

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
1 maj	Första maj	<p><i>Deadlift</i> *Set 1 – 50% x 8 reps *Set 2 – 60% x 6 reps *Set 3 – 70% x 4 reps *Set 4 – 80% x 2 reps *Set 5 – 90% x 2 reps *Set 6 – 95% x 2 reps Rest 60 sec between sets.</p> <p>AMRAP x 12 min: 10 Toes to Bar 15 Box Jumps 20 Alternating Single-Arm Kettlebell Snatches</p> <p>WOD Green AMRAP x 12 min: 10 Sit-Ups 10 Box Jumps 20 Alternating Single-Arm Kettlebell Snatches</p>	<p><i>Every minute, for 10 minutes (10 sets):</i> 1 Clean Lift-Off + Clean</p> <p><i>Build over the course of the 10 sets to something heavy. A Clean Lift-Off is the first portion of the clean, from the ground to the knees. Keep your torso angle consistent through all phases of this lift-off, and pause 2-seconds at the knees each lift-off. After your lift-off, reset and perform a full clean.</i></p> <p>For time: 10 Power Cleans (heavy) 20 Pull-Ups 30 Wall Ball Shots 400 Meter Run 30 Wall Ball Shots 20 Pull-Ups 10 Power Cleans</p>	<p><i>4 sets of:</i> Single-Arm Kettlebell Press x 8-10 reps each arm Rest 2 minutes</p> <p>160511 Every 5 min, for 25 min (5 sets) for times: Run 400 m 20 Walking Lunges with KB Farmer's Carry</p> <p>WOD Green 160511 Green 5 Rounds for time: Run 400 m 20 Walking Lunges with KB Farmer's Carry</p>	<p>For time: 30 Deadlifts 30 Push-Ups 30 Thrusters 30 Pull-Ups 30 Power Cleans 30 Wall Ball shots</p>	Personalutbildning 09:00-16:30	18
8 maj	<p><i>Every 2 minutes, for 10 minutes (5 sets):</i> Back Squat *Set 1 – 6 reps @ 65% *Set 2 – 4 reps @ 75% *Set 3 – 2 reps @ 80% *Set 4 – 2 reps @ 85% *Set 5 – 1 rep @ 90%</p> <p>5 rounds for time: 40 Double-Unders 20 Wall Ball Shots 10 Pull-Ups/8 Chest-to-Bar Pull-Ups</p> <p>TeamWOD</p> <p>4 sets for max reps of: 60 seconds of Rowing (for calories) Rest 60 seconds (while your partner rows if you have a teammate) 60 seconds of Jumping Squats (75/55 lbs) Rest 60 seconds 60 seconds of Strict Pull-Ups (any grip) Rest 60 seconds 60 seconds of Push-Ups (focus on good ROM) Rest 60 seconds</p>	<p>160518 Every 4 min, for 20 min (5 sets): Run 400 m 40 Double-Unders 20 Push-Ups</p> <p>WOD Green 160518 Green 5 rounds for time: Run 400 m 20 Jumping Lunges 10 Push-Ups</p>	<p><i>Deadlift</i> *Set 1 – 55% x 8 reps *Set 2 – 65% x 6 reps *Set 3 – 75% x 4 reps *Set 4 – 85% x 2 reps *Set 5 – 92% x 1 rep *Set 6 – 98% x 1 rep Rest 1-2 minutes between sets.</p> <p>4 rounds for time of: Run 400 Meters 25 Kettlebell Swings 15 Toes to Bar</p>	<p><i>For the following 19 minutes, increase the loading on the barbell each set, allowing the initial positional work to help you build into heavier loading.</i></p> <p><i>Every 90 seconds, for 9 minutes (6 sets):</i> High Hang Snatch x 2 reps @ 50-70% of 1-RM Snatch</p> <p><i>Rest 60 seconds, and then...