

Four Barrel CrossFit													
1/5/2015		1/6/2015		1/7/2015		1/8/2015		1/9/2015		1/10/2015		1/11/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Competition		Practice		Practice		Practice		Competition		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
1 minute of jumping jacks 1 X 20 glute activation drills	5	4 sets, 15 sec each: Jumping jacks Air Squats Mtn. Climbers Jump Squats	3	3 minute of Jump Rope	3	3 rounds: 30 seconds Jumping Jacks 30 sec Goblet Squats	3	5 Min AMRAP: 10 Squats 10 Box Step-ups (20) 5 Burpees	5	Coahc Led Down and Back Drills	5	3 minutes of jump rope	10
GPP		GPP		GPP		GPP		GPP		GPP		GPP	
<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	0	<i>Skill Work/Setup</i>	2
Back Squat 5 X 3 ~ keep all sets at 85%	12	Rotating EMOM X 4: Min 1: 8 T2B Min 2: 30 sec wall-sit Min 3: 10 RKBS (70/53)	12	10 minutes to work up to a heavy snatch + hang snatch.	10	5 X 200 m row Sprints *rest 2 minutes in between	12	10 minutes to work up to a heavy clean + hang clean	10	Double Under Practice High Rep Snatch Practice	5	3 X 20 unbroken Goblet Squats. AHAP	15
<i>Skill Work/Setup</i>	2	<i>Skill Work/Setup</i>	10	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
3 rounds for time: 15 pull-ups 30 KB DL (70/53) 45 Air squats * 12 minute time cap	12	Open WOD 12.1 7 minutes of Burpees * Must hit target 6 inches above reach	7	5 Rounds of: 3 Snatches (155, 105) 9 American Swings (70, 53) *15min cap	15	Partner WOD: 5 min AMRAP: Burpee BJO- Partners alternate every 5 reps rest 1 minute 5 min AMRAP: Wall Balls- Partners alternate every 5 reps rest 1 minute	11	3 rounds for time: 15 Box Jumps 10 DL (135/225) 8 HR Push-ups * 10 min time CAP	10	Open WOD 14.1 10 min AMRAP: 30 DUBS 15 Snatches	10	3 rounds for time: 5 wall walks 15 burpees 25 Air Squats * 15 minute cap	15
Cash-Out 3 X 10 Band Face Pulls	5	Cash-Out Lax ball on Shoulders	3	Cash-Out Banded OH distraction	5	Cash-Out: 3 X 10 Ring Rows	10	Cash-Out LAX ball on Shoulders Foam Roll Hamstrings	5	Cash-Out Foam Roll	5	Cash-Out Coaches Choice	5
<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	2
<i>Total</i>	43	<i>Total</i>	45	<i>Total</i>	48	<i>Total</i>	46	<i>Total</i>	43	<i>Total</i>	30	<i>Total</i>	52