



**Nicole Hladik**  
7.27.94-7.21.20

An inspiration  
to all.

May she rest in  
peace.

"Hladik"  
25 Min AMRAP  
7 Snatch  
(155/105)  
21 Bar Facing  
Burpees  
20 Pull Ups

At the 25  
Minute Mark,  
1994m  
Weighted Run



## Saturday, July 17

### TIMELINE

- 0:00 - 4:00 Brief (4 min)
- 4:00 - 10:00 General Warm-Up (6 min)
- 10:00 - 18:00 Specific Warm-Up (8 min)
- 18:00 -20:00 Pre-WOD Break/Prep (2 min)
- 20:00 - 60:00 WOD (40 min)

### INTRODUCTION

Nicole loved life and loved being active. She was a regular at Two Brain Gym, Big Shoulders CrossFit in Elmhurst, IL, often coming 6+ times a week. She had found a career in being a firefighter and paramedic that she was excited about and was blazing a trail for more females to follow suit. She had a great sense of humor and was always the life of the party. She once brought a live beta fish as a gift for the gym's annual white elephant!

Shockingly to all, Nicole took her own life on July 21st, 2020. In her honor, we created the workout "Hladik" (her last name). Nicole always struggled with snatches, but for that exact reason, she LOVED them because of the challenge they presented. She could fly through burpees, was great at pull-ups, and was always up for an extra run or loaded carry after a workout. She was 25 when she passed away.

Our mission is to continue her legacy of forging a path for more women to become first responders. For those willing, we are asking for a \$10 donation to create a scholarship program for first responders school for other women in the future



	<p>who may not be able to afford the cost otherwise. Feel free to share the link below with your members if you'd like!</p> <p><a href="https://bigshoulderscf.pushpress.com/open/event/cal_39d80515dd376b?framed=0&amp;fbclid=IwAR0Pg4zNZfx0yJLLb4sAgjhs7hzbcTPtXloTT5rBQMUEY4DlraUisLiqHU">https://bigshoulderscf.pushpress.com/open/event/cal_39d80515dd376b?framed=0&amp;fbclid=IwAR0Pg4zNZfx0yJLLb4sAgjhs7hzbcTPtXloTT5rBQMUEY4DlraUisLiqHU</a></p> <p>Timeline is extremely tight for today with such a long AMRAP and cash-out. Treat this one like Murph in the fact that another coach can begin briefing the following class, while the early class finishes up.</p>
--	--

**BRIEF: 0:00 - 4:00 (4 MINS)**

<b>WEIGHT LOSS</b>	<b>GENERAL FITNESS</b>	<b>INCREASE STRENGTH</b>
<p>WOD: This is a long one that could easily become discouraging without a plan! Our weight loss athletes should pick a weight that allows them to complete the snatch work in 1-2 sets before moving deliberately through the burpees, controlling breathing as much as possible to allow the athlete to keep moving. Have the athlete select a pull-up variation that allows them to knock out at least 5-6 reps at a time.</p> <p>This is a long one so remind athletes to drink water throughout the workout today, especially if temperatures are hot!</p> <p>Ending this workout with a 1994 m run may seem daunting for some but we're only accepting positivity here. If you're moving, you're winning!</p> <p>Encourage the athlete to run at a pace they can sustain (they should be able to carry out a simple conversation) and take short quick walk breaks as needed. They can pick the pace</p>	<p>WOD: Today's WOD has a lot of variety mixed into a longer time domain today! The goal for the GF athlete is to get as much work done as possible while maintaining enough energy to run a brisk nearly 2km run to finish - easier said than done!</p> <p>Athletes in this group should pick a weight that they can snatch for at least 3-4 reps with good technique and bar speed early on. 21 burpees can be taxing so breaking them up into manageable chunks will help with pacing and morale. For pullups, this group should be encouraged to perform their best possible version of pull ups if they are not able to do them as prescribed. Jumping, banded or modified versions are all acceptable, we want this athlete moving for as much of the 25 min clock as possible!</p> <p>Constant movement remains the theme for the cash out run! Coach these athletes to control their breathing and to run tall and soft, picking up their feet quickly to reduce the pounding</p>	<p>WOD: There's a lot of cardio here, but also a great chance for the strength athlete to practice some heavier snatches in the context of a longer workout. This athlete should pick a weight that they can perform 1-3 reps of when fresh. Coaches should encourage them to take a few seconds to breathe deeply before starting each round of snatches as controlling breathing is a valuable skill for this group to learn to improve performance. This group should move quickly through the burpees with the goal of increased heart rate.</p> <p>A weight vest or sandbag carry on the final run is optional to add extra resistance; however coaches should only encourage this if the athlete in question has solid running technique as adding weight has never improved running technique.</p>



up once the finish line is in sight!	strides that come with being fatigued.	
--------------------------------------	--	--

**COACHING NOTES:** After briefing the class as a whole use the Goal Briefs to interact with each member 1:1 and provide guidance on how they should approach the workout to meet their individual goals.

