

## ICA Daily WODs - Weekly Preview

Date	Day	Workout	WOD Notes
6/29	Mon	4 rounds for time: 400m run 15 burpee box jumps (box-facing) Time cap: 20 min Rx: 24/20"	Will this be the most cherry-picked WOD of the week...? We'll find out! Join us for a solid conditioning day -- an unweighted couplet guaranteed to spike your heart rate and keep it there. The 400m runs should stay under 2:30, even when fatigued. If needed, sub a 1000/800m bike, 500/400m row, or reduce the run to 250m. Burpee box jumps should take 1:00-1:30 when fresh and no more than 2:00 as you tire. Scale by reducing reps or simplify to box jumps only or burpees only to maintain intensity.
6/30	Tues	Complete 8 rounds, each on a 1:30 clock: 10 dumbbell push presses MAX shuttle runs in remaining time *Rest 1:30 between rounds Rx: 2x50/35#	Programming Credit: Modified from CAP on 6/25/26. Partner up to share a running lane and, if possible, a pair of dumbbells. Partner 1 starts their rounds at 0:00, 3:00, etc. Partner 2 offsets by 90s, starting at 1:30, 4:30, etc. Select DBs that allow you to go unbroken for most if not all the rounds. Your score is the total number of shuttle runs completed. (Each shuttle run is 25'. Down & back = 2.) Run sub = bike for calories.
7/1	Wed	Part 1: Front squat 4-4-4-4-4 Part 2: Complete 5 rounds of: 0:30 weighted (goblet) bottom-of-squat hold* 0:30 rest 0:30 hollow hold 0:30 rest *As heavy as possible; unbroken!	Start your first set of front squats around 65% of your 1RM and work up to a heavy set of 4 around 85%. Compare 4RM to 6/27/25, and go heavier than your 5 rep on 5/20/26! In part 2, hold a DB or KB goblet-style, while maintaining an active, bottom-of-squat position, for all 30s. For the hollow hold, ensure your low back stays actively pressed into the ground!
7/2	Thurs	5 rounds for time: 20/15 calories (bike or row) 20 dumbbell snatch 10 chest-to-bar pull-ups Time cap: 20 min Rx: 53/35#	Select a DB that lets you go unbroken for most if not all rounds. Chest-to-bar pull-ups can be broken into multiple sets, but should take less than 1:00 even when tired. Start at a moderate intensity on the bike/rower and aim for even splits! For athletes who fly through this workout and finish in less than 13:00, rest ~3:00 and hit a 6th "bonus" round - as fast as possible!

7/3	Fri	<p>On a 15-minute clock, complete:</p> <p>Part 1: "Diane" 21-15-9 of deadlifts &amp; handstand push-ups. Rx: 225/153# (NTE 60%)</p> <p>Part 2: In the remaining time, accumulate max calcs on a bike or rower</p>	<p>Diane is a CrossFit benchmark that we complete once a year. It's meant to be on the faster side, ideally sub-10 minutes. The deadlifts are heavy but should be completed in 1-3 sets each round. Subs for HSPU include: HSPU to a target, A-frame push-ups, regular push-ups, or DB presses. Once you finish Diane, mark your time, then jump on a bike or rower and rack up as many calories as you can before the 15-minute clock expires. You'll record 2 scores: your Diane time (benchmark!) and calories. Compare both to 6/23/25.</p>
7/4	Sat	<p>Part 1 - Complete 5 sets of single-arm dumbbell bench presses:</p> <ol style="list-style-type: none"> <li>1) 15 reps each arm (3s negative)</li> <li>2) 12 reps each arm (3s negative)</li> <li>3) 10 reps each arm (3s negative)</li> <li>4) 8 reps each arm (3s negative)</li> <li>5) Max reps each arm (no tempo, same weight as set 4)</li> </ol> <p>Part 2 - 3 rounds not for time: 15 dumbbell chest flys &amp; 15 bench dips</p>	<p>In Part 1, you'll partner up with a buddy for timing purposes -- if you can share DBs, even better! Complete all reps on one arm before switching to the other arm. The 3 second negative makes these harder than you'd think! Start light and increase weight each set. The final set has no prescribed tempo. Record the weight used for each set, and note your reps completed for set 5. In Part 2, use light plates or dumbbells for the chest flys (<a href="https://youtu.be/Nhvez9EzdJ4U">https://youtu.be/Nhvez9EzdJ4U</a>). The 15 reps should be smooth and continuous, with a slight pause at the bottom. For bench dips (<a href="https://youtu.be/vOLI6avgF7Q">https://youtu.be/vOLI6avgF7Q</a>), place plates on the floor as a depth target that feels good for your shoulders. If desired, add a plate or DB to your lap to make these weighted. Compare Parts 1 and 2 to 6/24/26.</p>
7/5	Sun	<p>AMRAP in 20 minutes of:</p> <p>250/200m row (or 500/400m bike) 40 double-unders 20 AbMat sit-ups</p>	<p>Today's unweighted AMRAP is a chance to work on our engines with three movements that reward rhythm and pacing. The goal is to keep transitions tight and find a sustainable flow that you can hold for the full duration. Aim for rounds that feel almost identical in pace (no sprinting early, no falling apart late).</p>
7/6	Mon	<p>Complete 5 rounds for max reps:</p> <p>Min 0-2: 250m sprint (rest in remaining time) Min 2-3: Max reps back squats Min 3-5: Rest Rx: 185/133# (NTE 60%)</p>	<p>Today is a high intensity interval day. At minute 0, run the 250-m loop as fast as possible! If it takes you longer than 1:30, scale to a 200-m. At minute 2, you'll perform 1:00 of back squats. The weight should not exceed 60% of your 1RM. Rest 2 minutes and repeat for 5 rounds. We'll have 2 scores today - running times (record under Part 1) &amp; total back squats (record under Part 2)</p>

7/7	Tues	Part 1: E2MOM for 20 minutes: 3 rep power snatch (quick singles) Part 2: Mid-year goals check-in	The power snatches are quick singles; try to complete each set in ~20 seconds. There are two ways to approach this: (1) load to a moderate weight (~75%) and stay there for all 10 sets, or start lighter (~60%) and work up to heavy set of 3 in the 85% range. After the EMOM, we'll spend the remainder of class reviewing our 2026 goals and making sure you have a plan to get after them! If you missed goal-setting in January, use this time to jot down 3-5 fitness-related goals for the 2nd half of the year!
-----	------	--	--