

CALENDARIO WORKOUT OF THE DAY

OCTUBRE 2020



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
			1 SKILL Snatch EMOM 6' 3 power snatch TG EMOM 6' 3 squat snatch TG FOR TIME 4 RFT 10 OH squats 20 box jump over 30 push ups 20 box step over time cap 16'	2 STRENGTH RM DL AMRAP 7' 4 BMU 6 DL 8 burpees otbar AMRAP 7' 15 DB/KB snatch 100m run / 150m row	3	4
5 SKILL CLEAN EMOM 7' 3 clean pull EMOM 7' 4-3-3-2-2-1-1 Power clean WOD FOR TIME 21-15-9 DL burpees otbar DB/KB clean&jerk WB time cap 15'	6 WOD 1 AMRAP 8' 30m sled push N-7/10 15 push ups WOD 2 AMRAP 8' 10/8 cal row 15 HPU WOD 2 AMRAP 8' 8 front rack lunges 8 medball sit ups 8 medball russian twist	7 SKILL SNATCH EMOM 5' 1 snatch pull 1 muscle snatch 1 ohs THEN 10' Go for a heavy rep of power snatch + hang squat snatch WOD E2MOM X 7 5 power snatch 10 box jump over 15 2 db / kb thrusters	8 STRENGTH EMOM 10' 4-6 D.SHPU 10 2 KB/DB step up WOD AMRAP 7' 8 CTB 6 burpees otbox 8 2DB/KB front squat AMRAP 7' 100 run / 150m row 5 power clean TnG	9 SKILL JERK EMOM 4' 3 push press EMOM 4' 3 push jerk EMOM 4' 3 split jerk WOD FOR TIME 9 Clean&jerk 25 KB swing 25 burpees 25 KB OH lunges 6 Clean&jerk +W 25 KB swing 25 burpees 25 KB OH lunges 3 Clean&jerk ++W TC: 15'	10	11
12 WOD 1 AMRAP 8' 5 pull ups 10 push ups 15 air squats WOD 2 AMRAP 8' 9/7 cal 50 DU WOD 3 AMRAP 8' 5 front squats 10 kb box step over 5 thrusters 10 box jump	13 SKILL JERK 12' go for a heavy rep of power clean + push jerk + 2 split jerks WOD AMRAP 16' 5 hang power clean 10 burpees otbar 5 hang squat clean 10 push ups 5 push jerk Every round, rest 1'	14 STRENGTH E3MOM 15' DL 8-6-4-4-4 + 20 hpu WOD AMRAP 7' 25 DL 25 WB 25 TTB AMRAP 7' 20 db/kb clean&jerk 500 run / 600m row max db/ kb clean&jerk	15 SKILL CLEAN RM squat clean FOR TIME 40 KB swing 10 burpees otKB 5 squats clean 70-75%RM 30 KB swing 10 burpees otKB 4 squats clean 75-80%RM 20 KB swing 10 burpees otKB 3 squats clean 80-85%RM 10 KB swing 10 burpees otKB 2 squats clean 90%RM time cap 16'	16 SKILL SNATCH EMOM 7' 3 snatch pull EMOM 7' 4-3-3-2-2-1-1 Squat snatch WOD AMRAP 3' X 4 (1' REST) 0-1' squat snatch 1-2'DU 2-3' Push ups	17	18
19 SKILL SNATCH RM squat snatch WOD 7 RFT 3 squat snatch 75% RM 6 S. HPU 9 box jump over 12 a. KB swing TC: 15'	20 STRENGTH EMOM 10' even: 6 H. box jump odd: 8 Rumanian Row WOD AMRAP 7' 5 BMU 10 WB 20 DU AMRAP 7' 5 DL 10 medball sit ups 15 medball OH lunges	21 SKILL CLEAN 12' Go for a heavy rep of hang squat clean + squat clean + 2 front squats WOD EMOM 15' 60 DU 3 Complex 70% 20 HPU	22 SKILL JERK EMOM 10' 0-4' Push press + push jerk + split jerks 4-7' Push jerk + 2 split jerks 7-10' 3 split jerks WOD AMRAP 4' 3 C&J 20 KB OH lunge AMRAP 4' 2 C&J 20 push ups AMRAP 4' 1 C&J 20 air squats	23 WOD 1 AMRAP 8' 200m run 10 burpees WOD 2 AMRAP 8' 15/12 cal 10 2 db/kb thrusters WOD 3 AMRAP 8' 5 Pull ups + 5 TTB 10 DB H.snatch 10 box jump over	24	25
26 STRENGTH EMOM 10' . 8-6-4-4-4 DL 8 2 DB/KB push press AMRAP 7' 5 front squats 10 TTB AMRAP 7' 150m row/100m run 10 2DB/KB hang power clean	27 SKILL SNATCH EMOM 10' 1 complex 1 hang power clean 1 power clean 1 oh squat WOD 3 hang power clean 10 HPU 3 power snatch 10 box jump 3 ohs 10 Kb box step up	28 SKILL JERK 30 clean&jerk WOD 5 RFT 20 db/kb snatch 15 burpees otbox	29 WOD 1 10 DB/KB snatch 30 DU WOD 2 10/8 cal row 5 BMU WOD 3 100m run 10 medball sit ups	30 SKILL CLEAN EMOM 5' 5 squat clean TG WOD 3 RONDAS 1' ON - 1' OFF Hang power clean WB KB OH lunges burpees otbar	31	