

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 30	Skill	Double-Under	Burpee Box Jump Over	Shuttle Run	MB Clean	Jerk
	Strength or Endurance	<b>E2MOM10</b> 100m Farmer's Carry				<b>3 sets of:</b> 2 Push Press + 2 Push Jerk + 2 Split Jerk
	Workout	<b>AMRAP10:</b> 2:00 Double-Unders 2:00 Cal Row 1:30 Double-Unders 1:30 Cal Row 1:00 Double-Unders 1:00 Cal Row 0:30 Double-Unders 0:30 Cal Row	<b>For time:</b> 100m Run 5 Burpee Box Jump Overs 5 Thrusters 100m Run 7 Burpee Box Jump Overs 7 Thrusters 100m Run 9 Burpee Box Jump Overs 9 Thrusters 100m Run 11 Burpee Box Jump Overs 11 Thrusters  @45/30kg Time Cap: 20min	<b>Starting every 3min, do 5 rounds of:</b> 5-10-15m Shuttle Sprint  3 Deadlifts @110/75kg  Max Cal Row  Time cap of 1min per round. Rest 2min between rounds.	<b>3 rounds for time:</b> 5 MB Cleans 12 Burpees 8 MB Squats 8 Burpees 12 Wall Balls 5 Burpees  Rest 2min between rounds.	<b>Clean &amp; Jerk</b>  1-1-1-1-1-1
	Mobility/Accessory	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility