

PROGRAMACIÓN WOD ENERO 2022

COACH Astrid Galimany

AQUA SPORT CLUBS

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<p>3</p> <p>STRENGTH: Tri-Set (4 Rounds) 10 Front Squat 10 Strict Press 1 strict chin up</p> <p>3' Rest Between Rounds.</p> <p>WOD:</p> <p>AMRAP 12': 18 Calories Row 30 Air Squat Jump 18 Kipping Pull Ups 30m Sled Push</p>	<p>4</p> <p>SKILL: Power Snatch + Hang Squat Snatch Look for 1 "Easy and technical" Combo</p> <p>Then..... 3x3 Snatch Pulls 100% RM</p> <p>WOD: Then.. Every 2' for 10 Rounds: 2 reps increase weight</p>	<p>5</p> <p>EMOM 36': (40" On / 20" Off) 1st. Sled Push 2nd. Weighted V-Ups 3rd. OH Walking Lunges 4th. Bear Walk 5th. Dumbbell Snatch 6th. Plank Hold</p>	<p>6</p> <p>FESTIVO</p>	<p>7</p> <p>ENDURANCE DAY: Fine tune of all movements and...</p> <p>WOD: 4 Rounds for Time: 500m Row 10 BMU 400m Run 20 Toes to Bar 100 Double Unders</p>	<p>8</p>	<p>9</p>
<p>10</p> <p>SKILL: Ring Muscle Ups</p> <p>WOD: EMOM 20': 1st. Ring Dips 2nd. Hollow Rocks 3rd. Ring Rows False Grip 4th. Ring Hang Hold 5th. Rest</p>	<p>11</p> <p>BARBELL CYCLING DAY EMOM 8' EVEN: Max. OHS 30" 52/35 ODD: Max. Double unders 30" Rest 2'</p> <p>EMOM 8' EVEN: Max. Box Jumps 30" ODD: Max. Clean&Jerks 30" Rest 2'</p> <p>EMOM 8' EVEN: Max. DB Snatch alternating ODD: Max. Calories Row.</p>	<p>12</p> <p>SHOULDER & CORE WORK: 3 ROUNDS: 20" Hand Stand Hold 10 Front Levers 5 Skin The Cat</p> <p>WOD: OPEN 21.1 FOR TIME: 1 wall walk 10 double-unders 3 wall walks 30 double-unders 6 wall walks 60 double-unders 9 wall walks 90 double-unders 15 wall walks 150 double-unders 21 wall walks 210 double-unders</p> <p>Time cap: 15 min.</p>	<p>13</p> <p>SKILL: Hand Stand Walk</p> <p>WOD: EVERY 3' FOR 5 ROUNDS: - 20m HSWalk - 20 Slam Balls - 10 HSPU @def.</p>	<p>14</p> <p>STRENGTH: Back Squat 6x3 80% Push press 6x2 80%</p> <p>WOD: 3 RFT: 10 C2B 10 T2B</p> <p>*100m Shuttle Sprint at the end of each exercise</p>	<p>15</p>	<p>16</p>
<p>17</p> <p>STRENGTH: DeadLift 3 x 10</p> <p>WOD: 4' WORK - 2' REST</p> <p>AMRAP 1. 5 Thrusters 53/35 7 burpees OTB</p> <p>AMRAP 2. 5 Squat Snatch 53/35 30 Double Unders</p> <p>AMRAP 3. 5 OHS 60/40 10/7 Cal. Assault Bike</p> <p>AMRAP 4. 5 Clean and Jerks 60/40 10 T2B</p>	<p>18</p> <p>SKILL: Butterfly</p> <p>WOD: EMOM 12' Even: 10 Chest to Bar Butterfly Odd: 15 Burpees</p> <p>Los que no tengan C2B Butterfly, haced PU Butterfly, los que no tengan butterfly, haced kipping C2B (OBLIGADO!)</p>	<p>19</p> <p>ENDURANCE DAY: 4 AMRAPs 4' WORK / 3' OFF To drop in: 500m ROW Then... 1st. 20 Kb. Swings Max. T2B</p> <p>2nd. 20 Wall Balls Max. C2B</p> <p>3rd. 20 Dumbbell Snatch 25/17kg Max. BMU</p> <p>4th. 20 Box Jumps Max. COMBO: (2 Pull ups - 2 C2B - 2 BMU)</p>	<p>20</p> <p>BARBELL DAY: (KG: 60/40) EMOM 10' Even: 5 power Snatch TnG Odd: 10 HSPU @deficit 3' RST</p> <p>EMOM 10' Even: 5 Squat Cleans TnG Odd: 15 WallBalls 3' Rest</p> <p>EMOM 10' Even: 8 Front Squats Odd: 8 C2B</p>	<p>21</p> <p>SKILL: Dumbbell Snatch</p> <p>WOD: OPEN 21.2 FOR TIME (TC:20') 10 dumbbell snatches 15 burpee box jump-overs 20 dumbbell snatches 15 burpee box jump-overs 30 dumbbell snatches 15 burpee box jump-overs 40 dumbbell snatches 15 burpee box jump-overs 50 dumbbell snatches 15 burpee box jump-overs</p>	<p>22</p>	<p>23</p>
<p>24</p> <p>STRENGTH:</p> <p>3 Rounds in TriSet: 5 Back Squat 12 Gorilla Row Max. Strict Dip</p> <p>WOD: AMRAP 20 20 Dumbell Snatch 10 Pull Ups 20 Dumbell Lunges 10 Burpees</p>	<p>25</p> <p>SKILL OF EVERYTHING</p> <p>WOD: OPEN 21.3 FOR TOTAL TIME: 15 front squats 30 toes-to-bars 15 thrusters Then, rest 1 minute before continuing with: 15 front squats 30 chest-to-bar pull-ups 15 thrusters Then, rest 1 minute before continuing with: 15 front squats 30 bar muscle-ups 15 thrusters</p> <p>WORKOUT 21.4 begins immediately upon completing or reaching the time cap for 21.3.</p> <p>95 lb. for the front squats and thrusters Time cap: 15 min</p>	<p>26</p> <p>COMPLEMENTARY WORK:</p> <p>EVERY 2 MINUTES: 10 Floor Bench Press 10 Lateral Rises 10 Biceps Curls</p> <p>WOD: 5 ROUNDS, EVERY 2': 20m OHW KB @32/24 15 HSPU</p>	<p>27</p> <p>WOD: 6X2' AMRAP (2' REST) 7 WallBalls 7 Chest to Bar 7 Power Cleans 60/40 7 Push Jerks 60/40 7 burpee Box Jump Over 7 Db Snatch Alternating 30/20kg Max. Assault Bike"</p>	<p>28</p> <p>STRENGTH: Power Clean @65%+ 1 rep cada 90" x 10 Rounds Id subiendo de kg cada 1-2 sets si os sentis comodos.</p> <p>THEN... Hang Snatch - 3 Heavy reps Then 5 sets de 3 reps every 2' at @75-85% of hte 3 Heavy Reps</p>	<p>29</p>	<p>30</p>
<p>31</p> <p>TEST WOD 2022</p>						