</i></p> <p><i>Every 90 seconds, for 9 minutes (6 sets):</i> Hang Snatch x 1 rep @ 70-90% of 1-RM Snatch</p> <p>141119 For time: 10-8-6-4-2 Clean & Jerk, 60/45kg 2 rounds of "Cindy" after every set</p> <p>WOD Green 5 rounds for time: 6 Power clean & jerk 6 Pull-Ups 6 Push-Ups 12 Air Squats</p>	<p>100 Wall ball shots 75 Toes to bar 50 Burpees 25 Power Snatch</p>	<p>Team WOD In teams of 2, with only one partner working at a time, partners alternate whole rounds to complete... AMRAP x 15 min: 10 Push Press 5 Burpees Over the Barbell</p> <p>Rest until the running clock reaches 20:00, and then...</p> <p>AMRAP x 15 min: Run 200 Meters 15 Russian Kettlebell Swings (heavy)</p>	19

15 maj	<p>Every 2 minutes, for 10 minutes (5 sets):</p> <p>Back Squat</p> <p>*Set 1 – 6 reps @ 65%</p> <p>*Set 2 – 4 reps @ 75%</p> <p>*Set 3 – 2 reps @ 80%</p> <p>*Set 4 – 2 reps @ 85%</p> <p>*Set 5 – 1 rep @ 90%</p> <p>followed by...</p> <p>One set of:</p> <p>Back Squat x Max Unbroken Reps @ 83%</p> <p>(athletes are allowed only on full breathing cycle at the top of the lift – exhale, inhale, brace and descend – once more rest is taken at the top, the set is over)</p> <p>Fran</p> <p>21, 15 and 9 reps for time of:</p> <p>Thrusters (95/65)</p> <p>Pull-Ups</p> <p>Team WOD</p> <p>140125</p> <p>TeamWOD 2&2:</p> <p>3 Rounds for time:</p> <p>100 Air Squats</p> <p>50 Kettlebell Sumo Deadlift High Pull</p> <p>40 Pull-Ups</p> <p>30 Burpee Box Jump Over</p> <p>20 Wall climbs</p>	<p>Every minute, for 10 minutes (10 sets):</p> <p>Snatch Lift-Off + Snatch</p> <p>Build over the course of the 10 sets to something heavy. A Snatch Lift-Off is the first portion of the snatch, from the ground to the knees. Keep your torso angle consistent through all phases of this lift-off, and pause 2-seconds at the knees each lift-off. After your lift-off, reset and perform a full snatch.</p> <p>For time:</p> <p>Run 800 Meters</p> <p>30 Ground to Overhead</p> <p>Run 800 Meters</p> <p>WOD Green</p> <p>4 rounds for time:</p> <p>Run 400 Meters</p> <p>6 Ground to Overhead</p>	<p>5 sets of:</p> <p>30 sec on, 30 sec off</p> <p>Muscle-Ups x max reps</p> <p>or strict pull-ups</p> <p>Push-Ups x max reps</p> <p>Toes to bar x max reps</p> <p>160614</p> <p>5 rounds for time:</p> <p>60 Double-Unders</p> <p>40 Air Squats</p> <p>20 Burpees</p>	<p>Every minute, on the minute, for 10 minutes:</p> <p>Strict Shoulder Press x 2 reps</p> <p>Build over the course of the 10 sets to today's heavy double.</p> <p>Immediately followed by...</p> <p>Every minute, on the minute, for 10 minutes:</p> <p>Push Press x 1 rep</p> <p>Build over the course of the 10 sets to today's heavy single.</p> <p>AMRAP x 8 min:</p> <p>40 Double-Unders</p> <p>10 Strict Handstand Push-Ups</p> <p>20 Kettlebell Swings</p> <p>WOD Green</p> <p>AMRAP x 8 min:</p> <p>40 Single-Unders</p> <p>10 Push-Ups</p> <p>20 Kettlebell Swings</p>	<p>DT</p> <p>5 Rounds for time:</p> <p>12 Deadlifts (155/105)</p> <p>9 Hang Power Cleans (155/105)</p> <p>6 Push Jerks (155/105)</p>	<p>Team WOD</p> <p>In teams of 2, with only one partner working at a time, partners alternate whole rounds to complete...</p> <p>AMRAP x 15 min:</p> <p>9 Burpee Box Jump-Overs</p> <p>7 Thrusters</p> <p>Rest until the running clock reaches 20:00, and then...</p> <p>In teams of 2, with only one partner working at a time, partners alternate whole rounds to complete...</p> <p>AMRAP x 15 min:</p> <p>7 Burpee Box Jump-Overs</p> <p>9 Push Press</p>	20
