

PROGRAMACIÓN WOD NOVIEMBRE 2021

COACH Astrid Galimany

AQUA SPORT CLUBS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
1 FESTIVO	2 SKILL: Hand Stand WOD: FOR TIME: 3-minute handstand hold 100 squats 50-meter handstand walk 100 squats 30 handstand push-ups (TC: 20')	3 STRENGTH DAY EMOM 36' 1st. 10 Strict Pull Ups 2nd. 20m Over Head Walks KB 3rd. 10 Strict Ring Dips 4th. 10 DeadLift 5th. Sled Push 6th. Rest	4 Power Clean & Push Jerk WOD: GRACE 30 Clean and Jerks For Time * Every Break: 30 Burpees Over The Bar	5 STRENGTH: 5 ROUNDS OF: 5 Strict Press 70% 10 Ring Dips @weighted WOD: FOR TIME (TC: 25') 1,000-m row + 500m Run 25 Push Ups 25 box jumps 1,000-m row + 500m Run 50 Push Ups 50 box jumps 1,000-m row + 500m Run 75 Push Ups 75 box jumps	6	7
8 SKILL: Snatch 50-30-20 REPS FOR TIME OF: Snatch Toes to Bar	9 TÉCNICA DE CARRERA KELLY 5 rounds for time of: Run 400 meters 30 box jumps 30 wall-ball shots	10 GYMNASTICS DAY SKILL: Kipping / Butterfly Pull Ups WOD: 2 ROUNDS FOR TIME OF: 50-cal. row 25 Pull Ups	11 STRENGTH FOR RING MUSCLE UP SKILL: Ring Muscle Up 4 ROUNDS FOR QUALITY: - 10 Russian Dips - 10 negative Ring Muscle Ups - 10 False Grip Ring Pulls - 20 Hollow Rocks	12 STRENGTH DAY: Back squat 10-8-6-4-2 reps Shoulder press 10-8-6-4-2 reps Deadlift 10-8-6-4-2 reps Every Rep should be heavy Rest as Needed	13	14
15 ACCESORY CORE WORK Accessory Work - Core Work (20') 3-5 ROUNDS FOR QUALITY: 6-10 Front Levers Floor 10-12 Russian Twists 20 Hollow Rocks 20 SuperMans 10 Strict T2B THEN... AS FAST AS POSSIBLE: 100 Burpees 100 Box Jumps 100 V-Ups	16 SKILL: Pistols WOD 10 ROUNDS FOR TIME: 10 pistols 10 Dumbbell Snatch 10 Cal. Row 2+2 Turkish Get Up	17 STRENGTH: DeadLift 5x10 70% SKILL: Toes To Bar WOD: 60 toes-to-bars for time * Perform 12 burpees at the start of each minute	18 HEAVY DAY: AMRAP 25' 20 Wall Balls 10 Devil Press 20 Strict T2B 10 Deficit HSPU 20 Power Cleans All movements must be: Heavy	19 METCON DAY 4 ROUNDS FOR TIME OF: 20 sit-ups 400-m run 4 ROUNDS FOR TIME OF: 50 Double Unders 50 Air Squats 4 ROUNDS FOR TIME OF: 50 Ring Rows 50 Pull Ups	20	21
22 SKILL: Kipping / Butterfly Chest to Bar EMOM 12' *Start every minute with: 20" Hollow Hold 1st. 2-8 Chest to Bar 2nd. 100m Run 3rd. 15-20 Box Jumps	23 SKILL: Squat Snatch WOD: LANE 5 rounds for max reps of: ¾ bodyweight hang power snatches Handstand push-ups Rest as needed between rounds.	24 GOOD WARM UP + FINE TONE OF ALL MOVEMENTS CAMERON FOR TIME: 50 walking lunge steps 25 chest-to-bar pull-ups 50 box jumps 25 triple-unders 50 back extensions 25 ring dips 50 knees-to-elbows 25 wall-ball 50 sit-ups 5 rope climbs (TC: 20')	25 SKILL: Bar Muscle Up WOD: LIFT MOVE WORK 1-rep-max clean, 4-minute time frame Rest 2 minutes, then, Max bar muscle-ups in 4 minutes Rest 2 minutes, then, Complete as many repetitions as possible in 8 minutes of: 30 double-unders 8 single-arm dumbbell push presses (L) 8 single-arm dumbbell push presses (R) 8 lateral burpees over the dumbbell	26 ACCESORY SHOULDER WORK EMOM 15': 1st. OH Walking (PVC + KB) 2nd. Wind Miles 10 + 10 3rd. Banded Face Pulls Skill: Hand Stand Push Ups WOD: 30 Hand Stand Push Up For Time	27	28
29 OHS Mobility 10-12' 5 x 5 OHS WOD: Complete as many rounds as possible in 12 minutes of: 9 dumbbell deadlifts 6 burpees 3 dumbbell power cleans	30 TEST WOD (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					

