

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 27	Skill	Power Clean	Squat	Press	DB Clean + DB Jerk	Hinge-Movement
	Strength or Endurance	<b>10 Sets every :30s</b> 2 Touch & Go Power Cleans		<b>EMOM8</b> ODD: 5 Inchworm to Push-Up EVEN: :30s Kip Swing		<b>On a 10min clock perform 5 rounds of:</b> 3 Sumo Deadlifts + 3 Deadlifts + 3 Romanian Deadlifts
	Workout	<b>21-15-9</b> Power Cleans Burpees Over Bar @55/37,5 kg	<b>4 rounds for time:</b> 400m Run 40 Air Squats 400m Row :60s Plank Time Cap: 30min	<b>AMRAP8</b> 4 Shoulder Press @40/25 kg 6 KB Swings @24/16 kg	<b>3 rounds of 5min:</b> From 0:00-2:00 400m Run + Double-Unders From 2:00-3:00 DB Push Jerks From 3:00-4:00 Pull-Ups From 4:00-5:00 DB Hang Squat Cleans Rest 5min b/t rounds  @15/9 kg	<b>AMRAP10</b> 3 Cal Row + 3 KB Swings 5 Cal Row + 5 KB Swings 7 Cal Row + 7 KB Swings 9 Cal Row + 9 KB Swings 11 Cal Row + 11 KB Swings ... @24/16 kg If unable to row, do 10m Shuttle Runs instead.
	Mobility/Accessory	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility