

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
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><b>Team WOD</b></p> <p><b>160604</b></p> <p>2&amp;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><b>WOD Green</b></p> <p>5 Rounds for time:</p> <p>10 Power Snatch</p> <p>10 Wall ball shots</p>	<p>Every 3 minutes, for 15 minutes (5 sets):</p> <p>Shoulder Press x 4-6 reps @20X1</p> <p><b>160524</b></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><b>WOD Green</b></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 m Run</p> <p>21 Kettlebell Swings</p> <p>21 Goblet Squats</p> <p>800 m Run</p> <p>15 Kettlebell Swings</p> <p>15 Goblet Squats</p> <p>400 m Run</p> <p>9 Kettlebell Swings</p> <p>9 Goblet Squats</p>	<p><b>Team WOD</b></p> <p>In teams of 2, complete 6 rounds for time of:</p> <p>Run 400 m (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
5 juni	<p>Take 15 minutes to build to today's 5-RM Single-Arm DB/KB Press</p> <p>Alternate arms as you're building, always starting with your non-dominant arm.</p> <p>AMRAP x 12 minutes:</p> <p>12 Power Cleans</p> <p>12 Push Presses</p> <p>12 Front-Racked Alternating Reverse Lunges</p>	<p><b>Nationaldagen</b></p>	<p><b>"Kelly"</b></p> <p>5 rounds for time:</p> <p>400 m Run</p> <p>30 Wall ball shots (20/14)</p> <p>30 Box Jumps (24/20)</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 @ 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</p>	<p>For time:</p> <p>21 Thrusters</p> <p>21 Kettlebell Swings</p> <p>400 m Run</p> <p>15 Thrusters</p> <p>15 Kettlebell Swings</p> <p>400 m Run</p> <p>9 Thrusters</p> <p>9 Kettlebell Swings</p> <p>400 m Run</p>	<p><b>Team WOD</b></p> <p>2&amp;2, for each of the following, partners will alternate complete rounds, and work through as many rounds and reps as possible in 8 minutes:</p> <p>8 Deadlifts</p> <p>8 Push-Ups</p> <p>Rest 4 minutes, and then...</p>	23

