

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 10	Skill	Row	Handstand Push-Up	Chest-to-Bar Pull-Up	Double-Under	Thruster
	Strength or Endurance					
	Workout	<p><u>10 rounds of:</u></p> <p>Choose 500m row-pace</p> <p>1:25/500m OR 1:45/500m OR 2:00/500m</p> <p>Stay as long under that pace as you are able to.</p> <p>rest 3min b/t rounds</p>	<p><u>5 rounds of</u></p> <p>10 Front Squats</p> <p>5 Handstand Push-Ups</p> <p>10 Hollow Rocks</p> <p>15 Arches</p> <p>20 Air Squats</p> <p>rest 2min b/t rounds</p>	<p><u>AMRAP15</u></p> <p>55 Double-Unders</p> <p>15 Chest-to-Bar Pull-Ups</p> <p>5 Hang Power Cleans</p> <p>@70/50 kg</p>	<p><u>Annie</u></p> <p>50-40-30-20-10</p> <p>Double-Unders</p> <p>Sit-Ups</p>	<p><u>Death by Thrusters</u></p> <p>5 Thrusters in EMOM-style</p> <p>From 0:00-5:00 use 35/25 kg</p> <p>From 5:00-10:00 use 45/35 kg</p> <p>From 10:00-15:00 use 55/45 kg</p> <p>Continue adding 10kg every 5min for as long as you are able to.</p>
	Mobility/Accessory	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility