

# PROGRAMACIÓN WOD SEPTIEMBRE 2021

COACH Astrid Galimany

# AQUA SPORT CLUBS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
		1 <b>STRENGTH:</b> 4 x 10 Back Squat 70% <b>THEN... 3 ROUNDS:</b> 20 Walking Lunges DB Front Rack 1' Wall Sit <b>WOD:</b> EMOM 12': 1st. Max. Box Jumps 2nd. Max. Meters Sled Push 3rd. Max. Rope Climbs	2 <b>METCON DAY</b> In Windows of 6' for 6 Rounds 500/400m Row 50 WallBalls 500/400m Run Max. Burpees  Rest 2' between Rounds (46")	3 <b>STRENGTH (15')</b> <b>5 ROUNDS IN SUPERSET</b> 5 Strict Pull Ups @weighted 10 Push Ups Deficit @weighted 2' Rest <b>SKILL:</b> Bar Muscle Up <b>WOD (TC: 15')</b> 30 Clusters 60/40 EMOM (from minute 0): Bar Muscle Up  (Nº de BMU según nivel de 1 a 6 - Sino Pull Ups)	4	5
6 <b>ACCESSORY WORK SHOULDER (20')</b> 3-5 Rounds For Quality 10 Ring Scapular Push Ups 30" Hang Hold 5+5 WindMiles with KB 10 WindMiles on Floor 20m OHWalk <b>FAST SKILL:</b> Kipping Pull Ups <b>WOD</b> AMRAP 8' 10 Kipping Pull Ups 10 Hollow Rocks 10 Kb. Swings 24/20  (No Butterfly)	7 <b>STRENGTH:</b> 5x10 DeadLift <b>THEN...</b> 3 Rounds of: 5 Jefferson Curls 10 Good mornings <b>FAST SKILL:</b> Pull Ups <b>WOD - TC: 20'</b> 100 Pull Ups 100 Push Ups 100 Air Squats 100 Sit Ups  (Do it how you want)	8 <b>SKILL:</b> Deep Power Snatch <b>EMOM 10'</b> 2 Power Snatch @70%+ <b>WOD:</b> AMRAP 8' 5 Power Snatch 5 Burpees Over The Bar 10 T2B"	9 <b>SKILL:</b> Hand Stand Push Ups (@deficit) <b>WOD</b> AMRAP 12': 3-6-9-12-15-16... Hand Stand Push Ups 3-3-3-3-3-3... Push Ups 5-10-15-20-25... Air Squats	10 <b>SKILL:</b> Clean and Split Jerk <b>WOD</b> <b>3 ROUNDS FOR TIME:</b> 15 Hang Power Cleans 2 Rope Climbs Leg Less 15 Push Jerks 10 Ring Dips  Rest 2'  6' to find 1 RM Clean and Jerk  (Time Cap: 20")	11	12
13 <b>STRENGTH:</b> Every 3' for 5 Rounds 5 Front Squats 85% + 10 Broad Jumps <b>WOD:</b> AMRAP 20': 20 T2B 20 DB Snatch 15 Man Makers 15 Ring M	14 <b>SKILL:</b> Kipping / butterfly Pull Ups / C2B <b>EMOM 15':</b> 1st. 5-12 Pull ups 2nd. 8-12 Burpees 3rd. 100-200 Run	15 <b>STRENGTH DAY</b> 15' to find 1 RM of DeadLift <b>THEN...</b> 4 x 2'30" On / 2'30" OFF 60m Farmer Carry 20 / 14 Calories Row 20m Sled Push Max. Power Cleans 80%	16 <b>SKILL:</b> All Jerks <b>WORK AT 70% FOR 5 ROUNDS</b>  1 Power Clean 1 Push Jerk + 2 Split Jerks <b>WOD:</b> <b>5 ROUNDS FOR TIME:</b> 10 Hang Squat Cleans 20 Kettlebell Swings 10 Over Head Squats 20 Push Ups Hands Release	17 <b>"METCON DAY:</b> <b>EMOM 10'</b> 5 Pull Ups + 10 Push Ups + 15 Air Squats  2' Rest <b>EMOM 10'</b> Even: 6 Thrusters 40/30 Odd: 10 burpees  2' Rest <b>EMOM 10'</b> Even: 20 WallBalls Odd: 10 Cal. Row	18	19
20 <b>STRENGTH:</b> <b>COMBO LOOK FOR 1 RM.</b> 1 Strict Press + 2 Push Press + 2 Push Jerks <b>WOD:</b> 75 Hang Power Cleans 300 Double unders 50 Jerks 200 Double Unders 25 Squat Cleans 100 Double Unders  (50% of RM)"	21 <b>MOBILITY FIRST</b> <b>STRENGTH:</b> Over head Squat 5 x 80% <b>WOD:</b> AMRAP 2' ON ( 1' OFF) X 6  A. 10 OHS + Max. Push Ups  B. 10 OHS + Max. T2B  C. 10 OHS + Max. Box Jumps	22 <b>METCON DAY</b> <b>IN WINDOWS OF 6' X 6 ROUNDS (2' REST)</b>  500m Row 100 Double Unders 500m Run Max. KB Over Head Walking lunges"	23 <b>GYMNASTICS DAY:</b> <b>SKILL:</b> Strict Ring Muscle Ups <b>WOD:</b> AMRAP 10': 1 Ring Muscle Up 10 Hand Stand Push Ups 20 Pull Ups / C2B"	24 <b>ACCESSORY WORK CORE:</b> <b>3-5 ROUNDS FOR QUALITY:</b> 5-10 Front lever 30" Gymnastics Plank 15-20 V-Ups 30" SuperMan Hold 5-10 Ice Cream Makers <b>WOD</b> <b>DEATH BY BURPEES:</b> <b>EVERY MINUTE ON A MINUTE:</b> 20m Run + 2 Burpee 20m Run + 4 Burpees 20m Run + 6 Burpees ...	25	26
27 <b>SKILL:</b> Toes to bar <b>WOD:</b> AMRAP 15': 3-6-9-12-15-18... T2B 20 WallBalls 3-6-9-12-15-18... HSPU 10 Step Up Over (2DB/2KB)	28 <b>SKILL:</b> Row + Chest To Bar <b>WOD:</b> 6 Rounds For Time 10 Chest to Bar 10 Cal. Row 10 Devil press 1 Dumbell	29 <b>SKILL:</b> Squat Snatch <b>STRENGTH:</b> EMOM 10' 1 Squat Snatch @60%+ <b>WOD:</b> AMRAP 3': 5 burpees Over the bar 5 Squat Snatch"	30 <b>TEST WOD</b> (Time Cap: 30')  50 Double Unders 21 Power Cleans (60/40) 50 T2B 15 SH2OH (60/40) 50 Pull Ups 9 Thrusters (60/40) 50 Double Unders  ** At the end of each Barbell Exercise: 10m HSW + 5 Ring Muscle Ups"			