22 maj	<p>Deadlift</p> <p>*Set 1 – 65% x 6 reps</p> <p>*Set 2 – 75% x 4 reps</p> <p>*Set 3 – 85% x 2 reps</p> <p>*Set 4 – 90% x 1 rep</p> <p>*Set 5 – 95% x 1 rep</p> <p>*Set 6 – 100% x 1 rep</p> <p>Rest 60 sec between sets.</p> <p>3 rounds for time of:</p> <p>400 Meter Run</p> <p>40 Double-Unders</p> <p>20 Alternating Reverse Lunges with Kettlebells</p> <p>Team WOD</p> <p>160502</p> <p>2&2, 4 rounds for max reps of:</p> <p>60 sec of Kettlebell swings (heavy)</p> <p>Rest 60 sec</p> <p>60 sec of Push-Ups</p> <p>Rest 60 sec</p> <p>60 sec of Box Jump-Overs</p> <p>Rest 60 sec</p> <p>60 sec of Push Press</p> <p>Rest 60 sec</p>	<p>Every 2 minutes, for 8 minutes (4 sets):</p> <p>Shoulder Press x 6-8 reps @ 20X1</p> <p>3 sets for max reps:</p> <p>90 seconds of the following...</p> <p>10 Burpee Box Jump-Overs + Max Reps of Strict Handstand Push-Ups</p> <p>Rest 30 seconds</p> <p>90 seconds of the following...</p> <p>10 Burpee Box Jump-Overs + Max Reps of Strict Pull-Ups</p> <p>Rest 30 seconds</p> <p>90 seconds of the following...</p> <p>10 Burpee Box Jump-Overs + Max Reps of Toes to Bar</p> <p>Rest 30 seconds</p> <p>WOD Green</p>	<p>Every 2 minutes, for 10 minutes (5 sets):</p> <p>Back Squat</p> <p>*Set 1 – 6 reps @ 65%</p> <p>*Set 2 – 4 reps @ 75%</p> <p>*Set 3 – 2 reps @ 80%</p> <p>*Set 4 – 2 reps @ 85%</p> <p>*Set 5 – 1 rep @ 90%</p> <p>followed by...</p> <p>One set of:</p> <p>Back Squat x Max Unbroken Reps @ 85%</p> <p>(athletes are allowed only on full breathing cycle at the top of the lift – exhale, inhale, brace and descend – once more rest is taken at the top, the set is over)</p> <p>160504</p> <p>Every 3 min, for 15 min (5 sets) for times:</p> <p>Run 200 m</p> <p>8 Front Squats</p> <p>12 Toes to bar</p>	<p>Every 2 minutes, for 20 minutes (10 sets):</p> <p>Power Clean x 1 rep</p> <p>Build over the course of the 10 sets to today's heavy.</p> <p>Option 1</p> <p>Complete rounds of 9, 7 and 5 reps for time of:</p> <p>Power Clean</p> <p>Muscle-Ups</p> <p>OR...</p> <p>Option 2</p> <p>For time:</p> <p>15 Power Cleans (heavy)</p> <p>30 Pull-Ups</p> <p>10 Power Cleans</p> <p>20 Pull-Ups</p> <p>5 Power Cleans</p> <p>10 Pull-Ups</p> <p>WOD Green</p> <p>For time:</p> <p>10 Power Cleans</p> <p>5 Pull-Ups</p>	<p>AMRAP x 4 min:</p> <p>30 Power Snatches (95/65)</p> <p>30 Overhead Squats</p> <p>Max bar-facing burpees in remaining time</p> <p>Rest 4:00</p> <p>AMRAP x 4 min:</p> <p>20 Power Snatches (115/85)</p> <p>20 Overhead Squats</p> <p>Max bar-facing burpees in remaining time</p> <p>Rest 4:00</p> <p>AMRAP x 4 min:</p> <p>10 Power Snatches (135/95)</p> <p>10 Overhead Squats</p> <p>Max bar-facing burpees in remaining time</p>	<p>Team WOD</p> <p>In teams of 2, with only one partner working at a time, complete 3 rounds each of:</p> <p>Row 500 Meters</p> <p>8 Front Squats (from the ground)</p> <p>8 Pull-Ups</p> <p>followed immediately by...</p> <p>In teams of 2, with only one partner working at a time, complete 3 rounds each of:</p> <p>Run 600 Meters</p> <p>8 Thrusters</p> <p>8 Pull-Ups</p>	21

