

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
KW39	<b>Strength</b>	Sumo Deadlift 4x3 E3M Set 1: 80-90%  Set 2 - 4: 90-95%	Back Squat 4x7 E3M All Sets: 80-85%	Strict Press 4x7 E3M All Sets: 80-85%	Front Squat 4x5 E3M All Sets: 85-90%	Deadlift 4x5 E3M All Sets: 85-90%	
	<b>Metcon</b>	For Time: 21-18-15-12-9-6-3 Reps of: American Swings 24/16kg Hand-Release Push-Ups  TC: 12 min  <i>Quick transitions, try to move fast.</i>	AMRAP for 6 Intervals: 2:00 work/1:00 Rest rotating through: 1) Max. Cal Row 2) Burpee Box Jump-Overs 3) Double Unders  <i>Rotate through the movements, each movement is done two times. Aim for the same score in both rounds.</i>	AMRAP 12 1 Wall-Walk 1 Max. unbroken Set of Wallballs 9/6kg :30 rest	"Fran" 21-15-9 Thrusters 43/30kg Pull-Ups  TC: 10 min  <i>Benchmark Workout! Note down your Scores, you will do this one again.</i>	For Time: 100 Russian KB Swings 24/16kg 100 Double-Unders 100m Dual DB/KB Farmer's Walk @2 x 24/16kg  TC: 11 min  <i>If there are not enough KBs for the Farmer's Walk, use DBs instead.</i>	AMRAP 40  In Teams of 2, YGIG: 100 cal Row 100 Box Jump-Overs 100 alt. DB Snatches 22,5/15kg  <i>One is working, one is resting - split Reps as you want.</i>
	<b>Accessory</b>	EMOM 10 10 Heavy Russian KB Swings	For Quality: 3 Rounds 10/10 Single Leg Romanian DL 10/10 Bulgarian Split Squats	Accumulate 3 Minutes of Wall-Facing Handstand Hold	5 Sets Unbroken Barbell 21's 7 Reps BB Curls Bottom-Half, 7 Reps BB Curls Upper Half, 7 Reps BB Curls Full ROM	10 Lanes Heavy Dual DB/KB Farmer's Walk	