

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
30 okt	<p>Take 15 minutes to find today's 1-RM Clean &amp; Jerk</p> <p>AMRAP x 8 min: 4 Ground to Overhead (heavy) 12 Jumping lunges</p> <p><b>Team WOD</b> <b>161003</b></p> <p>2&amp;2, AMRAP x 40 min 100 Double-Unders 80 Kettlebell Swings 60 Wall Ball Shots 40 Burpees 20 Toes to Bar</p>	<p>2&amp;2, alternate complete rounds, and work through as many rounds and reps as possible in 8 min:</p> <p>8 Deadlifts 8 Pull-Ups</p> <p>Rest 4 min, and then...</p> <p>8 Box Jump-Overs 8 Push-Ups</p> <p>Rest 4 min, and then...</p> <p>8 Burpees over barbell 8 Toes to Bar</p> <p><b>WOD Green</b> Teknik: Olympiska lyft</p> <p>4 Rounds for time: 8 Power Cleans 12 Burpees over barbell</p>	<p>4 sets of: Deadlift x 4-6 reps Rest 60-90 sec</p> <p>4 rounds for time of: 25 Kettlebell Swings 50 Double-Unders/75 Single-Unders</p> <p><b>Chippa med Chi</b></p>	<p>4 sets of: Bulgarian Split Squat x 6-8 reps each leg @30X1 Rest 90 sec</p> <p>AMRAP x 9 min: 12 Wall Ball Shots 9 Toes To Bar 6 Burpees</p> <p><b>WOD Green</b> Teknik: Olympiska lyft</p> <p>AMRAP x 12 min: 6 Power Snatch 9 Box jumps</p>	<p>For time: 800 m Run 21 Kettlebell Swings 21 Goblet Squats 400 m Run 15 Kettlebell Swings 15 Goblet Squats 200 m Run 9 Kettlebell Swings 9 Goblet Squats</p>	<i>Alla helgons dag!</i>	44
6 nov	<p>2&amp;2 for time: 50 Shuttle runs 100 Wall Ball Shots 100 Push-Ups 50 Shuttle runs</p> <p>4 sets of: Single-Arm Dumbbell/Kettlebell Row x 8 reps each arm @21X0 (pull the db/kb to your hip, not your chest) Rest 45 sec</p> <p><b>Team WOD</b> <b>161119</b></p> <p>In teams of 2, complete following for time: Buy-in: 100 Bar Facing Burpees</p> <p>Then 5 rounds of: 40 Wall Ball Shots 40 Abmat Sit-Ups 40 Push Press 40 Kettlebell swings</p> <p>Cash-out: 200 Double-unders/300 Single-unders</p>	<p>5 sets of: Snatch x 1.1.1 (rest 10 sec between singles) Rest 60-90 sec</p> <p>AMRAP x 10 min: 5 Strict Handstand Push-Ups 10 Pull-Ups 15 Kettlebell Swings (heavy)</p> <p><b>WOD Green</b> Teknik: Olympiska lyft</p> <p>AMRAP x 10 min: 10 Push-Ups 10 Pull-Ups 15 Kettlebell Swings (heavy)</p>	<p>In teams of 2, partners will alternate to complete 7 rounds each of: 7 Push Press 7 Toes to Bar</p> <p><b>Mini Flight simulator</b> For time: 5-10-15-20-25-20-15-10-5: Double-Unders</p> <p><b>Chippa med Chi</b></p>	<p>4 sets of: Front Squats x 6-8 reps @30X1 Rest 60-90 sec</p> <p><b>161129</b> 21-15-9 reps for time of: Thrusters (heavy) Pull-Ups Burpees</p> <p><b>WOD Green</b> Teknik: Olympiska lyft</p> <p><b>161129 Green</b> 15-9-6 reps for time of: Thrusters Pull-Ups Burpees</p>	<p>AMRAP x 10 min: 5 Power Cleans 20 Double-Unders/30 Single-Unders</p> <p>4 sets of: Dumbbell Walking Lunges x 20 steps @1010 Rest 90 sec</p>	<p><b>Team WOD</b></p> <p>In teams of 2, with only one partner working at a time, complete as many rounds and reps as possible in 15 minutes of: 10 Pull-Ups 6 Thrusters</p> <p>Rest exactly 5 minutes, and then . . .</p> <p>In teams of 2, with only one partner working at a time, complete as many rounds and reps as possible in 15 minutes of: 12 Kettlebell swings 6 Burpee Box Jump Overs</p>	45

13 nov	<p>For time: 100 Air Squats immediately followed by...</p> <p>4 rounds of: 8 Shoulder to Overhead 15 Box Jumps 20 Kettlebell Swings</p> <p>immediately followed by... 50 Double-Unders</p> <p><b>Team WOD</b> <b>161112</b></p> <p>In teams of 2, alternating each movement, complete 14 rounds of: 10 Hang “Clusters” 10 Burpees 10 Box jump overs</p> <p>(Partner A performs 10 hang “Clusters”; Partner B performs 10 burpees; Partner A jumps over box; Partner B performs 10 hang “Clusters”; etc.... A “Cluster” is a Clean into a Thruster</p>	<p>3 sets of: Back Squat x 8-10 reps @3011 Rest 90 sec</p> <p>In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 15 minutes of: 10 Jumping Lunges 10 Pull-Ups</p> <p><b>WOD Green</b></p> <p>In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 15 minutes of: 10 Jumping Lunges 5 Pull-Ups</p>	<p>6 sets of: Hang Clean + Clean Rest 60-90 sec (athlete will execute one clean from the hang position, and then one from the floor)</p> <p>3 rounds for time of: 30 Shuttle runs 12 Alternating Kettlebell Squat Snatches</p> <p><b>Chippa med Chi</b></p>	<p><b>161202</b> Tabata Assault bike for Calories Rest 60 sec Tabata Wall Ball Shots Rest 60 sec Tabata Burpees Rest 60 sec Tabata Double-unders</p> <p><b>WOD Green</b> <b>161202</b> Tabata Assault bike for Calories Rest 60 sec Tabata Wall Ball Shots Rest 60 sec Tabata Burpees Rest 60 sec Tabata Single-Unders</p>	<p>4 sets of: Deadlift x 4-6 reps @3111 (open hands at the bottom of the deadlift, then close them and lift again) Rest 20 sec Strict Handstand Push-Ups x Max Reps (if you cannot get 8 reps or more, accumulate until you get 8 reps) Rest 2 min</p> <p><b>161130</b> AMRAP x 10 min: Deadlift x 1 rep Hang Power Clean x 1 rep Front Squat x 1 rep Push Press x 1 rep</p> <p>(You must perform 5 burpees any time the weight settles on the ground. Loading: Men=115 lbs, Women=75 lbs)</p>	<p><b>Team WOD</b> AMRAP x 30 min: Teams of 2: 3 Wall Ball shots 3 Kettlebell Swings 3 Burpees</p> <p><i>Next round is 6's, then 9's, etc...</i></p> <p>In this teams of two workout, partners will complete full rounds before switching off. Partner 1 will complete 3 repetitions of everything, and then partner 2 will complete three rounds of everything. Rounds increasing by 3 repetitions each time. The weight on the kettlebell and wall balls should be something that athletes could complete 25+ repetitions unbroken when fresh.</p>	46
20 nov	<p>3 sets of: Back Squat x 6-8 reps @30X1 Rest 90 sec</p> <p>3 Rounds: 75 Double Unders/112 Single Unders 50 Air Squats 15 Power Cleans</p> <p><b>Team WOD</b> <b>161126</b></p> <p>In teams of 2, alternate full rounds to complete as many rounds and reps as possible in 2 rounds x 15 min of: 9 Burpee Box Jump-Overs 9 Kettlebell Goblet Squats</p> <p>Rest 5 min between rounds</p>	<p><b>Team Nate</b> AMRAP 20: 2 Muscle-ups 4 Handstand Push-ups 8 Kettlebell Swings (70/53)</p> <p><i>Athletes will complete a full round before switching</i></p> <p>Working together to tackle a team version of the Hero WOD, “Nate”. Athletes will team up, switching off after completing full rounds. Kettlebell weight should be something that could be completed for 20+ repetitions when fresh.