	Perform in teams of two, one partner working for the full 60 sec, then resting and supporting their teammate for 60 sec.			8 Power Cleans 5 Pull-Ups 6 Power Cleans 5 Pull-Ups 4 Power Cleans 5 Pull-Ups			
29 maj	<p>Every 2 minutes, for 10 minutes (5 sets):</p> <p>Back Squat</p> <p>*Set 1 – 6 reps @ 65%</p> <p>*Set 2 – 4 reps @ 75%</p> <p>*Set 3 – 2 reps @ 85%</p> <p>*Set 4 – 2 reps @ 90%</p> <p>*Set 5 – 1 rep @ 95%</p> <p>followed by...</p> <p>One set of:</p> <p>Back Squat x Max Unbroken Reps @ 87%</p> <p>(athletes are allowed only on full breathing cycle at the top of the lift – exhale, inhale, brace and descend – once more rest is taken at the top, the set is over)</p> <p>3 rounds for time of:</p> <p>50 Double-Unders</p> <p>15 Toes to Bar</p> <p>15 Thrusters</p> <p>Team WOD</p> <p>160604</p> <p>2&2:</p> <p>AMRAP x 30 min:</p> <p>400 m Run</p> <p>30 Kettlebell swings (heavy)</p> <p>20 Box Jump-Overs</p> <p>Team members will alternate tasks, with only one member working at any one time. Thus, Partner A will run 400 meters, Partner B will perform 30 Kettlebell Swings, Partner A will perform 20 Box Jump-Overs and Partner B will run 400 meters – and so on for 30 minutes.</p>	<p>27-21-15-9 reps for time:</p> <p>Power Snatch</p> <p>Wall ball shots</p> <p>WOD Green</p> <p>5 Rounds for time:</p> <p>10 Power Snatch</p> <p>10 Wall ball shots</p>	<p><i>Every 3 minutes, for 15 minutes (5 sets):</i></p> <p><i>Shoulder Press x 4-6 reps @20X1</i></p> <p>160524</p> <p>AMRAP x 15 min:</p> <p>20 KB/DB Box Step-Overs (extend the hip on top of box)</p> <p>20 Push Press</p> <p>40 Double-Unders</p>	<p>Every 10 minutes, for 40 minutes (4 sets) for times:</p> <p>Run 400 Meters</p> <p>10 Burpee Box Jump-Overs</p> <p>20 Alternating Single-Arm Kettlebell Push Press</p> <p>Run 400 Meters</p> <p>WOD Green</p> <p>Every 10 minutes, for 40 minutes (4 sets) for times:</p> <p>Run 400 Meters</p> <p>10 Burpee Box Jump-Overs</p> <p>20 Alternating Single-Arm Kettlebell Push Press</p>	<p>For time:</p> <p>1600 Meter Run</p> <p>21 Kettlebell Swings</p> <p>21 Goblet Squats</p> <p>800 Meter Run</p> <p>15 Kettlebell Swings</p> <p>15 Goblet Squats</p> <p>400 Meter Run</p> <p>9 Kettlebell Swings</p> <p>9 Goblet Squats</p>	<p>Team WOD</p> <p>In teams of 2, complete 6 rounds for time of:</p> <p>Run 400 Meters (partners must stay together)</p> <p>20 Deadlifts (10 each)</p> <p>30 Pull-Ups (15 each)</p> <p>Partners must run together, and may only start deadlifts once both members are back at the barbell.</p>	22