

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
KW 38	Strength	Strict Press 4x7 E3M Set 1: 65-75% Set 2-4: 80-85%	Front Squat 4x5 E3M Set 1: 75-85% Set 2-4: 85-90%	Deadlift 4x5 E3M Set 1: 75-85% Set 2-4: 85-90%	Bench Press 4x5 E3M Set 1: 75-85% Set 2-4: 85-90%	Overhead Squat 4x3 E3M Set 1: 80-90% Set 2-4: 90-95%	
	Metcon	For Time: 3 Rounds 400m Run 7 Wall Walks 21 Toes-to-Bar TC: 14	"Crossfit Open 17.5" For Time: 10 Rounds 9 Thruster 43/30 kg 35 Double-Unders TC: 15 min	For Time: 50/40 Cal Row 50 Pull-Ups 50 Deadlifts 100/70 kg TC: 12 min	For Max Reps: 4 Rounds 3:00 work/1:00 rest 8-6-4 alt. DB Hang Snatch 22,5/15 kg Push-Ups In the remaining time, do max. DB Box Step-Ups	"Jeremy" For Time: 21-15-9 Overhead Squats 43/30 kg Burpees TC: 10 min	In Teams of Two: Every 10 Minutes for 4 Rounds, for max Reps 400m Partner Run 50 Dual DB Thruster 2x22,5/2x15 kg Max Burpee Box Get-Overs
	Note	Scale the WW by adjusting the distance to a fixed line where you still feel safe. Scale TTB with Toes-to-Line (look for an imaginary line on the horizon and try to hit this with your feet with every Rep).	The Goal is to make it within the Timecap, so be sure to scale accordingly (e.g. go for SU instead of DU if you cannot jump the 35 Reps unbroken). Thruster should be at a weight that can be done unbroken.	Scale Pull-Ups with Ring Rows, Deadlift Weight should not be higher than 70% of your 1RM.	Try to stay consistent through all rounds.	Overhead Squats should be light. Focus on full Range of Motion.	Grab a band that both Partners have to hold during the run. For the Burpees, put two boxes on top of each other and secure them with bands. Thrusters & Burpees are done YGIG (You-Go-I-Go).
	Accessory	3 Rounds 15 Banded Face-Pulls 20 Lateral Raises	3 Rounds 10/10 ATG Split Squats 15 Lying DB Leg Curls	For Quality: 10 Lanes of Pinch-Grip Plate Carry	Accumulate 3 Minutes of Ring Support Hold/Ring Plank	Sam Briggs' "Killer Abs Pump" 3 Rounds 15 Medball throw Sit-Ups 15 Abmat Sit-Ups 60s Plank	