



PROGRAMACIÓ

OCTUBRE

temp 2026–27

DLL	DM	DC	DJ	DV	DS	DG
			01 BASIC WORK 5 RONDAS (SUPERSET) BACK SQUAT 5X5 @ 70% 1RM STRICT PRESS 5X6 @ 65% 1RM DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ 8+8 DB BULGARIAN SPLIT SQUATS 2X15/10KG 12 DB BENT OVER ROWS 2X22,5/15KG 20 DEADBUGS WOD: 21-15-9 KETTLEBELL SWINGS 24/16KG PULL UPS (SC. JUMPING PULL UPS) HANG POWER CLEANS 60/40KG (TC: 10')	02	03	04
05 WEIGHTLIFTING SNATCH PULL + HANG SQUAT SNATCH 5X(1+2) @ 60-65% 1RM SNATCH DESCANSO 1'30'' ENTRE SERIES WOD: EMOM 15' (5 VUELTAS) MIN 1: 5 POWER SNATCH 50/35KG MIN 2: 50 DOUBLE UNDERS (SC. 100 SINGLE UNDERS) MIN 3: 10 BURPEE BOX JUMPS 60/50CM (TC: 15')	06 GYMNASTICS WORK EMOM 12' (4 VUELTAS) MIN 1: 4-6 STRICT PULL UPS (TEMPO 21X1) MIN 2: 2 WALL CLIMBS + 20'' WALL FACING HOLD MIN 3: 2-4 BAR MUSCLE UPS (SC. CHEST TO BAR) WOD: 4 ROUNDS FOR TIME 15 CHEST TO BAR (SC. PULL UPS) 15 GOBLET SQUATS 24/16KG 3 WALL CLIMBS (TC: 16')	07 BASIC WORK 5 RONDAS (SUPERSET) DEADLIFT 5X5 @ 70% 1RM BENCH PRESS 5X6 @ 65% 1RM DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ 10+10 SINGLE ARM DB ROWS 22,5/15KG 6+6 SINGLE LEG GLUTE BRIDGES (PAUSA 2'') 30''+30'' SIDE PLANK WOD: 5 ROUNDS FOR TIME 20 WALLBALLS UNBROKEN 12 PUSH UPS (SC. KNEE PUSH UPS) 20 CALORIES ROW (TC: 12')	08 ENDURANCE WORK BLOQUE A - 4 RONDAS 400M ROW / SKI / RUN (3 GRUPOS ROTANDO) 12 POWER CLEANS 60/40 1'30'' REST BLOQUE B - 4 RONDAS 400M ROW / SKI / RUN (3 GRUPOS ROTANDO) 15 SH20H 50/35 1'30'' REST BLOQUE C - 4 RONDAS] 400M ROW / SKI / RUN (3 GRUPOS ROTANDO) 20 THRUSTERS 40/30 1' REST	09	10	11
12 FESTIVO	13 BASIC WORK 5 RONDAS (SUPERSET) FRONT SQUAT 5X5 @ 75% 1RM STRICT PULL UPS 5X5 (RIR2) DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ 8+8 FRONT RACK KB REVERSE LUNGES 24/16KG 12 DB DELT FLYS 20'' L-SIT HOLD (SC. TUCK L-SIT) WOD: AMRAP 10' 2-4-6-8-10... DEVIL PRESS 2X15/10KG 3-6-9-12-15... PULL UPS (SC. RING ROWS) (TC: 10')	14 STRONGMAN BLOQUE A - 4 RONDAS (SUPERSET) 5 SANDBAG GROUND TO SHOULDER (PESADO) 30M SANDBAG BEAR HUG CARRY 2' REST ENTRE RONDAS BLOQUE B - CIRCUITO 5 ESTACIONES 3 RONDAS: 1' TRABAJO / 15'' TRANSICIÓN EST. 1: SLED PUSH 15M EST. 2: FRONT RACK KB CARRY 2X24/16KG EST. 3: SANDBAG ZERCHER WALKING LUNGES EST. 4: SINGLE ARM DB PUSH PRESS 22,5/15KG EST. 5: SUITCASE CARRY 32/24KG	15 WEIGHTLIFTING CLEAN PULL + HANG SQUAT CLEAN + SPLIT JERK 5X(1+2+1) @ 60-70% 1RM CLEAN & JERK DESCANSO 2' ENTRE SERIES WOD: 3 ROUNDS FOR TIME 12 POWER CLEANS 60/40KG 9 SHOULDER TO OVERHEAD 60/40KG 15 TOES TO BAR (SC. HANGING KNEE RAISES) (TC: 14')	16	17	18
