WOD

PROGRAMACIÓ NOVEMBRE

temp 2026-27

DLL	DM	DC	DJ	DV	DS	DG
02 **BASIC WORK** EMOM 20': 1ST. 4 BACK SQUAT 80%RM / RIR2 2ND. 10 + 10 SINGLE ARM DB ROWS 22,5/15KG 3RD. 4 STRICT PRESS 70% RM / RIR3 4TH. 10+10 DB REVERSE LUNGES 2X15/10KG 5TH. 30''+30'' SIDE PLANK **WOD:** AMRAP 12' 200M RUN 12 WALL BALLS 9/6KG 10 SIT UPS (TC: 12') [OBJETIVO: 5/6 RONDAS]	**03** **GYMNASTICS WORK** SKILL: BAR MUSCLE UPS STRENGTH: EVERY 1'30'' X 8 RONDAS (ALTERNA A/B) A: 3 WEIGHTED STRICT PULL UPS +5/+2,5KG (SC. STRICT PULL UPS CON BANDA) B: 3-5 BAR MUSCLE UPS (SC. 3 JUMPING BAR MUSCLE UPS) EN PAREJAS: UNO TRABAJA, OTRO DESCANSA **WOD:** AMRAP 8' 6 CHEST TO BAR (SC. PULL UPS) 9 PUSH UPS (SC. KNEE PUSH UPS) 12 KETTLEBELL SWINGS	**04** **ENDURANCE WORK** BLOQUE A - 3 X 5' (3 GRUPOS ROTANDO) 30'' CAMBIO ENTRE ESTACIONES EST. 1: 5' ROW (RITMO Z2-Z3) EST. 2: 5' SKI (RITMO Z2-Z3) EST. 3: 5' 100M RUN + 10 STEP UPS 50/40CM BLOQUE B - 3 RONDAS 400M RUN 20 AIR SQUATS 10 BURROLLS 1' REST BLOQUE C - 2 RONDAS 800M RUN 2' REST	**05** **WEIGHTLIFTING** SKILL: SNATCH EVERY 90'' X 6 ROUNDS: 2 @ 65-75% 1RM SNATCH (RIR 3) **WOD:** 5 ROUNDS FOR TIME 6 OVERHEAD SQUATS 43/30KG 9 TOES TO BAR (SC. HANGING KNEE RAISES) 12 LATERAL BURPEES OVER BAR (TC: 14')	06	07	08
09 **WEIGHTLIFTING** SQUAT CLEAN + SPLIT JERK CADA 90'' X 6 RONDAS: 1 POWER CLEAN + 1 HANG SQUAT CLEAN + 1 SPLIT JERK 65-75% 1RM CLEAN & JERK (RIR 3) **WOD:** FOR TIME 10-8-6-4-2 POWER CLEANS 61/43KG BOX JUMP OVERS 60/50CM DESPUÉS DE CADA RONDA: 100M RUN (SPRINT) (TC: 12')	**10** **BASIC WORK** 5 RONDAS (SUPERSET) DEADLIFT 5X4 @ 80% 1RM (RIR 3-4) BENCH PRESS 5X4 @ 70% 1RM (RIR 3-4) DESCANSO 2' ENTRE SERIES TRABAJO ACCESORIO 3 RFQ: 10 DB BENT OVER REVERSE FLYES 2X7,5/5KG 8+8 SINGLE LEG HIP THRUSTS (ESPALDA EN BANCO/BALÓN) 20 HOLLOW ROCKS **WOD:** 4 X AMRAP 3' (1' REST) 20 WALL BALLS 15M BURPEE BROAD JUMP MAX. DOUBLE UNDERS	**11** **STRONGMAN** BLOQUE A - EVERY 2' X 6 (EN PAREJAS, ALTERNANDO) 3 SANDBAG OVER SHOULDER (PESADO) 6 SANDBAG FRONT SQUATS BLOQUE B - 6 ESTACIONES (EN PAREJAS, ALTERNANDO) 2' TRABAJO / 30'' CAMBIO (4 PERSONAS POR ESTACIÓN) EST. 1: SLED PUSH 20M + SLED DRAG 20M (HACIA ATRÁS) EST. 2: SANDBAG BOX STEP UPS 50/40CM EST. 3: FARMER CARRY 2X32/24KG EST. 4: DOUBLE KB OVERHEAD HOLDS 2X16/12KG EST. 5: BENT OVER ROWS 60/40KG EST. 6: TKGU	**12** **GYMNASTICS DAY** SKILL: HANDSTAND WALK + DEFICIT HSPU EVERY 2' X 6 RONDAS 10M HANDSTAND WALK EN TRAMOS DE 5M UNBROKEN (SC. 2 WALL WALKS) 3-5 DEFICIT STRICT HSPU DÉFICIT 10CM (SC. PIKE PUSH UPS EN CAJA) **WOD:** 4 ROUNDS FOR TIME 2 WALL CLIMBS 10 TOES TO BAR (SC. HANGING KNEE RAISES) 15 DB FRONT SQUATS 2X22,5/15KG (TC: 14')	13	14	15
