Dag 1

Styrke+WOD

A) WUP “Dødløft”

B) Core#8

C) Styrke Dødløft
5rep @40%
5rep @50%
5rep @60%
3rep @70%
3rep @80%
3+rep @90%

D) WOD for tid
3 runder
10rep Bænkpres @50kg
200m løb
Derfefter 3 runder
10rep Backsquat @60kg
200m løb
Derefter 3 runder
10rep Dødløft @80kg
200m løb

Dag 2

Styrke+WOD

A) WUP “Backsquat”

B) Mobility Routine#2

C) Styrke Backsquat
5rep @40%
5rep @50%
5rep @60%
3rep @70%
3rep @80%
3+rep @90%

D) WOD “Ben Bergeron”
Score: cals total.
På 4 minutter:
3 Runder “DT” @40kg
Row as many cals as possible
Pause 4 minutter
På 4 minutter:
2 Runder “DT” @50kg
Row as many cals as possible
Pause 4 minutter

Phoca PDF

På 4 minutter:
1 Runder “DT” @60kg
Row as many cals as possible
(DT = 12 dødløft, 9 hang power clean, 6 push-press.)

Dag 3

Styrke+Cardio

A) WUP “skulder”

B) Core #1

C) Styrke Skulderpres
5rep @40%
5rep @50%
5rep @60%
3rep @70%
3rep @80%
3+rep @90%

D) Cardio
Løbebånd 12min løb. 10km/t
Minut 0-4: 3% stigning
Minut 4-8: 6% stigning
Minut 8-12: 9% stigning

Dag 4

Endurance

A) WUP “Kosteskaft”

B) Mobility Routine #1

C) WOD “Hour of power”
AMRAP 60min.
Så mange powercleans som muligt @45kg
Hvert 5 minut (start ved 0) complete
200m row
15 Boxjump @24”
10 Push-ups

Phoca PDF