

HYBRIDS — Semana de Entrenamiento

PARTE 1 DE 2

LUNES

WARMUP

10' movilidad articular y entrar en calor

EMOM 6'

- 1) 8-12 Air Squat + 6-10 Push Up
- 2) 6-10 Scapular Pull Up + 6-10 Ring Row
- 3) 15-20 Pogo Jumps

PLIOMETRÍA

- 1. Build to a semi-high Box Jump (8/10 effort)
- 2. Accumulate 10 reps with that height
- 3. 4x5 BJ (60/50cm) with extended knees landing

POWERLIFTING

A) Pull Up

- 3x3 @50-60% ó RPE6-7
- 3x2 @65-75% ó RPE7-8
- 3x1 @80-90% ó RPE8-9

No Pull Up Option:
4x2-3 negative Pull Up [vídeo]
2x5 Ring Row RPE7
3x3 Ring Row RPE8-9

B) Back Squat with a 2" pause + Back Squat

- 3x2+2 @65-70% ó RPE6-7
- 4x1+1 @75-80% ó RPE8-9

CALISTHENIC PUMP

Pro Option

4 Rounds for time:
10 Burpee Pull Up
15-12-9-6 Ring Row
8-12-16-20 deficit Push Up

Hybrid Option

4 Rounds for time:
8 Burpee Pull Up
12-10-8-6 Ring Row
6-9-12-15 deficit Push Up

Base Option

4 Rounds for time:
6 Burpee Pull Up
10-8-6-4 Ring Row
6-8-10-12 deficit Push Up

PUSH FINISHER (OPCIONAL)

4x 1'30 ON / 1'30 OFF

(alternate between A and B)

A) 8-12 incline DB Bench Press RIR1
max Unbroken seated DB Lateral Raises

B) 8-12 seated DB Lateral Raises
max Unbroken incline DB Bench Press RIR1

ARMOUR

5 Rounds for quality

- 10-20" L-Hold / Knee Hold
- 30-45" Plank
- 10 Banded KB Swing [vídeo]

MARTES

RUNNING

Pro Option

5km test · 7-8/10 effort

Hybrid Option

4km test · 7-8/10 effort

Base Option

3km test · 7-8/10 effort

ENGINE

Pro / Hybrid

5 Rounds for time:
500m run
40/30 - 32/24 - 24/18 - 16/12 - 8/6 cal ski
8 - 16 - 24 - 32 - 40 Bar facing Burpee
Time cap: 30 minutes

Base Option

5 Rounds for time:
400m run
30/22 - 24/18 - 18/13 - 12/9 - 6/5 cal ski
6 - 12 - 18 - 24 - 30 Bar facing Burpee
Time cap: 30 minutes

MIÉRCOLES

WARMUP

10' movilidad articular y entrar en calor

AMRAP 5'

- 10-14 Glute Bridge
- 10-15" Active Hang Hold
- 8-12 Sit Up

BODYBUILDING

A) Hip Thrust

5x5 Building weight from a 6/10 to an 8.5/10 effort
Rest by feel between sets

B) Arm Smash — 4 Super Set

- 8-12 DB bayesian curl RIR1
- 30" rest
- 8-12 Overhead Cable/DB Triceps Extension RIR1
- 1' rest

C) Grip Conditioning

- EMOM 12'
- 1) 15-45" Passive Hang till RPE8-9
- 2) max meters Farmer Carry 2x24/16kg
- 3) rest

Pro: 2x32/24kg · Base: 2x16/8kg

TUTTIFRUTI

AMRAP 15'

- 16/12 cal row
- 16 DB Walking Lunge
- 10 T2R / V-Ups

Pro: 2x22.5/15kg
Hybrid: 2x15/10kg — 8 T2R/V-Ups/Sit-Ups
Base: 2x10/5kg — Sit Up

FINISHER (OPCIONAL)

Mixed Smash — 3-4 Super Set

- 8-12 DB Shrugs with 2" pause at top
- max DB deficit Calf Raises
- 2' rest between sets

HYBRIDs — Semana de Entrenamiento

PARTE 2 DE 2

JUEVES

RUNNING

Rodaje Z2 o RPE4

50' carrera larga

Opción Pro: +60' carrera larga

Opción Base: 20' carrera larga (CA-CO: caminar-correr si fuera necesario)

Trabajo meramente acumulativo. Busca un ritmo constante donde estés cómodo. Posición erguida pero suelto de brazos. Trata de avanzar como consecuencia de la apertura de la zancada, no a base de dar brincos. Ponte música y disfruta.

