

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-12-03

A. Kettlebell Swing

Skills and Drills

B. AMRAP of:

5 min Kettlebell Snatches 24/16 kg

If You feel well, try the full Secret Service Snatch Test for 10 minutes.

C. Assesories:

5 sets of:

GHD Back Extension Isometric Hold x 30-45 seconds

Weighted Plank x 30-45 seconds

Wtorek dnia 2018-12-04

Wtorek:

A. Mobility and WarmUp

B. Clean & Jerk:

WorkUp to today` heavy Singles

C. Assesories (ask Your coach)

Środa dnia 2018-12-05

SRODA:

A. 3 sets of heavy TGU

B. Amrap 30'

In teams of 2:

- 2 x 500 m row

- 40 Heavy Russian Kettlebell Swings (reps for the team)

- 30 T2B (for the team)

- 20 Synchro Burpee

- 10 Heavy Thrusters (for the team)

Czwartek dnia 2018-12-06

Czwartek:

A. Deadlift:

4 DI ~ 70% of 1rm

3DI 80%

2DI 85%

2DL 90%

1DI 90%+

B. Each 2 minutes for 24 minutes:

1. Farmer Walk ~ 50 m
2. Heavy Kettlebell Swings x 10-12
3. Paused Hip Bridges x 6-8
4. Strict PullUps x 6-8

Piątek dnia 2018-12-07

Piatek

A. Gymnastic Skills ~ 20 minutes

B. Every 6 minutes for 35 minutes:

300 m RUN (Time Cap 2 min!)

20 Burpees To Target

10 weighted GHD SitUps or Strict T2B