

THAMES CROSSFIT, LONDON UK ATHLETIC LEVELS & MILESTONES

BEGINNER

(minimum requirements)
65% compliance for each section

INTERMEDIATE

(minimum requirements)
70% compliance for each section

ADVANCED

(minimum requirements)
75% compliance for each section

ELITE

(minimum requirements)
80% compliance for each section

BASELINE WORKOUT:

500m row, 40 squats, 30 sit-ups,
20 push-ups, 10 pull-ups

men: 7:00 / women: 7:30
(OK to sub 2x jumping pull-ups)

men: 5:40 / women: 6:30
(OK to sub 2x jumping pull-ups)

men: 4:30 / women: 5:35

men: 3:55 / women: 4:40

BODYWEIGHT EXERCISES:

Push Ups - men: 20 / women: 20 (knees)
Sit Ups - in 2 minutes - 45
Pull Ups - men: 3 women: 20 (jumping)
Pull Ups (dead hang) - men: 2 / women: 1
Squats - 55 in 2 minutes
Burpees in 1 min - 10 burpees
Box Jump (reps) - 15 non-stop, 18/12" box
Box Jump (height) - 24/18"
Tuck Hold - hanging from bar - 30 seconds
Full Hollow Hold - 30 seconds
Rope Climb - 1 trip

Push Ups - men: 40 / women: 40 (knees)
Sit Ups in 2 minutes - 65
Pull Ups - men: 20 / women: 5
Pull Ups (dead hang) - men: 12 / women: 3
Squats - 85 in 2 minutes
Pistols - 3 each leg
Burpees in 1 min - 15
Box Jump (reps) - 20 non-stop, 24/18" Box
Box Jump (height) - 32/24"
Knees to Elbows - men: 15 / women: 10
Toes to Bar - men: 5 / women: 2
Full Hollow Hold - 1 minutes
Hollow Rock - 30 seconds
Rope Climb - men: 3 trips / women 2 trips

Push Ups - men: 65 / women: 30 (toes)
Sit Ups in 2 minutes - 90
Pull Ups - men: 40 / women: 25
Pull Ups (dead hang) - men: 25 / women: 12
Squats - 105 in 2 minutes
Pistols - 10 each leg
Burpees in 1 min - 20
Box Jumps (reps) - 30 non-stop, 28/24" box
Box Jump (height) - 42/32" box
Knees to Elbows - men: 25 / women: 18
Toes to Bar (no swinging) - men: 18 / women: 10
Full Hollow Hold - 2 minutes
Hollow Rocks - 90 seconds
Rope Climb - men: 1 trips from seated in "L"
Rope Climb - women: 1 trip, no feet

Push Ups - men: 100 / women: 55
Pull Ups - men: 60 / women: 35
Muscle Up (bar) - men: 20 / women: 6
Squats - 120 in 2 minutes
Pistols - 20 each leg
Burpees in 1 min - 28
Box Jumps (reps) - 30 non-stop, 36/28" box
Box Jump (height) - 50/40" box
Knees to Elbows - men: 40 / women: 25
Toes to Bar (no swinging) - men: 30 / women: 20
Hollow Hold - 3 minutes
Hollow Rocks - 2 minutes
Rope Climb - men: 3 trips from seated in "L"
Rope Climb - women: 1 trip, in "L"

GYMNASTIC MOVEMENTS:

Handstand Hold (against wall) - 30 sec
Forward Roll / Shoulder Roll
Backward Shoulder Roll
L-sit (knees bent) - 45 sec
Ring Support (rings in) - men: 30" / wmn: 15"
Ring Dips - men: 1 / women: 1 (purple band)
Inverted Hang (rings)
Frog Hold - 15 secs
Skin the Cat - 1x

