

MIXED MODAL SPECIFIC KEY PERFORMANCE INDICATORS (KPIs)

TEST	MALE	FEMALE (IF DIFFERENT)
ROW 30/30 X 4	100/95/92/90% with BWT in # as 1st set in meters	
CONSTANT VARIANCE	3:10 per set	3:30 per set
FRONT SQUAT/THRUSTER	Thruster 75% of Front Squat	
3K RUN	Excellent = <10min Fair = <11min	
PRESS/WEIGHTED CHIN-UP	Press 65% of Weighted Chin-up	
5 MIN SHSPU/SPU	60 reps of each	
POWER SNATCH	1.1 x BWT, 235lb absolute score	1.1 x BWT, 160lb absolute score
5 RFT: PS + KHSPU + PISTOL	Excellent = 6-7 minutes Fair = 7-8 minutes	Excellent = 6:30-7:30 minutes Fair = 7:30-8:30 minutes
MAX CLEAN + 8 MIN AMRAP	1.6 x BWT Clean, 335lb absolute score 24+ reps	1.6 x BWT Clean, 235lb absolute score 32+ reps
ROW 500 METERS X2	Total time 1000m = 2:45 after BWT conversion No more than 10% longer on 2 sets	Total time 1000m = 3:00 after BWT conversion No more than 10% longer on 2 sets
POWER CLEAN	1.4 x BWT, 295-300lbs absolute score	1.4 x BWT, 205-210 absolute score
CLOSE GRIP BENCH PRESS	CGBP 100% of Power Clean	
60-MINUTE ROW	17,000m after BWT conversion	
LACTIC REPEATS	3:00, 3:15, 3:30 No more than 10% longer per set	3:20, 3:30, 3:40 No more than 10% longer per set
BACK SQUAT 85%	2 x BWT Back Squat, 415lb absolute score 6+ reps @ 85%	2 x BWT Back Squat, 300lb absolute score 9+ reps @ 85%
AMRAP RMU + 30FT	9% of BWT in pounds for AMRAP reps Completed in < 3 minutes	9% of BWT in pounds for AMRAP reps Completed in < 3:30 minutes
SNATCH 25 REPS FOR TIME	1.3 x BWT on 1RM, 275lb absolute score < 5 minutes	1.3 x BWT on 1RM, 185lb absolute score < 3:30 minutes
18 MINUTE AMRAP	Excellent = 504+ reps Fair = 432-503 reps	

Do you want to coach your athletes to their maximum physical potential across all 18 KPIs? You'll learn how to develop well-rounded, podium-caliber athletes in Programming: Mixed Modal.

[CLICK HERE TO LEARN MORE](#)