

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 20	Skill	Jerk	Shoulder to Overhead	Pull-Ups	Ring Dip	Overhead Squat
	Strength or Endurance	E2MOM12 5 Paused Overhead Lunges (Pause = :6s, 30-50% load)		4x400m MedBall Run Rest 1min between sets		
	Workout	Clean & Jerk for max load 3-3-3-3-3	21-15-9 for time: Burpee Pull-Ups Clean + Shoulder to Overhead Double-Unders @60/40kg	Weakness Cindy (Murph Prep) AMRAP20 5 Pull-Ups 10 Push-Ups 15 Air Squats Consider the following options depending on your weakness: Weakness: Push-Up only 5-5-5-15 5 Push-Ups + 5 Pull-Ups + 5 Push-Ups + 15 Squats Weakness: Air Squat&Push-Up 5-5-5-10-15 5 Pull-Ups+ 5 Squats + 5 Push-Ups + 10 Squats + 5 Push-Ups	3 rounds for time: 9 Wall-Walks 400m Run rest 3min after the 3 rounds above then: 21 Ring Dips 800m Run	Nancy 5 rounds for time: 400m Run 15 Overhead Squats @42,5/30kg
	Mobility/Accessory	Spine Mobility	Hip Mobility	Hip Mobility	Shoulder Stability	Shoulder Mobility