

# WOD Weekly Programming



CROSSFIT  
SCHMIDTEN

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	
CW47	<b>Weightlifting</b>	Take 15min to find a new 1RM Power Clean.	Take 15min to find a new 1RM Push Jerk.	Take 15min to find a new 1RM Squat Snatch.	Take 15min to find a new 1RM Clean & Jerk. (Squat Clean + Split Jerk)	Take 15min to find a new 1RM Power Snatch.	In Teams of 2:  - <i>You Go I Go</i> -  AMRAP 30
	<b>Metcon</b>	For Time:  21-15-9 Power Cleans Lateral Burpees  BB Weight: 50/35kg  TC: 10min	AMRAP 12  18 alt. DB Snatches 12 Toes-to-Bar 6 Push Jerks  DB Weight: 22,5/15kg BB Weight: 60/40kg	AMRAP 10  15/12 cal Row/Ski 9 Overhead Squats  - 30s rest after each completed round-  BB Weight: 40/25kg	For Time:  1 - 2 - 3 - 4 - ... - 10  Clean Front Squat Jerk  BB Weight: 60/40kg  TC: 15min	For Time:  50 alt. Box Step-Ups 100 Double Unders 50 Wallballs 100 Double Unders 50 alt. Box Step-Ups  WB Weight: 9/6kg Box: 24"/20"  TC: 15min	A: 16 Shuttle Runs 8 Burpee Box Get-Overs 1 Clean  B: 16 Shuttle Runs 8 Burpee Box Get-Overs 1 Snatch
	<b>Accessory</b>	For Quality:  10 Lanes of Dual KB Front Rack Carry	Accumulate a total of 3 Minutes Ring Support Hold/Ring Plank.	For Quality:  4 Sets: 6/6 KB Windmill	For Quality:  4 Sets: 15 Banded Lying Leg Curls	0:20 work, 0:10 rest for 10 Rounds (5 Minutes)  alt. between Hollow/Arch	<i>One Partner only does Cleans, the other one only Snatches. After the Burpee Box Get-Overs, Partner A does one attempt on a heavy Clean. The weight on the bar can be chosen freely, but you can only build up! If he or she misses, the same weight needs to be attempted in the next round again. Goal is to hit a max Team Total. Any Style of Clean/Snatch is allowed (Power/Squat)</i>
	<i>Scale the Weight for the Power Cleans to around 50% of your 1RM.</i>	<i>Push Jerks are from the floor. Scale the weight to around 65-75% of your 1RM.</i>	<i>Sub Row/Ski with 12/9 Cal Echo Bike. Scale OHS so that you can do (at least) the first rounds unbroken. You can start the OHS with a Squat Snatch which then counts as your first Rep.</i>	<i>Weight should not be higher than 50% of your 1RM Clean &amp; Jerk. You can do Squat Cleans or Power Cleans/Push Jerks or Split Jerks.</i>	<i>DU are scaled with double amount of Single Unders. Scale DU if you are not proficient in doing them.</i>		