

CALENDARIO WORKOUT OF THE DAY

NOVIEMBRE 2020



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|--|--|---|--------|---------|
| <p>2</p> <p>SKILL JERK EMOM 5' 1 push press 1 push jerk + 10' to find RM of push jerk</p> <p>WOD AMRAP 4' 5 C&J 30 DU 1' rest AMRAP 4' 5 push jerk 15 KB goblet squat 1' rest AMRAP 4' 10 KB oh lunges 5 burpees otKB</p> | <p>3</p> <p>SKILL CLEAN EMOM 5' 3 Power clean TG EMOM 4' 2 Power clean TG EMOM 3' 1 Power clean</p> <p>WOD 2RFT 12-9-6-3 Power clean</p> <p>BETWEEN ROUNDS: 25 push ups 25 h. db snatch</p> <p>T.C: 15'</p> | <p>4</p> <p>WOD 1 AMRAP 8' 5 HPU 5 TTB 5 Box jump</p> <p>WOD 2 AMRAP 8' 10 devil press 1000m row max. devil press</p> <p>WOD 3 AMRAP 8' 30 A.KB swing 600m run max A. KB swing</p> | <p>5</p> <p>SKILL SNATCH EMOM 10' . max squat snatch 75% . rest</p> <p>WOD 6 RFT 5 squat snatch 10 WB 15 DB box step up</p> <p>T.C: 15'</p> | <p>6</p> <p>STRENGTH EMOM 10' . 8 S.HPU . 8 F.R.Lunges</p> <p>WOD AMRAP 7' 200m Run/Row 10 db/kb C&J 10 push ups</p> <p>AMRAP 7' 3 power clean 5 burpees otb 7 ctb</p> | | |
| <p>9</p> <p>SKILL CLEAN EMOM 3' 2 hang power clean + 2 front squats EMOM 3' 1 hang power clean + 1 front squats</p> <p>THEN 5' RM hang power clean 5' RM hang squat clean</p> <p>WOD FOR TIME 21-15-9 5.HPU Hang power clean KB box step over 9-12-15 HPU Hang squat clean KB box step up</p> <p>T.C: 18'</p> | <p>10</p> <p>WOD 1 AMRAP 8' 500m run 500m row</p> <p>WOD 2 AMRAP 8' 8 pull ups 6 air squats 4 burpees to target</p> <p>WOD 3 AMRAP 8' 20 DB clean&jerk 20 box jump over</p> | <p>11</p> <p>SKILL SNATCH EMOM 4' 2 hang squat snatch EMOM 4' 3 hang snatch pull EMOM 6' 1 hang squat snatch</p> <p>WOD 10 RFT 3 power snatch 6 burpees otbar 9 WB</p> <p>T.C: 15'</p> | <p>12</p> <p>STRENGTH E3MOM 15 10-8-6-4-4 DL + 30 Push ups</p> <p>WOD AMRAP 7' 300 Run/Row 30 DL max m. run/row</p> <p>AMRAP 7' 15 TTB 10 KB swing 5 + 5 KB Thruster</p> | <p>13</p> <p>SKILL JERK EMOM 4 1 push press + 2 split jerks 1' rest EMOM 4 2 split jerks 1' rest EMOM 4' 1 split jerk</p> <p>WOD AMRAP 15' 5 C.J 8+8 OH lunges 15 box jump</p> | | |
| <p>16</p> <p>WOD 1 AMRAP 8' 10/8 cal 8 burpees othrow</p> <p>WOD 2 AMRAP 8' FOR TIME 21-18-15-12-9-6-3 TTB WB</p> <p>WOD 3 AMRAP 8' 150m run 20 kb/db push press</p> | <p>17</p> <p>SKILL JERK EMOM 5' 1 hang power clean 1 push press 1 push jerk 1' rest EMOM 5' 1 power clean 1 push jerk</p> <p>WOD AMRAP 5'X4 0-1 C.J 1-2 DB snatch 2-3 Burpees otbox 3-5' rest</p> | <p>18</p> <p>STRENGTH EMOM 10' . 8 Rumanian row . 5. H. box jump</p> <p>WOD AMRAP 7' 500m run/row 1-2-3-4.. Thrusters burpee otbar</p> <p>AMRAP 7' 6 bmu 10 box jump over 14 oh lunges</p> | <p>19</p> <p>SKILL CLEAN EMOM 10' 3-3-3-3-2-2-2-1-1-1-1 squat clean.</p> <p>WOD 6 RFT 5 squat clean 15 HPU 45 DU</p> <p>T.C: 15'</p> | <p>20</p> <p>SKILL SNATCH EMOM 7' 1 muscle snatch 1 hang power snatch 1 oh squat 1 rest</p> <p>EMOM 7' 4-3-2-1-1-1 power snatch</p> <p>WOD FOR TIME 5 power snatch 40 WB 5 power snatch 40 push ups 5 power snatch 40 medball step up 2 Power snatch 20 WB 2 Power snatch 20 push ups 2 power snatch 20 medball step up</p> <p>T.C: 15'</p> | | |
| <p>23</p> <p>SKILL SNATCH EMOM 10' 3 squat snatch TnG 75%RM</p> <p>WOD AMRAP 15' 8 OHS 8 Box jump over 8 thrusters Every round rest 1'</p> | <p>24</p> <p>STRENGTH EMOM 10' 20 HPU 10 2kb/db Lunges</p> <p>WOD AMRAP 7 1000m Run/Row max DU.</p> <p>AMRAP 7 4 burpees to target 6 ttb 8 A. KB swing</p> | <p>25</p> <p>SKILL CLEAN E2MOM 10' max power clean TnG 80%</p> <p>WOD 5-4-3-2-1 Power clean Between rounds 10 devil press 10 DB step over</p> <p>T.C: 15'</p> | <p>26</p> <p>SKILL JERK 12' Go for a heavy rep of 1 push jerk + 2 split jerk</p> <p>WOD 5 RFT 5 push jerk 10 2 DB DL 15 WB 10 2 DB lunges</p> <p>T.C: 15'</p> | <p>27</p> <p>WOD 1 AMRAP 8' 10/8cal row 10 DB clean Jerk 10 CTB</p> <p>WOD 2 AMRAP 8' max m. run nivel: 3-5</p> <p>WOD 3 AMRAP 8' 20 KB box step up 1000m row max kb box step up</p> | | |
| <p>30</p> <p>STRENGTH E3MOM 15' 5 DL + 10 2DB/KB Shoulder press</p> <p>WOD AMRAP 7' 100m Run/Row 8 2 db/kb thrusters</p> <p>AMRAP 7' 1-2-3-4.. s. pull ups DL</p> | | | | | | |