Move & Crossfit

Dag 1

A) Core:
40 SL alt V-ups
1min planke
30 SL alt V-ups
1min planke
20 SL alt V-ups
1min planke
10 SL alt V-ups

B) Styrke:
3 runder "21"
Bicep-curls bb@20kg

C) WUP løb
1km jogging + mobility#1

D) Intervalløb
1000m @14km/t
2min pause
500m @16km/t
1min pause
500m @16km/t
1min pause
5x200m @18km/t (Work/rest 1:1)
10x100m @20km/t (Work/rest 1:2)
Forklaring: Ved 200m løbepas: løb 200m og pause 200m (løbebåndet ruller). Ved 100m løbepas: løb 100, pause 200.

Dag 2

A) Mobility #3

B) Assesory Work:
30 KB swing @16kg
20 KB swing @20kg
10 KB swing @24kg
1 minut pause
10 KB swing @24kg
20 KB swing @20kg
30 KB swing @16kg

C) WOD
"Single arm "DT" on repeat.

Phoca PDF

Every 90sec for 12 rounds.
Complete one full round of single arm “DT” AMRAP burpees in remaining time.

Dag 3

A) Mobility #1

B) “Rygprogrammet”
Samme level som sidst eller +1

C) Styrke:
Every 4 minutes for 20 minutes (5rds):
20 (10+10) DB Reverse lunges @2x12-20kg
20 V-ups eller 10 toes2bar

D) WOD:
Every 2 minutes x 12:
Runde 1+4+7+10: 200m løb @ 5% stigning
Runde 2+5+8+11: 15 Boxjump @24”
Runde 3+6+9+12: 12 Dødløft @70kg

Dag 4

A) Mobility routine #2

B) Move:
Spinning/bike/mtb
55min for distance/cal

Phoca PDF