

MONDAY



PARTNERWOD

For time: TC 35 min

Buy in: 120/100 cal row

Then 3 rounds of:

20 powercleans

30 burpee over bar

40 situps/toes to bar

50 Wallballs

Buy out: 120/100 cal row

Scaled: 35/25 kg + situps

RX: 60/40 kg 9/6 kg wallball

Flow: teams of 2 partnerworkout where the goal is to work in intervals to increase stamina in typical CF movements. Pick a load/level for the powerclean and t2b that you can do sets of 5 reps with.

TUESDAY: SQUAT & STRENGTH STAMINA

A: BACKSQUAT

Every 2:30 x 4 sets

Backsquat 4.3 reps (2 RIR 75-80%)

Cluster set: rest 15 sec between 4.and 3.

B: WOD - Strength Stamina

Amrap 14 min

4 strict pullups

8 pushups

10 single db boxstepovers

12/10 cal machine

Scaled: ring row/assisted pullup 15/10 kg db

RX: 22.5/15 kg db

Coaching: Today we work on strength stamina and the goal is to work with quality in each movement, not to push intensity. This is important especially for people who have 3-5 training days a week.

WEDNESDAY: DEADLIFT+ BODYWEIGHT



A: Deadlift and overhead strength

Set 1: 10 deadlift (3 RIR)

Set 2: 8 deadlift (2 RIR)

Set 3: 6 deadlift (2 RIR)

10/10 single arm db press between each set

B: BODYWEIGHT

Amrap interval 18 min: 40 sec work/20 sec rest

2 wallwalks/ 4 strict hspu

8 knee raise/toes to bar

12 airsquats

30 double unders/50 Single unders

Coaching: Amrap Interval training to increase bodyweight stamina and to work on movement quality. Find a level for each exercise that allows you to move fast.

THURSDAY - HYROX ENDURANCE



AMRAP 35 MIN

600 m run

40 m single db back rack walking lunges (10 m segment)

400 m run

40 wallballs

200 m run

40 m burpee broad jump (10 m segment)

2 min rest

Scaled: 15/10 kg db 6/4 kg ball

RX: 22.5/15 kg db 9/6 kg ball

Coaching: Pacing is important on today's workout, pick a tempo for the running that allows you to start right away on the next exercise. Spend some time showing different ways to do the burpee broad jump. With step up, long jump, short jump, and the hyrox standard with hand placement no more than 30 cm from your feet.