ICA Daily WODs - Weekly Preview

Date	Day	Workout	WOD Notes
11/23	Mon	Partner interval AMRAP in 20 minutes: 35 double-unders 7 burpees 7 toes-to-bar *Partners alternate full rounds. Score is total rounds completed as a team of 2.	This WOD was originally designed as an individual 10-round workout. When classes were consolidated into the North Room, we turned it into an old-school partner interval AMRAP! Partners will take turns completing 1 full round of the workout while the other partner rests. This style of workout encourages us to move fast, dig deep, and have fun doing it. (In between catching your breath, remember to cheer for your partner!) Rounds should generally take <1:30. More importantly, strive to keep your and your partner's rounds similar in duration. If you're moving fast, increase your reps (e.g., 40-8-8 or 45-9-9). If you're slowing down, reduce the reps (30-6-6 or 25-5-5). The goal is for partners to walk away equally exhausted. Lower impact subs for DUs = 2x single-unders, 20 Russian kettlebell swings, or a :30 bike/row sprint.
11/24	Tues	Part 1: Thruster 5-5-5-5-5 Part 2: Complete 3 sets for max load of: 50' walking lunge (2x25')	Barbells will come from the floor for today's thrusters. Start around 65% of your 1RM and work to a heavy 5 around 80-85%. In Part 2, perform the walking lunges with 2 dumbbells in the farmer carry position. Modify to weighted box step ups (8R/8L). Compare Part 1 to 11/29/25 and Part 2 to 10/11/25.
11/25	Wed	For max reps: 1:00 bike or row (cals) 1:00 burpees 2:00 bike or row (cals) 2:00 burpees 3:00 bike or row (cals) 3:00 burpees 2:00 bike or row (cals) 2:00 burpees 1:00 bike or row (cals) 1:00 burpees Rx: Show up and do it	Get ready to embrace the burn! We're going all-in on cardio today with a simple but crushing couplet. Your mission is to find a challenging yet sustainable pace and stick to it, even when every part of you wants to slow down. The shorter intervals will tempt you to sprint early, but the athletes who stay smooth and controlled from the start will be the ones still moving well when it matters most. Start the bike/row around 80-85% effort, settle into a steady burpee rhythm, and avoid unnecessary breaks, especially during the 3-minute intervals. The goal is consistent movement from start to finish, then empty the tank during the final 1-minute

			rounds when there's nothing left to save. 💪🔥
11/26	Thurs	“The Firebird” - 5 rounds for time of: 800m run 5 ring muscle ups 10 hang power cleans (155/105#) 20 wall balls (20/14# to 10/9′) 30 double-unders “The Firebird Express” - 5 rounds for time of: 400m run 10 pull ups 10 hang power cleans (115/75#) 10 wall balls (20/14# to 10/9′) 20 double-unders	This is an annual tradition and one you don't want to miss! We have options for every level, so don't be intimidated! If you haven't done The Firebird before, please read our blog post describing this annual Thanksgiving Day WOD: https://iron-cross-athletics.com/general-announcements/thanksgiving-schedule-the-firebird/ A few highlights: There are no coach-led classes today!! We run this workout in heats, kicking off every 20 minutes. **The time you signed up for is when you *start* the workout.** Please show up at least 20 minutes before your heat time to warm up in the North Room. Coaches will be available to help get you ready and figure out modifications.
11/27	Fri	Part 1: Front squat 2-2-2-2-2-2 Part 2: 5 rounds for max reps of: - 0:30 shuttle runs (25') - 1:00 rest	In Part 1, work up to a heavy 2 rep front squat, starting around 70% of your 1RM and ending at 90-95% or more. Part 2 is a sprint! Focus on efficient turns -- fast, smooth, and low. Anyone unable to shuttle run can sub 0:30 on the bike erg with a damper at 8-10 (record cals, with no rollover). Compare Part 2 to 11/26/25.
11/28	Sat	5 rounds, each for time: 3 rope climbs 10 power snatches 20/15 cal (bike or row) *Start a new round every 5 minutes. Rx: 95/63#	Move fast through these intervals, aiming to complete each round in less than 3:00. Rope climbs should be rapid fire -- try to count to 3 and get right back on it! Reduce reps and/or height to ensure you're off the rope by the 1:00 mark. Power snatches are on the lighter side, aim to complete them in 1 or 2 sets each round. When you get to the bike/row, sprint to the end! Larger classes will do 2 or 3 heats, offset by 1-2 minutes.
11/29	Sun	20-18-16-14-12-10-8-6-4-2 reps for time of: Kettlebell swings Weighted box step-ups Time cap: 22 min Rx: 53/35#, 24/20"	This is one of those workouts that doesn't look that bad on paper... but it's a sneaky one! Expect it to tax your legs and grip. Ideally, athletes will complete the box step-ups holding the same kettlebell used for the swings, turning this into a true test of muscular endurance. Keep in mind that the first three rounds (20-18-16) account for over half of the total work; if you realize you came out too ambitious, don't be afraid to scale on the fly by switching to Russian swings or

			completing the step-ups unweighted.
11/30	Mon	Part 1: Incline bench 3-3-3-3-3-3 Part 2: 3 rounds not for time: 20 bent-over dumbbell rows (AHAP, 10R/10L) 10 ring push-ups	We'll create a 4" incline today by propping one end of the bench on a 45# plate. Everyone varies on comfort with an incline bench, but it's reasonable to start around 70% of your 1 RM bench and build from there! In Part 2, for the DB rows, support your non-working arm on the bench and go as heavy as you can. For the ring push-ups, you can scale the difficulty by lowering or raising the rings (just like ring rows). For the hardest variation, use a box or bench to get your toes parallel to the rings.
12/1	Tues	Alternating EMOM for 24 minutes (8 rounds): 8 chest-to-bar pull-ups 10 thrusters 15 hollow rocks Rx: 95/63#	There should be plenty of customization today to make this workout hit the intended stimulus for you. Early rounds should feel smooth and relatively easy, with each movement completed in under :25. As fatigue builds, the later rounds should become challenging but still allow you to finish in under :40. For the pull-ups, choose a variation and rep scheme that you can complete in 1-2 sets every round. If you can comfortably maintain 8 unbroken C2B for all 8 rounds, consider increasing to 10-12 reps. Thrusters should stay unbroken throughout the workout. Those looking for an extra challenge can increase load to 115/78#. For the hollow rocks, focus on quality positions rather than simply moving fast. Scale to bent-knee hollow rocks, 12 AbMat sit-ups, or 10 dead bugs (5/side).