

Four Barrel CrossFit Open Prep: Cycle 1, Week 1 12/30/2013						
12/31/2013	1/1/2014	1/2/2014	1/3/2014	1/4/2014	1/5/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	Medball Rotational Wheel	5min AMRAP of: 25 DUs 20 Squats 15 Sit-ups 10 Push-ups	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	Run 400m -then- 4min Dynamic ROM -then- 3 Rounds of Cindy	Catalyst Warmup	Athlete's Choice
GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING Back Squat 3x5 (.65, .75, .85) METCON 7min AMRAP of: 7 Thrusters (95, 65) 7 Burpees 7 Box Jumps (24, 20) CASH-OUT 5min Foam Roll Pow Wow	WEIGHTLIFTING Strict Press 3x5 (.65, .75, .85) METCON 12min AMRAP of: 9 T2B 12 Deadlift (135, 95) 15 Wall Balls (20, 14) CASH-OUT Couch Stretch 2min Per Leg Table Stretch 2min Per Leg	GYMNASTICS 5x5 Strict Pull-ups *use weight if needed METCON 16min EMOM: Even Min - 10 STOJ (115, 75) Odd Min - 10 Burpees CASH-OUT Lateral Opener - 1min per Overhead Banded Distraction - 1min per	WEIGHTLIFTING Squat Snatch 3@60%, 2x3@70%, 2x3@80% METCON 10min AMRAP: 5 Ring Dips 10 HPCs (135, 95) 20 Double-Unders CASH-OUT 5min Foam Roll Pow Wow	METCON Paleo Challenge WOD 1 "Cindy" 20 Min AMRAP of: 5 Pull-ups 10 Push-ups 15 Squats CASH-OUT 750m Rest & Recovery Row Lateral Opener - 1min/per	WEIGHTLIFTING 12min to Establish a 3RM OHS METCON 7min ARMAP of: Burpees *jump and touch a 6" target CASH-OUT 5min Rest & Recovery Airdyne or Row	METCON "Whitten" 5 rounds for time of: 22 American Swings (70, 53) 22 Box Jumps (24, 20) Run 400 meters 22 Burpees 22 Wall Balls (20, 14)
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
5 Rounds of: 5 Weighted Pull-ups 8 Ring Dips (unweighted) 90 sec rest between rds	3xME Handstand Hold (against wall) *2min rest between rds	Rest	7 Rounds of: 30sec ME Box Jump (24, 20) 30sec rest	4 Rounds of: 15 T2B 20 Wall Runs 1min rest	5 Rounds of: ME Strict HSPUs 30 Double-Unders	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
Power Snatch 3@60%, 2X3@65%, 2X3@70% GHD Sit-ups 6x10 60 sec rest	Squat Clean 2@60%, 2x2@70%, 2x2@80% Barbell Row 5x8 (AHAP)	Rest	Front Squat 3X5 (.65, .75, .85) GHD Sit-ups 6x10 60sec Rest	2 Power Clean + 2 Push Jerks 1@65%, 2@75%, 2@85% *base this off of your power clean & jerk total Dumbbell/KB Row 5x8/arm (AHAP)	Deadlift 3x5 (.65, .75, .85)	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
10min EMOM: 100ft Sled Sprint (135, 90)	8x100m Row 90 sec rest	Rest	800m Farmers Carry (AHAP)	3x400m Sprints 2min rest between rounds	800m Log Carry (100, 70)	Rest