



PROGRAMACIÓ MARÇ

BY ASTRID GALIMANY

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DS	DG
<p>02</p> <p>FUERZA BÁSICA:</p> <p>3X5 BACK SQUAT 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>OPEN 26.1</p>	<p>03</p> <p>GYMNASTIC SKILL:</p> <p>BUTTERFLY EMOM 10' EVEN: 8-10 PULL UPS / C2B ODD: 12 BOX JUMPS OVER</p> <p>WOD:</p> <p>3 RONDAS: 400M RUN / ROW / SKIERG 20 KB SWINGS (32/24KG) 10 V-UPS (TC: 12')</p>	<p>04</p> <p>HALTERO:</p> <p>SNATCH PULL 3X3 @100%</p> <p>POWER SNATCH 5X3 AL 80% (CADA 90'')</p> <p>WOD:</p> <p>FOR TIME:</p> <p>10-8-6-4-2 FRONT SQUATS 20-16-12-8-4 BURPEES OVER THE BAR 10-8-6-4-2 HANG POWER SNATCH (40/30KG)</p>	<p>05</p> <p>METCON DAY:</p> <p>100 DOUBLE UNDERS</p> <p>1000M ROW / RUN / SKI</p> <p>80 WALL BALLS (9/7KG) 60 SIT UPS 40 HANG KB SNATCH (20/16KG)</p> <p>1000M ROW / RUN / SKI</p> <p>20 WALL WALKS (TC. 35')</p>	<p>06</p> <p>SKILL:</p> <p>DOUBLE UNDERS</p> <p>PARTNER WOD</p> <p>" I GO, YOU GO"</p> <p>10 ROUNDS EACH: 5 SH20H (60/40KG) 10 T2B 20 DOUBLE UNDERS</p>	07	08
<p>09</p> <p>HALTERO:</p> <p>CLEAN PULL 3X3 @100%</p> <p>POWER CLEAN 5X3 AL 80% (CADA 90'')</p> <p>WOD:</p> <p>OPEN 26.2</p>	<p>10</p> <p>FUERZA BÁSICA:</p> <p>3X5 BENCH PRESS 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>DEATH BY: CALORIES & BURPEES (ALTERNED)</p> <p>EMPEZAR EN LA RONDA DE 5 REPS.</p>	<p>11</p> <p>GYMNASTICS SKILL:</p> <p>HAND STAND PUSH UPS</p> <p>10' BUSCAR MAXIMO DEFICIT</p> <p>EMOM 8': 20 AIR SQUATS + 5 HSPU</p> <p>WOD:</p> <p>AMRAP 12'</p> <p>4 DB DEVIL PRESS 6 T2B 24 DU (2X22,5/15KG)</p>	<p>12</p> <p>HALTERO:</p> <p>SNATCH BALANCE 3X3 @50%</p> <p>EMOM 8': SQUAT SNATCH 2 REPS AL 70%</p> <p>WOD:</p> <p>5 RONDAS: 250M ROW 25 WALL BALLS DESCANSO 1'</p>	<p>13</p> <p>SKILL:</p> <p>ROPE CLIMB</p> <p>WOD:</p> <p>"DOWN AND UP"</p> <p>10 T2B + 10 PUSH UPS 1 ROPE CLIMB 10 DEADLIFT + 10 HANG POWER CLEAN 1 ROPE CLIMB 10 C2B + 10 RING DIPS 1 ROPE CLIMB 10 STRICT PRESS + 10 JERKS 1 ROPE CLIMB (TC. 25')</p>	14	15
