

WOD Weekly Programming



		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
CW 6	Strength	E2:30M 4x5 Deadlift 75-85%	E2:30M 4x5 Strict Press 75-85%	E2:30M 4x5 Back Squat 75-85%	E2:30M 4x5 Bench Press 75-85%	E2:30M 4x5 Front Squat 75-85%	
	Metcon	For Time: 5 Rounds 5 Toes-To-Bar 10 Lateral BB Jump-Overs 5 Toes-To-Bar 2x5-2x10-2x5m Shuttle Run TC: 9min	For Time: 20 Rounds 1 Clean&Jerk 3 Burpees TC: 10min BB Weight: 65/45kg	Crossfit Open 22.1 AMRAP 15 3 Wall Walks 12 alt. DB Snatches 15 Box Jump-Overs DB Weight: 2x22,5/15kg Box Height: 24"/20"	AMRAP 10 1-2-3-4-... Pull-Ups 2-4-6-8-... Push-Ups 3-6-9-12-... Abmat Sit-Ups	AMRAP 15 15/12 Cal Row/Ski max unbroken Thrusters - 1 minute Rest - BB Weight: 35/25kg	In Teams of 2: AMRAP 20 60 Double-Unders 50 Deadlifts 40 Toes-To-Bar 30 Thrusters 20 Burpee-Pull-Ups BB Weight: 50/35kg
	Accessory	5x20s Weighted Plank (Heavy)	4x8/8 KB Windmills	Accumulate 3min of Wall-Facing HS Hold.	0:20 work, 0:10 rest for 10 Rounds (5 Minutes) alt. between Hollow/Arch	10 Lanes Filly Overhead Carry (hold one KB in Front Rack, the other one Overhead)	
		<i>Load a BB with regular Plates (weight doesn't matter, you'll only use it for Jump-Overs). For the Shuttle Runs: Start at the Rig. Run to the 5m-mark and back, to the 10m-mark and back and one more time to the 5m-mark and back every Round.</i>	<i>Semi-Heavy C&J Weight. 55-65% of your 1RM.</i>	<i>Open Workout - treat it as a Benchmark WOD. Note your Score.</i>	<i>Scale with Ring Rows and kneeling Push-Ups - this workout is supposed to be simple and fast without losing much time during transitions.</i>	<i>Focus on proper Breathing during the Thrusters - try to rest in Overhead Position.</i>	<i>Split Reps as needed, only one Partner working at a time. Use the same BB for Deadlifts and Thrusters - Deadlifts should be light, the Thrusters semi-heavy.</i>