

## WORKOUT OF THE WEEK

# Poniedziałek dnia 2018-10-01

A.

In every 90 sec x 5/5 sets alternate:

Odd: Deadlift x 5 reps @climbing weight (no TnG!)

Even: Bench Press x 5 reps @climbing weight

Notes:

Climbing weight mean start with easy weight then add weight in each set and the last set is the heaviest of the day, close to 5RM.

B.

4 sets of:

Weighted Pull-Ups x 5 reps

Weighted Dips x 5 reps

C.

3 sets

D-ball Bear Hug Carry x 50m

+

Farmer Carry x 50m

@use heavy weights but try to go unbroken in the 50 meters.

# Wtorek dnia 2018-10-02

A.

Snatch Warm up

2 x 5 reps Overhead Squat w/pause 3 sec

2 x 5 reps 1.5 Overhead Squat

2 x 5 reps Snatch Pulls

2 x 5 reps Muscle Snatch

2 x 5 reps Power Snatch w/pause 3 sec at the bottom and the top position

2 x 5 reps Squat Snatch w/pause 3 sec at the bottom and the top position

Use empty barbell.

B.

SNATCH

8 sets x 2:00 to find

3 position Snatch daily max

(3 positions: High Hang Snatch + Hang Snatch + TNG Snatch)

C.

For time:

10 High Hang Snatch

10 Hang Snatch

10 Snatch

@60% of B

Every time when you drop the bar do 10 Bar Facing Burpees

# Środa dnia 2018-10-03

Sroda

A.

SKill: Ring MuscleUps

(Example:

Accumulate 10 total reps of each sequence :

- 10 sec. false grip straight arm hold + 10 sec. false grip pullup

- False Grip Strict Pullup + 10 sec. false grip bent-arm hold + 10 sec. negative strict pullup.

Then...

Accumulate 10 reps of NO-false Grip Ring Pullups)

B.

2 sets total

15-25 seconds Top of the rings hold

60 sec. rest

15-25 sec. Bottom of the rings hold

60 sec. rest

Then...

1 set x max reps of Strict Ring Dips

Pause 1 sec. in top position

C.

5 rounds

30 sec. Bent-Hollow Rocks

30 sec. Bent-Hollow Hold

Rest 1:00

## **Czwartek dnia 2018-10-04**

A.

C&J Warm up

2 x 5 reps Front Squat with 3 sec pause at the bottom and top position

2 x 5 reps 1.5 Front Squat

2 x 5 reps Muscle Clean

2 x 5 reps Power Clean with 1-3 sec pause at the catch position + Front Squat directly from the catch

2 x 5 reps Strict Press

2 x 5 reps Push Press

2 x 5 reps Full Clean and Jerk

Use empty barbell.

B.

CLEAN AND JERK

8 sets x 2:00 to find

Power Clean + TNG Squat Clean + STOH daily max

C.

For time:

5-4-3-2-1 Unbroken Complex of Power Clean + TNG Squat Clean + STOH @70% of B

8 Burpee Box Jump Over@60/50cm

## **Piątek dnia 2018-10-05**

A.

EMOM 5:

1: ME WallBall Shots @10/6kg

2: ME Burpees to Target

3: ME Thrusters @42,5/30kg

4: ME Double Unders

5: ME Cal Assault Bike

B.

10 rounds of:

200/150m Row

1:1 Rest

All out Sprints, every single one.

## **Sobota dnia 2018-10-06**

Warm up

6x50m (kick/any drill by 25m) w/ 30sec rest

Main Set:

- 2x150m tempo increase by 25s (1st 25 slow, last 25 fastest) with 60sec rest
  - 30sec extra rest
  - 1x50m for time (max effort)
    - 50m easy
- 4x100m descending (#1 slowest, #4 fastest) with 45sec rest
  - 50m easy
  - 30sec extra rest
- 1x50m for time (max effort)

100 cool down

Total= 1300m