<p>16</p> <p>FUERZA BÁSICA:</p> <p>3X5 DEADLIFT 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>OPEN 26.3</p>	<p>17</p> <p>GYMNASTICS SKILL:</p> <p>RING MUSCLE UPS</p> <p>WOD:</p> <p>10 RONDAS: 5 BACK SQUATS (80/55KG) 3 RMU (TC: 18')</p>	<p>18</p> <p>HALTERO:</p> <p>TALL JERK 3X3 PESO LIGERO</p> <p>2 PUSH JERK + SPLIT JERK 5X3 AL 80% (CADA 90'')</p> <p>WOD:</p> <p>CASH IN: MAX. PULL UPS UNBROKEN</p> <p>THEN..</p> <p>3 ROUNDS FOR TIME: 400 METER ROW 30 ABMAT SIT-UPS 15 DB SNATCHES (22,5/15KG)</p> <p>CASH OUT: MAX. PULL UPS UNBROKEN</p>	<p>19</p> <p>SKILL:</p> <p>TÉCNICA DE REMO + EN EQUIPOS DE 3 REMAR 3000M POR TIEMPO</p> <p>WOD:</p> <p>3 RONDAS: 15 DEADLIFT (100/70KG) 10 T2B 5 BURPEE OVER THE WALL</p>	<p>20</p> <p>FUERZA BÁSICA:</p> <p>3X5 STRICT PRESS 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>FOR TIME: 30 BOX JUMP OVER 60 DOUBLE UNDERS 120 AIR SQUATS 1.600M RUNRUN</p>	21	22
<p>23</p> <p>GYMNASTIC SKILL:</p> <p>T2B</p> <p>EMOM 12' 1ST. 10 TTB 2ND. 10 DB PUSH PRESS 3RD. 10 CALORIES SKIERG</p> <p>WOD:</p> <p>3 RONDAS: 150M RUN 15 BURPEES OTDB 15 DB FRONT RACK SQUATS (TC: 12')</p>	<p>24</p> <p>HALTERO:</p> <p>12' PARA BUSCAR RM POWER CLEAN</p> <p>DESPUÉS: 5X3 AL 80% (CADA 90'')</p> <p>WOD:</p> <p>21-15-9 CLEAN AND JERKS (60/40KG) RING DIPS</p>	<p>25</p> <p>STRENGTH & ENGINE:</p> <p>35' EMOM</p> <p>1ST. 12/9 CALORIES 2ND. 10 HANG CLEAN 3RD. 12 DB INCLINE CHEST PRESS 4TH. 6-8 STRICT PULL UP 5TH. 25 OH SIT UP 6TH. MAX CALS (MISMA MÁQUINA 1) 7TH. REST (RX. 40/30KG)</p>	<p>26</p> <p>FUERZA BÁSICA:</p> <p>3X5 FRONT SQUAT 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>(ORGANÍZATE COMO QUIERAS)</p> <p>100 CAL ROW 80 DB SNATCHES 60 BOX JUMPS 40 T2B</p>	<p>27</p> <p>HALTERO:</p> <p>POWER SNATCH + HANG POWER 5X1+1 AL 80% (CADA 90'')</p> <p>WOD:</p> <p>7 ROUNDS FOR TIME: 7 DEADLIFTS (60/40) 5 HANG POWER SNATCH (60/40) 3 BAR MUSCLE-UPS OR C2B</p>	28	29
<p>30</p> <p>FUERZA BÁSICA:</p> <p>3X5 BENT OVER ROW 5 REPS @75% (RIR4-5) 5 @80% (RIR2-3) 5+ @85%. (RIR0)</p> <p>WOD:</p> <p>EVERY 3' X 5 ROUNDS: 20 THRUSTERS (BARRA SOLA) 15 C2B 10 BOX JUMP OVER MAX. METERS SKIERG/ROW</p>	<p>31</p> <p>TEST WOD 26.1</p> <p>1.000M RUN 50 TOES TO BAR 40 HANG POWER CLEANS (60/40 KG) 30 HANDSTAND PUSH-UPS 20 FRONT SQUATS (60/40 KG) 30 HANDSTAND PUSH-UPS 40 HANG POWER CLEANS (60/40 KG) 50 TOES TO BAR 1.000M RUN</p>					

