Dag 1

A) WUP “DL”

B) Løb: 1000m easy jog.

C) Styrke: 5x5 af hver øvelse.

Én øvelse af gangen.

KB Goblet Squat (16-32kg)

BB Sumo DL High-pull (20-40kg)

BB Sumo DL (80-130kg)

D) Intervalløb:

10x400m

10-19km/t

Work/rest ratio 1:1

Dag 2

A) WUP: Mobility routine #2

B) Core #1

C) WOD:

Løb 30-40 min.

Tempo: easy/middel (puls zone 2-3)

Dag 3

A) WUP “kosteskaft”

B) Løb: 1000m easy jog.

C) Mobility Routine #3 + #4

D) Teknik/Styrke Power Clean

For quality:

10x Banded cross-over symmetri High pull

10x Paused DL @50kg (ved knæ op)

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10x Overhand strict curl @ez bar + 2x10kg

10x Clean pull @50kg

10x Power Clean @40kg

10x Banded cross-over symmetri High pull

10x Overhand strict curl @ez bar + 2x10kg

5x 1 clean pull + 1 power clean @40kg

5x Hang power clean @40-50kg

E) WOD

For tid:

5 runder.

200m løb

9 dødløft @40-50kg

6 Hang power clean @40-50kg

3 Jerk @40-50kg

40sek Hexbar DL hold @60kg

F) Finisher (Optional)

Ez bar curls (normal grip). Ez bar+2x10kg.

20-18-16-14-12-10-8-6-4-2 reps

Dag 4

A) Mobility Routine #1

B) WUP “Backsquat”

C) Core #3

D) WOD "juicy legs":

For time&quality:

2km løb

50 Backsquat @40kg

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1km løb

50 Backsquat @40kg

2km løb

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