

WOD Weekly Programming



		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
CW 3	Strength	E2:30M 4x5 Back Squat 70-80%	E2:30M 4x5 Bench Press 70-80%	E2:30M 4x5 Front Squat 70-80%	E2:30M 4x5 Deadlift (TnG) 70-80%	E2:30M 4x5 Strict Press 70-80%	In Teams of 3: 30-20-10 Sync. Toes-to-Bar/Toes-to-Rings Sync. Squat Snatch/Squat Clean
	Metcon	For Time: 18-15-12 Dual KB Hang Clean & Jerk Pull-Ups TC: 9 min KB Weight: 2x16/12kg	For Time: 1 Round 90 Double Unders 30 Wallballs - Rest 1 min - 2 Rounds 45 Double Unders 15 Wallballs - Rest 1 min - 3 Rounds 30 Double Unders 10 Wallballs TC: 18 min WB Weight: 12/9kg	Crossfit Open 14.5/16.5 21-18-15-12-9-5-3 Thrusters Bar-Facing Burpees TC: 20 min Barbell Weight: 43/30kg Scaled Barbell Weight: 30/20kg	AMRAP 12 3 Wall Walks 6 Deadlifts 9 Lateral Burpees Barbell Weight: 100/70kg	AMRAP 15 1000/800m Row - into - max Rounds: 21 TTB 12 alt. DB Squat Snatches DB Weight: 22,5/15kg	Clean Weight: 50/35kg Snatch Weight: 35/25kg TC: 30 min
	Accessory	Accumulate 3 Mins of Ring Plank Hold. <i>Switch do DBs if there are not enough KBs. Save your grip early. Scale Pull-Ups with Ring Rows.</i>	EMOM 10 1 Turkish Get-Up (per Side) <i>Use a heavier WB than you would usually do. Reduce DU Reps to WB Reps if DU are still hard.</i>	4x 10-15 Rower Pike-Ups <i>Open Workout - treat it as a Benchmark WOD. Note your Score.</i>	10 Lanes of Single-Arm banded KB Carry <i>Heavier Deadlifts - weight should be around 60-70% of your 1RM Deadlift.</i>	0:20 work, 0:10 rest for 10 Rounds (5 Minutes) alt. between Hollow/Arch <i>Controlled Reps on the DB Snatches. Make sure to catch DB high and do a controlled Squat.</i>	<i>Two Athletes working synchronized, one athlete is resting. Switch as often as you like.</i>