

ICA Daily WODs - Weekly Preview

Date	Day	Workout	WOD Notes
4/20	Mon	Part 1: Push press 6x3 (80-85%) Part 2: EMOM for 6 minutes: 25' handstand walk (sub: handstand holds)	In Part 1, perform 6 sets of 3 push presses working across at approximately 80-85% of your 1RM. Compare to 4/11/25. Part 2 will get us upside down! if you're not ready to handstand walk, sub a challenging 20-second hold variation: 1) handstand against wall, 2) wall walk hold against wall, 3) plank hold on floor. Add shoulder taps to any/all of these variations if you're able - but keep it controlled and stable.
4/21	Tues	For time: 800m run 30 devils presses 800m run Time cap: 15:00 to finish devils presses Rx: 2x50/35#	If you're new to devils presses, fair warning: they're harder than they look! Select a pair of DBs that makes 5 unbroken reps difficult but do-able when fresh. If you hit a wall, switch to single-arm devils presses, alternating arms each rep. The opening run should ideally take < 5:00; reduce the distance or sub a row (1000/800m) or bike (2000/1600m). Time cap to START the 2nd run is 15:00. Devils press demo: https://youtu.be/RkQqP4tP4lc .
4/22	Wed	5 rounds for time: 30 Abmat sit-ups 20/15 calories (bike or row) 10 front rack lunges (5R/5L) Time cap: 20 min Rx: 115/75#	Front rack lunges can come from the floor or rack -- athlete's choice. The weight should be moderate and the reps unbroken, even when tired! If front rack lunges don't feel great on your knees, modify to front squats or weighted box step-ups (2xDBs).
4/23	Thurs	Part 1: Deadlift 8x2 (85-90%) Part 2: 3 rounds NFT of: 12 bent-over rows & 12 hip thrusts (both at 30% 1RM deadlift)	In Part 1, you'll build up to ~85% of your 1RM deadlift and perform all 8 sets at that same weight. Small adjustments are fine, but the goal is to go heavy across all 8 sets, with solid mechanics. You can go sumo or conventional - whichever one you're feeling today! Compare Parts 1 and 2 to 4/17/25.
4/24	Fri	AMRAP in 20 minutes of: 400m run 3 rounds of strict Cindy* *Each round of Cindy = 5 strict pull-ups, 10 push-ups, 15 air squats	We're about 1 month out from Memorial Day and you know what that means... Murph! Today's WOD is some Murph prep. Folks unable to run can sub a 500/400m row or 1000/800m bike.

4/25	Sat	<p>5 rounds, each for time: 50 double-unders 8 power cleans *Start a new round every 5 minutes Rx: 75% 1RM power clean</p>	<p>The barbell is heavy today! Focus on a good set up position, use a hook grip, and hit full hip extension on each rep. The DU should take less than 1-minute; reduce reps or modify to single-unders as needed. For a non-impact option, test your max cal in 30-seconds and use that as your target per round. Cap each round at 3-min. Log your time for each round; log the weight you used in notes.</p>
4/26	Sun	<p>Part 1: Push jerk 1-1-1-1-1-1 Part 2: 3 sets of 2x25' double-dumbbell overhead walking lunge</p>	<p>Start your first set of push jerks around 70-75% and work up to a heavy single. Athletes who struggle with shoulder mobility may elect to perform push presses instead. In part 2, lunge 2x25' holding two DB/KBs overhead. You can place the DB/KBs down at the turnaround, but not in the middle of the 25'. Record the heaviest weight completed. Compare Part 1 to 4/20/25 and Part 2 to 3/3/25.</p>
4/27	Mon	<p>4 rounds for time of: 500/400m row (or 2x bike) 20 thrusters 20 toes-to-bar Rx: 95/63# Time cap: 24 min</p>	<p>This workout has a high number of thrusters and T2B. Select a weight that lets you complete thrusters in 2-3 sets per round. T2B can break more often, but don't spend more than 2:00 per round. Compare to 5/19/25.</p>
4/28	Tues	<p>4 rounds of 1:00 at each station for max reps: Shuttle runs (25') Kettlebell swings Box jumps or step-ups Kettlebell sumo deadlift high pulls Rest Rx: 53/35#, 24/20"</p>	<p>Today we're working on our engines with a light weight, high rep burner. You can step or jump onto the box for Rx - athlete's choice. In larger classes, share a box and running lane with a buddy. You'll start at different stations but everyone will rest at the same time. Record your score for each round; the app will sum them. After transitioning to a new station, get to work as quickly as possible - the clock will be ticking!</p>