Freestanding Handstand - 10 sec
1-Arm Handstand Hold - wall - 10 sec
Handstand Push Up (wall) - men: 3 / women: 1
Forward Roll
Backward Roll
"L" Sit - 15"
Ring Support (rings out) - men: 30" / women: 15"
Ring Dips - men: 10 / women: 3
Muscle Up - men: 1 / women: 1 (band assist)
Front Lever (tuck) - 10"
Back Lever (tuck) - 10"
Tuck Planche - 10"
Skin the Cat - 7x

Freestanding Handstand - 30 sec
1-Arm Handstand Hold - wall - 30 sec
Handstand Push Up (wall) - men: 15 / women: 8
Handstand Push Up (rings or freestanding) - men: 1
Handstand Walk - 20 meters
Handstand to Forward Roll
Backward Roll to Handstand
"L" Sit - 50"
Ring Support (rings out) - men: 60" / women: 35"
Ring Dips - men: 20 / women: 10
Muscle Up - men: 5 / women: 1
Front Lever (straddle): 10 seconds
Back Lever (straddle): 10 seconds
Straddle Planche: 5 seconds
Skin the Cat - 15x
Iron Cross from Elbows - 5 seconds

Freestanding Handstand - 1 min
1-Arm Free Standing Handstand Hold - 10 sec
Handstand Push Up (wall) - men: 30 / women: 15
HSPU (rings or freestanding) - men: 5 / women: 1
Handstand Walk - 40 meters
Walk on Hands - 30"
"V" Sit - 60"
Ring "L" Sit (rings out) - men: 60 sec / women: 35 sec
Ring Dips - men: 30 / women: 20
Muscle Ups (dead hang) - men: 10 / women: 3
Front Lever - 10 seconds
Rear Lever - 10 seconds
Planche - 5 seconds
Skin the Cat (straight body 360) - 10x
Iron Cross - 3 seconds

WEIGHTLIFTING: POWER LIFTING

Back Squat - 2/3 bodyweight
Front Squat - 1/2 bodyweight
Deadlift - 3/4 bodyweight
Shoulder Press - 1/4 bodyweight
Bench Press - men: 3/4bw / women: 1/3bw
Overhead Squat - 1/4 bodyweight

Back Squat - bodyweight
Front Squat - 3/4 bodyweight
Deadlift - 1 1/2 bodyweight
Shoulder Press - 1/2 bodyweight
Bench Press - men: bw / women: 2/3 bw
Overhead Squat - 1/2 bodyweight
Thrusters, 15x - men: 1/2 bw / women: 1/3 bw
Wall Ball, 20x - men: 9kg / women: 6kg

Back Squat - 1 2/3 bodyweight
Front Squat - 1 1/4 bodyweight
Deadlift - 2x bodyweight
Shoulder Press - men: 3/4bw / women: 2/3 bw
Bench Press - men: 1 1/4bw / women: 3/4 bw
Overhead Squat - bodyweight
Thrusters, 15x - men: 3/4 bw / women: 1/2 bw
Wall Ball, 40x - men: 9kg / women: 6kg

Back Squat - 2 1/2x bodyweight
Front Squat - 1 3/4 bodyweight
Deadlift - 3x bodyweight
Shoulder Press - men: 1 1/4bw / women: 3/4 bw
Bench Press - men: 1 2/3 bw / women: bw
Overhead Squat - bodyweight - 15 reps
Thrusters, 15x - men: bw / women: 3/4 bw
Wall Ball, 55x - men: 9kg / women: 6kg

OLYMPIC LIFTING

Medicine Ball Cleans - 15 reps
Snatch - broomstick
Jerk - broomstick

Clean - 2/3 bodyweight
Snatch - 1/2 bodyweight
Jerk - 1/2 bodyweight

Clean - 1 1/4 bodyweight
Snatch - bodyweight
Jerk - 1 1/3 bodyweight

Clean - 1 2/3 bodyweight
Snatch - 1 1/2 bodyweight
Jerk - 1 2/3 bodyweight

KETTLEBELL

KB Snatch, 10x - men: 16kg / wmn: 8kg
KB Swing, 20x - men: 16kg / wmn: 8kg

KB Snatch, 50x in 5 min - men: 16kg / wmn: 8kg
KB Swing, 35x - men: 24kg / wmn: 16kg

