

# PROGRAMACIÓN WOD OCTUBRE 2021

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# AQUA SPORT CLUBS

| LUNES                                                                                                                                                                                                                                             | MARTES                                                                                                                                                                                                                                                                                                                                        | MIÉRCOLES                                                                                                                                                                                                                       | JUEVES                                                                                                                                                               | VIERNES                                                                                                                                                                                                                                                                                        | SÁBADO | DOMINGO |
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|                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                 |                                                                                                                                                                      | 1<br><b>STRENGTH:</b><br>5x5 Back Squats<br>5x5 Pull Ups @weighted<br><b>WOD:</b><br><b>ANNIE</b><br>50-40-30-20-10<br>Double Unders<br>Sit Ups                                                                                                                                                | 2      | 3       |
| 4<br><b>SKILL:</b><br>Jerks<br><b>WOD:</b><br>3 ROUNDS FOR TIME:<br>30 Push Jerks<br>50 Double Unders<br>25 Weighted Step Ups<br>50 Double Unders                                                                                                 | 5<br><b>SKILL:</b><br>Rope Climb<br><b>EMOM 36':</b><br>1st. Rope Climb<br>2nd. Dumbell Snatch<br>3rd. Hand Stand Walk<br>4th. Devil Press<br>5th. Box Jump<br>6th. Rest                                                                                                                                                                      | 6<br><b>SKILL:</b><br>Kipping / Butterfly Pull Ups<br><b>WOD:</b><br>10 ROUNDS FOR TIME:<br>3 weighted pull ups<br>5 Strict Pull Ups<br>7 Kipping Pull Ups<br>100m Run / 10 Burpees                                             | 7<br>DeadLift 5 x 3 @85%+<br><b>SKILL:</b><br>Hand Stand Push Ups<br><b>WOD:</b><br><b>DIANE</b><br>21-15-9<br>DeadLift 100/70<br>Hand Stand Push Ups                | 8<br><b>SKILL:</b><br>Squat Cleans<br><b>WOD:</b><br>2 ROUNDS FOR TIME:<br>50 Double Unders<br>15 Squat Cleans<br>50 Burpees<br>15 Squat Cleans<br>50 Box Jumps                                                                                                                                | 9      | 10      |
| 11<br><b>METCON DAY:</b><br>(Calentar muy bien la carrera)<br><b>FOR TIME:</b><br>800m Run<br>800m Row<br>40 Wall Ball<br>400m Run<br>400m Row<br>20 Wall Balls<br>400m Run<br>400m Row<br>20 Wall Balls<br>800m Run<br>800m Row<br>40 Wall Balls | 12<br><b>FESTIVO</b>                                                                                                                                                                                                                                                                                                                          | 13<br><b>ACCESORY WORK FULL BODY</b><br><b>EMOM 36': (40" ON / 20" OFF)</b><br>1st. Strict Press Dumbells y Gomas<br>2nd. Monster Walks<br>3rd. Biceps Curls<br>4th. Sled Push<br>5th. KB Gorilla Row<br>6th. DB Turkish Get Up | 14<br><b>RING MUSCLE UP</b>                                                                                                                                          | 15<br><b>ACCESORY WORK:</b><br>Shoulder Work<br>3-5 Rounds For Quality<br>2+2 Turkish Get Up<br>10 Face Pulls<br>20 Dynamic Plan Wall<br>10 (5+5) Kb Strict Press Floor<br>20 (10 + 10) WindMiles Plate<br><b>WOD:</b><br>In Teams<br>Run As Fast As Possible 3km<br>Change every 300m maximum | 16     | 17      |
| 18<br><b>STRENGTH DAY:</b><br><b>AMRAP 30'</b><br>20 DB Box Step Up<br>10 Strict Pull Ups<br>20 Heavy DB Snatch<br>10 Strict HSPU<br>20 Heavy Back Squats<br>10 Weighted Push Ups                                                                 | 19<br><b>WEIGHTLIFTING DAY</b><br><b>SKILL:</b><br>Squat Snatch<br><b>THEN...</b><br>10-5-3-1-1-1-3-5-10<br><b>WOD:</b><br><b>ISABEL</b><br>30 Snatch                                                                                                                                                                                         | 20<br><b>SKILL:</b><br>Power Clean<br>Then... 5x5 Power Clean Every 2'30"<br>@65%+<br><b>WOD:</b><br><b>AMRAP 10':</b><br>5 Power Cleans<br>10 Toes To Bar                                                                      | 21<br><b>SKILL:</b><br>Toes To Bar<br>Strength of T2B<br><b>WOD:</b><br><b>AMRAP 12':</b><br>2-4-6-8-10... T2B<br>10 Burpees<br>15 Kb. Swings                        | 22<br><b>SKILL:</b><br>Bar Muscle Up<br><b>WOD - FOR TIME:</b><br>21 Back Squats 60/40<br>7 Rope Climbs<br>2-4 Bar Muscle Up<br>15 Back Squats<br>5 Rope Climbs<br>2-4 Bar Muscle Up<br>9 Back Squats<br>3 Rope Climbs<br>22-4 Bar Muscle Up                                                   | 23     | 24      |
| 25<br><b>STRENGTH:</b><br>Front Squat<br>5-4-3-2-1<br>3" Pausa in Bottom position<br><b>WOD:</b><br>50 Front Squats For Time (65% of strength)<br><b>EVERY BREAK:</b><br>250m Row<br>20 Hip Flows<br>250m Run<br>20 V-Ups                         | 26<br><b>SKILL:</b><br>Double Unders & Hand Stand Walk<br><b>IN 20':</b><br>15 Wall Climbs<br>50 Double Unders<br>9 Wall Climbs<br>50 Double Unders<br>6 Wall Climbs<br>50 Double Unders<br><b>REST - 4'</b><br>15m Hand Stand Walk<br>50 Double Unders<br>10m Hand Stand Walk<br>50 Double Unders<br>5m Hand Stand Walk<br>50 Double Unders. | 27<br><b>METCON DAY:</b><br><b>SKILL:</b><br>Power Snatch<br><b>WOD:</b><br><b>6 ROUNDS:</b><br>15 Cal. Row<br>12 Power Snatches 50/30<br>9 burpees                                                                             | 28<br><b>COMBO:</b><br>Pull Ups + C2B + BMU<br><b>WOD:</b><br><b>AMRAP 15'</b><br>10 Kb. Snatch<br>1 Combo<br>10 KB OHS<br>1 Combo<br>10 Kb Russian Twist<br>1 Combo | 29<br><b>TEST WOD</b><br>(Time Cap: 30')<br>50 Double Unders<br>21 Power Cleans (60/40)<br>50 T2B<br>15 SH2OH (60/40)<br>50 Pull Ups<br>9 Thrusters (60/40)<br>50 Double Unders<br><br>** At the end of each Barbell Exercise:<br>10m HSW + 5 Ring Muscle Ups                                  | 30     |         |

