

ICA Daily WODs - Weekly Preview

Date	Day	Workout	WOD Notes
6/22	Mon	Part 1: Shoulder press 3-3-3-3-3-3 Part 2: 3 rounds not for time of: 10 single-arm KB/DB windmills (5R/5L) 10 single-arm KB/DB Sots press (5R/5L)	In part 1, start around 65% of your 1RM and work up to a heavy triple in the 85-90% range. In part 2, use a light DB or KB and focus on shoulder positioning and stability. Both the windmill (https://youtu.be/ITSmgn_BQgY?si=hOzIA4fPf8ykAXFF) and Sots press (https://youtu.be/sq7Bu0G_TqE?si=6YrA5t9Rds51Vouq) require extreme core stability and shoulder mobility. If these movements aren't available to you, first try them unweighted, and if you need to further modify, perform standing oblique crunches & seated presses.
6/23	Tues	"Kelly" - 5 rounds for time of: 400m run 30 box jumps 30 wall balls Time cap: 35 minutes Rx: 24/20", 20/14" to 10/9'	This is a CrossFit benchmark WOD that we complete once a year. It's on the longer end so be sure to pick modifications that allow you to keep moving! Common scales include: Shorten the run to 250m, cut the box jumps & wall balls to 20 reps each, or reduce to 3 or 4 rounds instead of the full 5. Whatever variation you choose, wear your running shoes and be ready to sweat! Compare to 6/14/26.
6/24	Wed	10-9-8-7-6-5-4-3-2-1 reps for time: Bench presses *1 rope climb after each round Time cap: 20 min Rx: 70% 1RM bench press	Although this workout is "for time," it's a slower-moving workout that will be more strength limiting than cardio limiting. At 70% of your 1RM, expect to break bench presses into 2 (or more) sets each round. If you go unbroken for the rounds of 10-9-8, add weight! If all the ropes are in use when you get there, enjoy the extra few seconds to catch your breath - you'll make up the time on your next set of bench presses. Subs for rope climbs = partial height climbs, 1-2 rope pulls or 5-10 ring rows.
6/25	Thurs	Part 1: Sumo deadlift 5-5-5-5-5 Part 2: 3 rounds not for time of: 10 Russian kettlebells swings 20 single-leg glute bridges (10R/10L)	Start your first set of sumo deadlifts around 65% of your 1RM and aim for a top set ~80/85% of your 1RM. Compare to 6/18/25. (Some folks may also have a 5-rep SDL on 10/2/25, when it was athletes' choice to conventional or sumo.) In Part 2, go as heavy as possible on the RKBS -

			have fun with it! Pause at the top of each glute bridge, getting your hips as high as you can.
6/26	Fri	<p>For time: 1000/800m row or 2000/1600m bike 30-20-10 reps of: - Front squats - Toes-to-bar 1000/800m row or 2000/1600m bike Time cap: 22 mins Rx: 95/63#</p>	<p>Today's workout starts and ends with a row/bike effort. Hit the first one at moderate intensity, then match or beat your pace for the closing effort. Sandwiched in the middle is a couplet of front squats and toes-to-bar. Select a weight that lets you complete the round of 30 front squats in 2-4 sets. Same for your toes-to-bar variation! Keep the row/bike under 4:00 by holding at least a 2:00/2:30 pace, or reduce the distance (e.g., 750/600 row or 1500/1200 bike).</p>
6/27	Sat	<p>AMRAP in 15 minutes of: 1 squat snatch 3 power clean & jerks 30 double-unders Rx: 155/103#</p>	<p>Programming credit: Slightly modified from CrossFit main page on 10/6/22 (https://youtu.be/oTXMljiP1tU). The squat snatch will be the limiting movement for most athletes. Select a load that you're confident you can hit even when tired. If needed, modify to a power snatch or replace it with 2 more C&J (total of 5 C&J per round).</p>
6/28	Sun	<p>Part 1: Behind-the-Neck Split Jerk 1-1-1-1-1-1-1 Part 2: 4 rounds not for time of: 8 split stance strict presses (AHAP) 4 hanging windshield wipers</p>	<p>Behind-the-neck split jerks (https://youtu.be/ESjPYiECIQI) are often a stronger lift than regular split jerks, due to the wider grip and more solid launching position. However, athletes with limited shoulder mobility can modify to regular jerks or push presses (from the front). In Part 2, there's no prescribed weight for strict presses - pick a weight where you can do 8 in a row with some struggle in reps 7 and 8. Movement demos: split stance strict presses (https://youtu.be/H13OPM6hDbQ), hanging windshield wipers (https://youtu.be/zgp1fapVrfQ?si=GvSkTMvoa_Kur1Ks)</p>
6/29	Mon	<p>4 rounds for time: 400m run 15 burpee box jumps (box-facing) Time cap: 20 min Rx: 24/20"</p>	<p>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.</p>

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.
------	------	---	---