KB Snatch, 75x in 5 min - men: 24kg / wmn: 16kg
KB Swing, 75x - men: 24kg / wmn: 16kg

KB Snatch, 100x in 5 min - men: 24kg / wmn: 16kg
KB Swing, 100x - men: 32kg / wmn: 24kg

METABOLIC CONDITIONING:

RUN

400m run - men: 2:00 / women: 2:25
800m run - men: 4:30 / women: 5:15
1 mile run - men: 9:15 / women: 11:00

400m run - men: 1:40 / women: 1:50
800m run - men: 3:40 / women: 4:00
1 mile run - men: 7:40 / women: 8:30
5k - men: 26:30 / women: 29:30
10k - men: 55:00 / women: 60:00

400m run - men: 1:15 / women: 1:25
800m run - men: 2:45 / women: 3:10
1 mile run - men: 6:10 / women: 6:50
5k - men: 21:00 / women: 23:55
10k - men: 43:30 / women: 49:00

400m run - men: 1:00 / women: 1:15
800m run - men: 2:20 / women: 2:45
1 mile run - men: 5:00 / women: 6:00
5k - men: 17:45 / women: 21:00
10k - men: 37:00 / women: 43:30

ROW

500m - men: 1:55 / women: 2:20

500m - men: 1:45 / women: 2:00
1,000m - men: 3:55 / women: 4:30
2,000m - men: 8:15 / women: 9:30

500m - men: 1:32 / women: 1:50
1,000m - men: 3:25 / women: 4:00
2,000m - men: 7:15 / women: 8:25

500m - men: 1:26 / women: 1:38
1,000m - men: 3:15 / women: 3:50
2,000m - men: 6:50 / women: 8:00

JUMP ROPE

100 Jumps (no miss)
1 Double Under

200 Jumps (no miss)
15 Double Unders (no miss)

40 Double Unders (no miss)

90 Double Unders (no miss)

COMBINED WORKOUTS:

1 named workout completed as Rx'd
"Cindy" w/ jumping pull ups -14
"Cindy" w/ no assistance - 7

5 named workouts completed as Rx'd
"Grace" - men: 6:00 / women: 8:00
"Fran" - men: 12:00 / women: 15:00
"Cindy" - men: 15 rounds / women: 10 rounds
"Fight Gone Bad" - men: 250 / women: 200
"Mary" - men: 5 rounds / women: 3 rounds
"Helen" - men: 12:00 / women: 15:00
"Murph" - 60:00
"Eva" (scaled) - men: 24 kg / women: 16 kg -60:00

10 named workouts completed as Rx'd
"Grace" - men: 3:00 / women: 3:00
"Isabel" - men: 3:30 / women: 3:30
"Diane" - men: 6:00 / women: 7:30
"Fran" - men: 5:00 / women: 7:00
"Cindy" - men: 24 rounds / women: 15 rounds
"Fight Gone Bad" - men: 300 / women: 265
"Mary" - men: 10 rounds / women: 6 rounds
"Helen" - men: 9:00 / women: 10:00
"Murph" - men: 40:00 / women: 45:00
"Eva" - men: 42:00 / women: 48:00

25 named workouts completed as Rx'd
"Grace" - men: 2:30 / women: 2:30
"Isabel" - men: 2:30 / women: 2:30
"Diane" - men: 3:00 / women: 5:00
"Fran" - men: 3:00 / women: 5:00
"Cindy" - men: 28 rounds / women: 22 rounds
"Fight Gone Bad" - men: 400 / women: 350
"Mary" - men: 15 rounds / women: 10 rounds
"Helen" - men: 7:45 / women: 9:00
"Murph" - men: 30:00 / women: 35:00
"Eva" - men: 35:00 / women: 40:00