SWIMMING

Warm Up

150m nado continuo libre

Technical Block — for Quality

2x50m nado arrastrando uñas

2x50m nado tocando pulgar en axila

Main Block

4x100m RPE8 / 30" rest

4x50m nado aletas (10-15-20m fuerte, resto suave; la última nado largo)

6x25m nado perfecto respirando cada 3

Cool Down

200m suave

VIERNES

WARMUP

10' movilidad articular y entrar en calor

3 Rounds for quality

10-14 Band Good Morning

8-12 Light DB Press

10-14 Band Pull Apart

14-20 Mountain Climbers

POWERLIFTING

A) Strict Press

10 @45-50% ó RPE4

8 @55-60% ó RPE5

6 @65-70% ó RPE6

4 @70-75% ó RPE7

3x2 @75-85% ó RPE8

B) Deadlift

EMOM 6' — 2 reps @60-70% ó RPE7

rest 1 minute

EMOM 6' — 1 rep @75-85% ó RPE8-9

KILLER

For time:

20 DB Squat

20/15 cal bike

30 DB Push Press

40/30 cal bike

30 DB Push Press

20/15 cal bike

20 DB Squat

Time cap: 16 minutes

Pro: 2x22.5/15kg

Hybrid: 2x15/10kg

Base: 2x10/5kg — 15/30/15 cal bike

UNILATERAL FINISHER (OPCIONAL)

10-8-6-4-2

Bulgarian Split Squat

DB unilateral Romanian Deadlift

unilateral Band/Cable Triceps PushDown

POSITION

EMOM 12'

1) 1-3/side Turkish Get-up [vídeo]

2) 10 Cuban rotations [vídeo]

3) rest

SÁBADO

WARMUP

10' movilidad articular y entrar en calor

Cada 1'30 x 4 (6 minutos)

1) 8-12 Light KB Swing + 8-12 Ring Row

2) 10-14 Lunge + 15-20 Jumping Jacks

BODYBUILDING

A) Pendlay Row

Every 12" x5 — 3 reps

rest 1 minute

Every 15" x4 — 3 reps

rest 1 minute

Every 20" x3 — 3 reps

rest 1 minute

Every 30" x2 — 3 reps

Increase weight per block, building weight from a 6/10 to an 8/10 effort

B) Pull Conditioning

Accumulate 40 strict Chin Up in as few sets as possible

Pro: 50 reps

Base: 30 reps with Band

If no Chin Up: Jackknife Chin Up [vídeo]

PUNCH

Pro / Hybrid

3 Rounds:

8/6 cal ski

16 KB Swing

— 2 minutes rest —

3 Rounds:

8/6 cal ski

12 Box Jump Over

— 2 minutes rest —

3 Rounds:

16/12 cal ski

8 KB Swing + 6 BJO

Time cap: 18 minutes

Pro: 1x24/16kg · Hybrid: 1x20/12kg · Base: 1x16/8kg

Base Option

3 Rounds:

6/4 cal ski

12 KB Swing

— 2 minutes rest —

3 Rounds:

6/4 cal ski

8 Box Jump Over

— 2 minutes rest —

3 Rounds:

12/9 cal ski

6 KB Swing + 4 BJO

Time cap: 16 minutes

UPPER FINISHER (OPCIONAL)

4 Rounds for Quality:

10 + 10 DB Rows

10 DB Hammer Biceps Curl