# **Week 2 (LIGHT)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |
| Crossfit | Rest | Strength  short | Crossfit  short | Conditioning | Rest | Tävling |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

*Recommended weekly schedule, if you need to change place on any session it’s fine*

# **Session 1**

Warmup

5 min easy bike

*Lägg 3-5 min stretch på: Infraspinatus trigger punkt (för rörlighet och ont i axel, med golfboll)*

*Lägg 3-5 min stretch på: Lats stretch (ger bättre rörlighet över huvudet)*

EMOM 8 minutes:

**ODD: Row the full min** *(warmup pace)*

**EVEN: 14 DB Snatch 1x15 kg 7/7**

1.

For time, 5 rounds:

**20 DB Hang Clean & Jerk, 1x22,5kg 10/10**

**20 Toes to bar**

REST 5 min, then

5 rounds:

**20 Cal row**

**15 Burpee over rower**

**10 Strict Handstand pushups**

2.

5 rounds:

**20 Cal Bikeerg**

**16 Pistols**

**1 Legless ropeclimbs**

3.

Cool down on bike 15-20 minutes heartrate 100-110

# **Session 2**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1-3 rounds of:**

**6 reps clean pull**

**6 reps close gripp muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’**

**THEN DO IT IN ALL YOUR LIFTS**

*Lägg 3-5 minuter på att göra Partner stretch hip flexor (har du ingen som kan hjälpa dig så kan du göra den själv och dra upp benet själv samtidigt som du pressar höften ner mot bänken) Börja försiktigt*

Snatch position, drill (see snatch guide)

**2 reps, 4 set**

**Empty barbell or wooden stick**

Power snatch

**20-69% 1 reps x 3 set**

**70-79% 1 reps x 4 set**

Power clean + jerk

**20-69% 1+1 reps x 3 set**

**70-79% 1+1 reps x 3 set**

Back squat (explosive reps)

**20-70% 3 reps x 4 set**

# **Session 3**

Warmup

5 min easy bike, to get warm

*Lägg 3-5 min stretch på: Infraspinatus trigger punkt (för rörlighet och ont i axel, med golfboll)*

*Lägg 3-5 min stretch på: Lats stretch (ger bättre rörlighet över huvudet)*

1.

Bar muscle up

**1-2 rep, 2 set**

**2-4 reps, 2 set**

EMOM 8 min:

**ODD: 5 Bar muscle up**

**EVEN: 7.5 m Handstand walk (break up if needed)**

2.

3 rounds for time of:

**1000m Bike Erg**

**15 DB Push press, 2x22.5 kg**

**9 Burpee box jump over, 60 cm**

3.

Cool down on bike 15-20 minutes heartrate 100-110

# **Session 4**

**20-25 min GREEN ZONE RUNNING**

Running gives you the best effect of training. If you are unable to run, choose any conditioning machine that you want.