### WARM UP: 04:00 - 18:00 (14 MINS)

<p><b>GENERAL</b>          AMRAP X 5          100m run          8 Snatch DL          8 Hang Muscle Snatch          8 Scap Pull-ups          8 Up-downs</p>	<p><b>SPECIFIC</b>          Review Points of Performance for Snatch,          Burpees, and Pull-Ups</p>
--	---

**COACHING NOTES:** Hero WOD's tend to be on the longer side and our tribute workout to Nicole Hladik today is no different. Quickly take members through our general warm-up, beginning to prep for each movement we'll see in the workout. The snatch deadlifts and muscle snatches will allow you to correct members' set-up and overhead position before diving into the specifics.

In the specific warm-up, start by reviewing the snatch and giving members ~5 minutes to build to their workout weight. Power snatches will be the most efficient form, but members can squat snatch if they would like.

After the snatches are prepped, review the bar facing burpee and pull-up/pull-up scaling options and have members perform 5 reps of each.

Snatch Points of Performance to Review:

- In set-up from the ground, we want feet under the hips, shoulders slightly over the bar, butt down, lats engaged, and a back flat.
- Patient first pull on the bar shifting the weight into their heels with butt and shoulders rising simultaneously.
- Lats actively pull the bar towards the hips as the bar accelerates up (Watch for bar floating out in front)
- Fast pull under the bar, receiving overhead with both arms in full extension and the elbow pits facing the ceiling, and receiving in the bottom of a full overhead squat or in a partial squat position.

Bar Facing Burpee Tips:



- Step-up rather than jump. Recommend they take a big lunge step which will help keep the heart rate down and avoid taking an extra step towards the bar.
- Make sure the head/body is as close to the barbell as when lowering down.
- Think controlled flop to the ground. Do not waste any extra energy lowering down.

**Pull-Up Points of Performance:**

- As snapping out of your superman arch, drive hips towards the bar while in the hollow position
- At the same time, push down on the bar with straight arms
- Rapidly extend hips, then pull with arms
- Pull until chin clears the bar
- Chest stays up with eyes looking forward
- Push away, maintaining tension to return into next kip swing

**PRE-WOD BREAK/PREP: 18:00 - 20:00 (2 MINS)**

**WOD: 20:00 - 60:00 (40 MINS)**

<p><b>OPTION 1</b>            "Hladik"            AMRAP X 25            7 Snatch (155/105)            21 Bar Facing Burpees            20 Pull-Ups</p> <p>Cash Out immediately upon finishing the AMRAP:            1994m Run*</p> <p>*If able, do a weighted run with a weight vest or sandbag over the shoulders for a fireman carry</p>	<p><b>OPTION 2</b>            "Remote Hladik"            AMRAP X 25            7 DBL DB Snatch            21 DB Facing Burpees            20 Bent Over Row</p> <p>Cash Out immediately upon finishing the AMRAP:            1994m Run*</p> <p>*If able, do a weighted run with a weight vest,DB, or sandbag over the shoulders for a fireman carry</p>
--	--

**LEVEL UP OPPORTUNITY: N/A**

**COACHING NOTES:** Today's workout may look a bit more intimidating on paper than many other Two Brain Programming workouts; however, remind members that just like Murph today can be modified to meet members where they are at! One suggestion to make for members today is to make this a partner workout rather than an individual WOD!

All three movements in the 25-minute AMRAP should be ready to roll after the specific warm-up, but make sure you review some strategy points with your members found below.

1. Snatches will most likely be performed as singles but should be performed at a weight that is light enough to cycle 2-3 reps at a time.



2. Burpee pace should be smooth and steady. Think starting at a pace slower than you think.
3. Break pull-ups early into manageable sets! 20 reps per round is a lot, and we want to avoid burnout at all costs.

For the 1994m cash-out run, you can essentially treat this like 2,000m having members run the 1-mile route, then the 400m route. Making this a weighted run is 100% optional. You know your members better than anyone, so make a decision based on whatever is best for your gym. In general, we want to see this run completed in under 15 minutes. If members are partnering up for today, give them the option to run together or split into 200m at a time.

#### **MOVEMENT ADJUSTMENTS:**

Snatch→ Clean

Bar Facing Burpees→ Regular Burpees, Up-downs

Pull-Ups→ Banded Pull-Up (Strength Focus), Jumping Pull-Ups, Ring Rows

POST WOD: 60:00+

<b>ACCESSORY</b>	<b>COOLDOWN</b> 1:00/Side Thread the Needle Stretch
------------------	--

**COACHING NOTES:** As mentioned in the introduction, today is going to be very tight for a 60-minute timeline, and you may run slightly over. If possible, take members to a side space/outside post-workout and stretch everyone out. Remind members that workouts like today are for a greater cause and congratulate them on finishing!