19 BASIC WORK 5 RONDAS (SUPERSET) BACK RACK LUNGES 5X10 RIR2 (DESDE SUELO) BENCH PRESS 5X5 @ 70% 1RM DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ 10+10 KB SINGLE LEG RDL 12 RING ROWS (PIES ELEVADOS) 30'' HOLLOW HOLD + 20 HOLLOW ROCKS WOD: EVERY 2' X 6 ROUNDS 200M RUN (SPRINT) 10 HAND RELEASE PUSH UPS EL TIEMPO SOBRANTE ES DESCANSO (TC: 12')	20 WEIGHTLIFTING EMOM 10' 2 POWER CLEANS + 1 PUSH JERK @ 65-70% 1RM PARTNER WOD: FOR TIME EN PAREJAS (A REPARTIR) (1 TRÍO SI SOIS IMPARES) 1000M ROW 0 SKI 90 DOUBLE UNDERS EACH 80 ALT DB SNATCH 22,5/15KG 70 PULL UPS 60 BOX JUMP OVERS 60/50CM 50 CLEAN AND JERKS 60/40 40 TOES TO BAR 30 SYNCHRO BURPEES 20 BAR MUSCLE UPS 1000M ROW 0 SKI (TC: 25')	21 GYMNASTICS STRENGTH: 10' PARA BUSCAR RM DE DEFICIT HSPU DESPUÉS 5 RONDAS (ALTERNADO) HANDSTAND WALK 5 X MÁX. METROS (SC. WALL WALK + 20'' HOLD) DEFICIT HSPU 5X3-5 (DÉFICIT 5-10CM) (SC. PIKE PUSH UPS EN CAJA) DESCANSO 1'30'' ENTRE SERIES WOD: 3 ROUNDS FOR TIME 20 2DB PUSH PRESS 22,5/15KG 10 2DB HANG CLEANS 22,5/15KG 10M HSWALK PIRUETTE 20 A-JUMPS 10 2DB BOX STEP UPS 22,5/15KG (TC: 15')	22 CORE ACCESORIO 4 RONDAS 10 STRICT T2B 20 RUSSIAN TWISTS CON DISCO 20/15KG 30'' HOLLOW BODY HOLD 40M FARMER CARRY 24/16KG DESCANSO 1' ENTRE RONDAS WOD: 2 RONDAS (2' REST) AMRAP 6' 2 WALL CLIMBS 10 DB THRUSTERS 2X15/10KG 30 DOUBLE UNDERS (SC. 60 SINGLE UNDERS) AMRAP 6' 3 BAR MUSCLE UPS 6 2DB HANG SNATCH 9 CALORIES SKIERG	23		
26 BARBELL DAY BARBELL COMPLEX - 5 RONDAS (RIR 2) 4 DEADLIFTS 4 HANG POWER CLEANS 4 FRONT SQUATS 4 SH20H DESCANSO 1'30'' (SIN SOLTAR LA BARRA EN EL COMPLEX) WOD: "FRAN" 21-15-9 THRUSTERS 43/30KG PULL UPS (SC. JUMPING PULL UPS) (TC: 8')	27 BASIC WORK 5 RONDAS (SUPERSET) BACK SQUAT 5X5 @ 75% 1RM STRICT PRESS 5X5 @ 70% 1RM DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ 12 DEADLIFTS (RIR2) 20M BROAD JUMPS 10+10 BIRD DOGS BALANCE WOD: 4 ROUNDS FOR TIME 200M RUN 20 PULL UPS (TC: 12')	28 WEIGHTLIFTING EMOM 10' 3 HANG POWER SNATCH @ 65-70% 1RM WOD: AMRAP 21' 6 HANG POWER SNATCH 45/30KG 9 CHEST TO BAR (SC. PULL UPS) 12 BOX JUMPS OVER 15 T2B 18 WALL BALLS 9/6KG 21 DOUBLE UNDERS (TC: 12')	29 TEST WOD 26.4			