</p> <p><i>Option:</i> 4 Strict Pull-ups 8 Push-ups 12 Kettlebell Swings</p> <p><b>WOD Green</b></p> <p>Every minute, on the minute, for 10 minutes, complete: 5 Burpee Box Jump-Overs 5 Sit-Ups</p>	<p>Push Press *Set 1 – 5 reps *Set 2 – 3 reps *Set 3 – 2 reps *Set 4 – 3 rep *Set 5 – 2 rep *Set 6 – 1 rep</p> <p>Rest 60 sec between sets and use that time to prep for the conditioning workout</p> <p>3 rounds for time of: 10 Deadlifts (heavy) 15 Push-Ups 30 Double-Unders</p> <p><b>Chippa med Chi</b></p>	<p>3 sets of: Barbell Back Loaded Alternating Reverse Lunges x 8-10 reps each leg @20X1 Rest 90 sec</p> <p>3 rounds for time of: 10 Thrusters 20 Pull-Ups 20 Box jumps</p> <p><b>WOD Green</b></p> <p>4 rounds for time of: 5 Thrusters 10 Pull-Ups 15 Box jumps</p>	<p>Perform 4 sets against a 4-minute running clock, for max reps of: 20 Shuttle runs immediately followed by as many rounds and reps as possible of... 10 Kettlebell Swings 10 Push-Ups</p> <p>Rest 4 minutes between sets.</p> <p>If you're training with others, Partner A will race through 4 minutes, then rest while Partner B races through 4 minutes – alternating back and forth for 32 minutes until each partner has completed 4 sets.</p>	<p><b>Team WOD</b> 3 sets for max reps of: 60 seconds of Wall Ball Shots 15 sec transition 60 seconds of Power Cleans 15 sec transition 60 seconds of Box Jump-Overs 15 sec transition 60 seconds of Push Press 15 sec transition 60 seconds of Assault Bike (for Cals) Rest 60 seconds</p>	47

27 nov	<p>4 sets of: Shoulder Press x 5 reps Rest 90 sec Toes to Bar x 10 reps (use this as a skill session and try to establish good rhythm) Rest 90 sec</p> <p><b>“Fran”</b> Rounds of 21, 15, and 9 reps of: Thrusters (95/65 lbs) Pull-Ups</p> <p><b>Team WOD</b> <b>161119</b> In teams of 2, complete following for time: Buy-in: 100 Bar Facing Burpees</p> <p>Then 5 rounds of: 40 Wall Ball Shots 40 Abmat Sit-Ups 40 Push Press 40 Kettlebell swings</p> <p>Cash-out: 200 Double-unders/300 Single-unders</p>	<p>4 sets of: Back Squat x 4-6 reps Rest 90 sec</p> <p>In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 15 minutes of: 5 Burpee Box Jump-Overs 10 Alternating Single-Arm Kettlebell Snatches</p> <p><b>WOD Green</b> In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 15 minutes of: 5 Burpee Box Jump-Overs 10 Alternating Single-Arm Kettlebell Snatches</p>	<p>In teams of 3, complete 4 rounds each of: 300/250 m Row (rest station) 12 Thrusters (rest station) 12 Pull-Ups (rest station)</p> <p>Teammates will attack this in a pipeline fashion. Teammate A will start rowing, and once they are off, they will move to a rest station while Partner B begins rowing. Once Partner B finishes rowing, Partner A may begin Thrusters and Partner C begins rowing. Teams will follow this sequence until all teammates have completed 4 full rounds.</p> <p><b>Chippa med Chi</b></p>	<p><b>“The Chief”</b> Against a 3-minute running clock, complete as many rounds and reps as possible of: 3 Power Cleans (135/95 lbs) 6 Push-Ups 9 Air Squats</p> <p>Repeat for a total of 5 sets, resting 60 sec between sets. Pick up each set where you left off when the last ended.</p> <p><b>WOD Green</b> <b>Green Chief (Time)</b> 5 rounds of: AMRAP 3 min: 3 Power cleans 40/20 kg 6 Pushups 9 Air Squats (Rest 60 sec)</p> <p>Repeat for a total of 5 sets, resting 60 sec between sets. Pick up each set where you left off when the last ended.</p>	<p>4 sets of: Deadlift x 4-6 reps Rest 45 sec Strict Handstand Push-Ups x Max Reps in 60 sec Rest 90 sec</p> <p>AMRAP x 5 min 10 Push Press 15 Kettlebell Swings Rest 2 min, and then...</p> <p>AMRAP x 5 min 10 Toes to Bar 10 Box Jumps</p>	<p><b>Team WOD</b> <b>151214</b> TeamWOD 2&amp;2: 3 Rounds for time: 100 Air Squats 50 Kettlebell Sumo deadlift high pull 32/24kg 40 Pull-Ups 30 Burpee box jump over 60/45 cm 20 Wall climbs</p>	48
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