

CrossFit Open | December - February | Training Week 7

Squat Clean & Chinups Heavy



	Monday 11-02-19	Tuesday 12-02-19	Wednesday 13-02-19	Thursday 14-02-19	Friday 15-02-19	Saturday 16-02-19	Sunday 17-02-19
Context	Quality	Quality	Benchmark	Quality	Quality	Toughness	Quality
	Speed	Work Capacity	Volume - Lactic	Heavy - Alactic	Work Capacity	Volume - Lactic	Work Capacity
Level 1	4 Rounds of 3:00 8 Bench Press 8 Vertical Body Rows	12 EMOM Alternating 6 Deadlift 1 min Rest Foot Drills in Rest	4 Rounds of 3 minutes 8 Body Rows 30 sec Horse Stance	5 Rounds of 2:30 minutes 3 High Box Jumps 8 Pushups	12 EMOM Alternating 6 DB Squats 5-8 Strict Knee Raises	No Strength	4 Rounds of 3 minutes 6 Plate Good Morning 8 DB Squats
Level 2	4 Rounds of 3:00 5 Bench Press 5 Buddy Chinup Slow Negative	12 EMOM 3x 3 Hang Squat Clean 60%1RM 3x 3 Hang Squat Clean 70% 1RM 3x 2 Hang Squat Clean 80%1RM 3x 1 Hang Squat Clean 90%1RM	4 Rounds of 3 minutes 15 slow Muscle Ups Transitions 40 sec Horse Stance	5 Rounds of 2:30 minutes 3 Broad Jumps 6-8 Ring Pushups	12 EMOM Alternating 3 Power Clean + FSQ 5-8 Ball Knee Raises Ball Between the Feet		4 Rounds of 3 minutes 6 Good Morning (no Rest after) 8 Squats
Level 3	4 Rounds of 3:00 5 Bench Press 5 Chinups Weighted	12 EMOM 3x 3 Squat Clean 60%1RM 3x 3 Squat Clean 70% 1RM 3x 2 Squat Clean 80%1RM 3x 1 Squat Clean 90%1RM	4 Rounds of 3 minutes 1-3 Strict Muscle Ups 60 sec Horse Stance	5 Rounds of 2:30 minutes 3 Broad Jumps 6+6 Archer Ring Pushups	12 EMOM Alternating 3 Squat Clean 5-8 Strict Toes 2 Bar		4 Rounds of 3 minutes 6 Good Morning (no Rest after) 8 Squats (same weight)
Metcon	3 Rounds for Time 40 sec Work / 40 sec Rest Cal Assault Bike Cal Row Cal Ski Erg Sit-ups	5 Rounds for Time 10 Pushups 10 Air Squats 10 Kettlebell Swings	Annie 50-40-30-20-10 reps, for time of: Single Under AbMat Sit-up — Scaling reps 70-60-50-40 Single Unders 35-30-25-20 Sit-ups	5 Rounds for Time 10 Rus Kettlebell Swings 10 Knee Raises 10 Wall balls	3 Rounds For Time 20 Plank/HS Shoulder Taps 16 DB Thrusters 16 Lunges 10 Body Row	For Time Buddy WOD 50 Cal Ski Erg 50 Dumbbell Push Press 12m Bear Crawl Each 50 Dumbbell Thrusters 12m Bear Crawl Each 50 Jumping Pullups 12m Bear Crawl Each 50 Hang Dumbbell Snatch 400 Single Unders	5 Rounds For Time 2x8m Sled Push 12 Kettlebell Swings 12 Kettlebell Front Squat 8 Pushups
Metcon Performance	3 Rounds for Time 40 sec Work / 40 sec Rest Cal Assault Bike Cal Row Cal Ski Erg Sit-ups	5 Rounds for Time 8 Ring Dips 14 Power Cleans 40/30	Annie 50-40-30-20-10 reps, for time of: Double Under AbMat Sit-up	5 Rounds for Time 6 Squat Snatch 50/30kg (Heavy) 12 Toes2Bar 12 Wall balls	3 Rounds For Time 5 Handstand Pushups 20 Thrusters 20/15kg (light) 20 Barbell Lunges 10 Body Row	For Time Buddy WOD 200 Double Unders 50 Dumbbell Push Press Wheelbarrow 12m Each 50 Dumbbell Thrusters Wheelbarrow 12m Each 50 Pullups Wheelbarrow 12m Each 50 Dumbbell Snatch 80 Cal Ski Erg	5 Rounds For Time 8 Sandbag Clean 40/30kg 8 Sandbag Squat 8 Sandbag Shoulder to Shoulder 2x8m Sled Push — DO NOT Hyper Extend
Cool Down		3 Rounds 60 sec Hold Prayer Stretch			3 Rounds 10 Prone Dislocate 1kg -2,5kg		3 Rounds 10+10 Active Pigeon
Skills							
Links							