Week Program

Saturday 6 of March
Welcome Oslo!

Sunday 7 of March

08:30 Common breakfast	Restaurant
10:00 Hybrid WOD focus endurance	WOD BOX
16:00 Hybrid WOD focus strength	WOD BOX

Welcome Stockholm & Copenhagen!

19:00 Welcome meeting	WOD BOX
20:00 Dinner	Restaurant

Monday 8 of March

10:00 Lowerbody strength Hybrid	WOD BOX
17:00 Running threshold	Running track
18:00 Injury prevention & mobility	WOD BOX
20:00 Dinner	Restaurant

Tuesday 9 of March

10:00 Upperbody strength Hybrid	WOD BOX
17:00 Hybrid technique 1,5 h	WOD BOX
How we combine endurance with strength	
20:00 Dinner	Restaurant

Wednesday 10 of March

07:30 Zone 2 (slow) running	Running track
11:00 Injury prevention & stretch	Pink Platform
17:00 Hybrid Team workout	WOD BOX
20:00 Dinner	Restaurant

Thursday 11 of March

07:00 Zon 2 run/erg	WOD BOX
17:00 Hybrid simulation 2h	WOD BOX
20:00 Dinner	Restaurant

Friday 12 of March

10:00 Endurance WOD	WOD BOX
16:00 Team of 2 WOD	WOD BOX
18:00 Injury prevention & mobility	WOD BOX
20:00 Dinner	Restaurant

Saturday 13 of March

07:30 Running threshold	Running track

Thank you for the week Oslo!

16:00 Hybrid WOD focus strength	WOD BOX
20:00 Dinner	Restaurant

Sunday 14 of March

07:00 Zon 2 running	Running track

Thank you for the week Stockholm & Copenhagen!

** We reserve the right to make changes to the class content.*

