle ups • 3 x 20” bottom ring & 20” top ring dips • 3 x 5 knees to chest, 3 x 5 back slides, 3 x 5 knees to chest • EMOM 4 mins: 30” box jump up CONDITIONING: EMOM 40 mins: • 10 cal row, 8 burpee box jump overs, 6 chest to bar pull ups, Max assault bike cals ACCESSORY: • 3 x 20 Hollow body bounces, 10 alt leg v ups, 20 russian twists	Warm up + mobility MAIN SET: • 10 x 30 sec any cardio machine (rower, ski erg, assault bike) • 30 sec recovery Then: 3 x: • 12 Prone angels • 12 curtsy lunges • 20 alt plank shoulder taps 10 x 30 sec any cardio machine (rower, ski erg, assault bike) 30 sec recovery Then: 3 x: • 12 poliquin raise • 12 light RDL • 20 spiderman plank	E2MOM 12 mins Power clean + hang clean + jerk 5 x 3 push press 2 80% + CONDITIONING: 2 sets for time of: • 20 cal row • 20 strict HSPU • Rest 60 sec • 20 cal assault bike • 25 GHD sit up • Rest 60 sec • 20 cal row • 25 db bench press • Rest 60 sec • 20 cal assault bike • 25 deadlifts @ 115#	E2MOM 16 mins 2 x power snatch @ 65-75% 5 x 4 deadlifts @ 80%+ CONDITIONING: AMRAP 25 mins 400m run then: • 3 rounds • 15 wall balls • 10 alt db snatch @ 35# • 5 burpee pull ups ACCESSORY: • 3 x 40”/20” V ups • Banded hip bridges • Banded hamstring curls