	<p><b>TeamWOD</b> <b>160611</b> 2&amp;2: AMRAP x 30 min: 100 Kettlebell swings 100 Burpee Box Jump Overs 100 Wall Ball Shots</p> <p>Team members will alternate tasks, with only one member working at any one time.</p>			<p>@90% (athletes are allowed only one 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>21, 15 and 9 reps for time of: Hang Squat Cleans Bar-Facing Burpees Over the Barbell</p>		<p>8 Burpee Box Jump-Overs 8 Pull-Ups</p> <p>Rest 4 minutes, and then...</p> <p>8 Ground to Overhead 8 Toes to Bar</p>	
12 juni	<p>Turkish Get-Up 5 sets x 1-2 reps each arm, rest 60 sec</p> <p><b>160602</b> 5 rounds for time 400 m Run 15 Burpees 10 Front Squats</p> <p><b>Team WOD</b> <b>160618</b> 2&amp;2, with only one person working at a time, complete: 100 KBS (heavy) 400 m Run* 100 Barbell Thrusters 400 m Run 80 Burpees 400 m Run 100 Barbell Thrusters 400 m Run 100 KBS (heavy)</p> <p>*Both athletes perform the run at the same time.</p>	<p><b>140618</b> For time: 100 Double-unders 10 Bear Complex 80 Double-unders 8 Bear Complex 60 Double-unders 6 Bear Complex 40 Double-unders 4 Bear Complex 20 Double-unders 2 Bear Complex</p> <p><b>WOD Green</b> 5 rounds for time: 20 Single-unders 5 Bear Complex</p>	<p>5 rounds for time: 9 Power Cleans 15 Push-Ups 21 Air Squats 200 m Run</p>	<p>Every 2 minutes, for 20 minutes (10 sets) of: Clean x 1.1 (rest 10 seconds between singles)</p> <p>Suggested loading per set (by %): 60, 65, 70, 75, 80, 85, 85, 90, 90, 90+</p> <p>AMRAP x 10 minutes: 5 Ground to Overhead 10 Burpees Over the Barbell 15 Toes to Bar</p>	<p>2 rounds for time: 400 m Run 26 Hand Release Push-ups 400 m Run 26 Kettlebell swings 400 m Run 26 Sit-Ups 400 m Run 26 Wall ball shots 400 m Run 26 Box Jumps</p>	<p><b>Team WOD</b> <b>160706</b> 2&amp;2, alternating each movement, complete 20 RFT: 10 Thrusters 10 Burpees 30 Double Unders/45 Single Unders</p> <p>(Partner A performs 10 thrusters; Partner B performs 10 burpees; Partner A performs DU:s; Partner B performs 10 thrusters)</p>	24
19 juni	<p>4 sets of: Deadlift x 3-5 reps @ 20X1 Rest 20 seconds Handstand Push-Ups x Max Reps in 60 seconds Rest 3 minutes</p> <p>AMRAP x 8 minutes: 15 Kettlebell Swings 30 Double-Unders</p> <p><b>Team WOD</b> <b>150613</b> 2&amp;2 For time: 50-40-30-20-10 Kettlebell swings 50-40-30-20-10 Box Jumps 1000-800-600-400-200 m Run</p>	<p>Every 2 minutes, for 16 minutes (8 sets): Hang Snatch + Snatch</p> <p>Build over the course of the 8 sets to something heavy-ish for today.</p> <p>In teams of two, partners alternate rounds to complete as many rounds and reps as possible in 12 minutes of: 6 Wall Ball Shots 6 Burpees</p> <p><b>WOD Green</b> In teams of two, partners alternate rounds to complete as many rounds and reps as possible in 12 minutes of:</p>	<p>Weighted Pull-Ups *Set 1 – 3 reps *Set 2 – 2 reps *Sets 3-6 – 1 rep</p> <p>Rest 2-3 minutes between sets, building to today's 1-RM</p> <p>4 rounds for time of: 400 m Run 30 Double-Unders 40 Air Squats</p>	<p><b>A: 150618-1</b> 2&amp;2 AMRAP x 6: 2 Pull-Ups 4 Push-Ups 8 Air Squats (Switch after 1 round)</p> <p>Rest 3 min before B</p> <p><b>B: 150618-2</b> 2&amp;2 AMRAP x 6: Clean &amp; J Jerk (1 person working at a time)</p> <p>Rest 3 min before C</p> <p><b>C: 150618-3</b> 2&amp;2 AMRAP x 6: Person A: Row for meters</p>	<p><b>Midsommarafton</b></p>	<p><b>Midsommardagen</b></p>	25

		6 Wall Ball Shots 6 Burpees		Person B: Pushups Plank Hold (Switch after 150 m or when person B breaks plank)			
26 juni	<p>4 sets of: Shoulder Press x 4-6 reps @20X1 Rest 90 seconds Hollow Rocks x 30-45 seconds Rest 90 seconds</p> <p><b>"Surfer on Acid"</b> 3 rounds for time: 400 m Run 21 Burpees</p>	<p>4 sets of: Deadlift x 3-5 reps @30X1 Rest 20 seconds Tall Box Jumps x 10 reps (jump up, then step down on these) Rest 3 minutes</p> <p>AMRAP x 15 minutes: 10 Power Cleans 5 Chest-to-Bar Pull-Ups/10 Pull-Ups 10 Burpees over barbell</p>	<p>4 sets of: Front-Racked Alternating Reverse Lunges x 8-10 reps each leg @20X1 Rest 60 seconds Handstand Push-Ups x Max reps OR L-Seated Dumbbell Presses x 8-10 reps Rest 60 seconds</p> <p>5 rounds for time of: 10 Toes to Bar 20 Wall Ball Shots 40 Double-Unders</p>	<p>Take 15 minutes to build to today's 1-RM Snatch</p> <p><b>160726</b> AMRAP x 10 min: 1 Power Clean 1 Front Squat 1 Shoulder to Overhead 2 Power Cleans 2 Front Squats 2 Shoulder to Overhead 3 Power Cleans 3 Front Squats 3 Shoulder to Overhead ...and so on.</p>	<p>For time: 50/30 Push-Ups 400 m Run 30 Heavy Kettlebell Swings 400 m Run 50/30 Push-Ups 400 m Run 30 Heavy Kettlebell Swings 400 m Run</p>	<p><b>Team WOD</b> <b>140726</b> 2&amp;2 AMRAP x 30 min: Person A runs 400 m Person B does 1 round of: 5 GTOH 10 Push-Ups 15 Situps</p> <p>And then rests until A gets back Switch and repeat!</p>	26