16 **BASIC WORK** 5 RONDAS (SUPERSET) DEAD SQUAT 5X3 @ 60% 1RM (RIR 4) Z-PRESS 5X3 @ 70-78% 1RM (RIR3) DESCANSO 2' ENTRE SERIES THEN... EMOM 9': 1ST. 8+8 FRONT FOOT ELEVATED SPLIT SQUATS 2X15/10KG 2ND. 8+8 KB GORILLA ROWS 24/16KG 3RD. 20 SPYDER PLANKS WOD: "HELEN" 3 ROUNDS FOR TIME 400M RUN 21 KB SWINGS 24/16KG 12 PULL UPS (SC. JUMPING PULL UPS) (TC: 14')	**17** **GYMNASTICS WORK** EMOM 10' MIN IMPAR: 5+5 PISTOLS (SC. A CAJA CON DB) MIN PAR: 5 STRICT TOES TO BAR (SC. STRICT KNEE RAISES) **PARTNER WOD:** AMRAP 20' EN PAREJAS [CADA PAREJA ELIGE UNA MÁQUINA FIJA] P1: 10 ALT KB SNATCH 24/16KG + 10 PUSH UPS P2: 15/12 CAL ROW O SKI CAMBIO CUANDO TERMINA EL REMERO (TC: 20')	**18** **LOWER BODY STRENGTH:** 4 RFQ: 3 + 3 RDL MONOPODAL (RIR2) 12 BOX JUMP OVER 6 BENT OVER ROW 12 PLYO PUSH UPS 6+6 ROTATIONAL TOSS - 90'' REST - **WOD:** 5 ROUNDS FOR TIME 200M RUN 10 ALT DB HANG CLEAN & JERK 22,5/15KG 10 V-UPS (TC: 13')	**19** **WEIGHTLIFTING** SKILL: POWER SNATCH THEN: PYRAMID EMOM 12' 3-3-2-2-1-1-1-1-2-2-3-3 **WOD:** AMRAP 12' 3 HANG POWER SNATCH 50/35 KG 6 BAR FACING BURPEES 9 BACK SQUAT 50/35 KG (TC: 12') (OBJETIVO - 12 REPETICIONES)	20	21	22
23 **GYMNASTICS WORK** EMOM 16' (4 VUELTAS) MIN 1: 3-5 RING MUSCLE UPS MIN 2: 30'' FREESTANDING HANDSTAND PRACTICE MIN 3: 20'' HOLLOW HOLD + 20'' ARCH HOLD MIN 4: DESCANSO WOD: 3 ROUNDS FOR TIME 400M RUN 15 ALT DB BOX STEP UPS 2X15/10KG (60/50CM) 10 BURPEE PULL UPS (SC. BURPEE JUMPING PULL UPS) (TC: 15')	**24** **WEIGHTLIFTING** SKILL: CLEAN & JERK EMOM 10' CLEAN AND JERK @ 70-80% 1RM CLEAN & JERK ID SUBIENDO... WOD: AMRAP 10' 12 TOES TO BAR (SC. HANGING KNEE RAISES) 12 ALT DB SNATCH 22,5/15KG 24 DOUBLE UNDERS (SC. 40 SINGLE UNDERS)	**25** **CORE ACCESORIO** EMOM 16' (4 VUELTAS) MIN 1: 8 BARBELL ROLLOUTS (SC. DE RODILLAS) MIN 2: 8+8 SIDE PLANK HIP DIPS MIN 3: 6+6 KB WINDMILLS 16/12KG MIN 4: 30'' SUPERMAN HOLD + 10 HOLLOW ROCKS WOD: AMRAP 14' 8 FRONT SQUATS 50/35KG 10 BOX JUMPS OVER 60/50CM 200M ROW (TC: 14')	**26** **BARBELL DAY** BEAR COMPLEX AHAP 5 RONDAS (RIR2) 4 POWER CLEAN 3 FRONT SQUAT 2 PUSH PRESS 1 THRUSTER DESCANSO 1'30'' WOD: "HEAVY DT" 5 ROUNDS FOR TIME 12 DEADLIFTS 80/55 KG 9 HANG POWER CLEANS 80/55 KG 6 PUSH JERKS 80/55 KG (TC: 15')	27		
30 **TEST WOD 26.4** DEL 0' AL 8' 3 ROUNDS FOR TIME: 300M RUN 12 POWER SNATCH (50/35KG) 9 CHEST TO BAR - REST 2' - DEL 10' AL 18' 3 ROUNDS FOR TIME: 8 HSPU 10 DEVIL PRESS (2X22,5/15KG) 12 CALORIES SKIERG - REST 2' - DEL 20' AL 28' 3 ROUNDS FOR TIME: 3 SH2OH 6 HANG SQUAT CLEANS (60/40KG) 10 STEP UP OVER (TC: 28')						

CLUB WOD X AQUA SPORT CLUBS

by Astrid Galimany