

ICA Daily WODs - Weekly Preview

Date	Day	Workout	WOD Notes
2/16	Mon	Part 1: Pre- and post-workout accessory = Max set of strict pull-ups Part 2: Complete 3 rounds for time of: 500/400m row (or 2x bike) 40 AbMat sit-ups 30 alternating dumbbell snatches Time cap: 20 min Rx: 50/35#	Programming Credit: CrossFit main page on 1/30/26. Today's workout includes a max set of pull-ups before and after the WOD. This isn't our annual strict PU benchmark, but it's a good check-in leading up to that benchmark (April). For the actual WOD, set a moderate-to-hard pace on the rower and try to hold that intensity throughout the workout! Select a DB that lets you complete the dumbbell snatches in 2 sets (or less).
2/17	Tues	The Alternate Power Total Front squat 1-1-1 Shoulder Press 1-1-1 Power Clean 1-1-1	We first introduced the Alternate Power Total in June 2024, as a complement to the Powerlifting Total which we complete every fall. You'll have 35 minutes to accomplish 3 attempts at each lift. Most athletes will spend ~5 minutes building up to their starting weight and ~5 minutes completing their attempts at each lift. Fighting the clock and figuring out your 3 attempts is part of the fun! Compare to 2/10/25.
2/18	Wed	Part 1: Skill work: 2-fer wall balls Part 2: AMRAP in 14 minutes of: 15/12 cal (bike or row) 9 thrusters Rx: 95/63#	Part 1 introduces the wall ball's evil twin - the "2-fer" wall ball (https://www.youtube.com/shorts/_a9n3lb0sqc?feature=share). Start with a med ball several steps lighter than what you typically use, and work up in weight once you get the hang of the movement. In Part 2, you'll have 14 minutes to rack up as many rounds as you can of the cardio/thruster couplet. Aim to go unbroken on thrusters for at least the first several rounds. If you struggle to hold a 1000/750 cph pace, consider reducing cals to 12/9.
2/19	Thurs	5 rounds for time of: 7 deadlifts 7 chin-over-bar pull-ups --Rest 1:00-- 5 rounds for time of: 7 deadlifts 5 chest-to-bar pull-ups	This was never an Open workout, but it will have that feel! Athletes may hit the time cap today; aim to get as far into the workout as you can. If high volume deadlifts tend to light up your low back, consider elevating your bar and/or reducing reps. For the gymnastics work, pick a progression of 3 movements that are available to you, e.g.: ring rows >> banded pull-ups >> banded C2B. You can even do 3 ring

		--Rest 1:00-- 5 rounds for time of: 7 deadlifts 3 bar muscle-ups Time cap: 20:00 Rx: 185/123#, NTE 45%	row variations - making each one harder than the one before.
2/20	Fri	Part 1: Push Jerk 5-5-5-5-5 Part 2: Complete 4 x 60-yd double-KB/DB farmer carry	<p>**The Open starts in a week... and TODAY is the last day to register to guarantee a spot on an ICA intramural team! Details: https://iron-cross-athletics.com/general-announcements/the-2026-open/ **</p> <p>Start your push jerks at approx 65% of your 1RM and aim for a top set around 85%. In Part 2, find the heaviest set of KB/DB that you can farmer carry for 60-yd (6x10-yd). Compare Part 1 to 2/16/25 and Part 2 to 2/13/25.</p>
2/21	Sat	EMOM for 24 mins: 1) 20 seated leg lifts over dumbbell 2) 15 wall balls 3) 2 rope climbs Rx: 20/14# to 10/9'	You'll complete a new movement at the start of each minute, aiming to finish by ~0:30 so you have ample time to rest. Customize reps/weights/movements as needed! (For some athletes, there may be an opportunity to Rx+ by using a heavier med ball or adding a 3rd rope climb each round.) Seated leg lifts are harder than they look (https://youtu.be/uwC-o_vIAvI)! Keep your hands by your hips to make them more manageable, or scale to single-leg (10R/10L).
2/22	Sun	10-9-8-7-6-5-4-3-2-1 reps for time of: Back squats Strict handstand push-ups Time cap: 20 min Rx: 225/153#, NTE 60% 1RM	This will be a slower moving workout, thanks to heavy back squats and strict gymnastics work. While it is "for time," it's also a strength-building day. Go heavy on the squats and pick a challenging version of HSPU! Most rounds will NOT be completed unbroken; aim for manageable sets (3-5 reps) from the start. Try to avoid singles for as long as possible.
2/23	Mon	Part 1: Deadlift 3-3-3-3-3 Part 2: 4 rounds not for time of: - 3 broad jumps (singles, each as far as possible) - 10 lateral skater jumps (5R/5L)	Today's deadlifts are meant to be conventional, but athletes can perform sumo if preferred. Start around 65% of your 1RM and aim for a top set in the 90% range. Compare Part 1 to 2/13/25. In Part 2 we'll work on our explosiveness! Anyone unable to broad jump can modify to 10 heavy KBS.

			Those unable to lateral skater jump (https://youtu.be/Xz27DudBfSs) can modify to 10 single-arm suitcase deadlifts (https://youtu.be/FSAhSuPEfPU).
2/24	Tues	"The Chief" Complete 5 intervals, each an AMRAP in 3:00 of: 3 power cleans 6 push-ups 9 air squats *Rest 1 min between intervals Rx: 135/93#	The Chief is an annual benchmark and a fan favorite! It was last performed at ICA on 3/5/25. The power cleans should be touch-and-go throughout the entire WOD. Push ups are the sticking point for most people; select a scale that lets you go unbroken for at least the first 3-minute interval (this is usually 4-7 sets of push ups).