

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 16	Skill		Squat	Sumo-Deadlift High-Pull	Row	Muscle-Up
	Strength or Endurance			Tabata (:20s ON/:10s OFF) KB Swing		8x :30s ON/:30s OFF ODD: Ring Row Even: Push-Up
	Workout		AMRAP20 1min Row 30 Goblet Squats 15 Burpee Pull-Ups @20/12 kg	AMRAP12 12min are split into 1min Double-Unders 1min Sumo-Deadlift High-Pulls 2min Double-Unders 2min Sumo-Deadlift High-Pull 3min Double-Unders 3min Sumo-Deadlift High-Pulls @50/35kg	AMRAP30 for Calories In teams of 2 :45s Row @SR28-32 :45s Row @SR32-36 SR = Stroke Rate Switch every :90s	Amanda 9-5-7 for time: Muscle-Ups Squat Snatches @60/42,5 kg
	Mobility/Accessory		Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility