

<b>Four Barrel CrossFit</b>						
Open Prep: Cycle 1, Week 3						
1/13/2014	1/14/2014	1/15/2014	1/16/2014	1/17/2014	1/18/2014	1/19/2014
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	Catalyst Warm-up	Coach-led Down and Back Drills	Medball Rotational Wheel	5 Min AMRAP: 10 Squats 10 Box Step-ups (20) 10 Box Jumps (20) 10 Burpees	4 Min AMRAP: 20 Double Unders 15 Squats 10 Sit-ups 5 Burpees -then- 20 shoulder circles each direction 20 shoulder cross overs 20 Shoulder throwdowns 20 Elbow circles 20 Wrist circles	Athlete's Choice
<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>
WEIGHTLIFTING Back Squat 1x5, 1x3, 2x1 (.75, .85, .95, Test 1RM)  METCON 5 Rounds of: Row 200M Max Effort Wall Balls (20, 14) Rest 1 Minute *Wall Balls go until continuous movement stops *Score is total Wall Balls  CASH-OUT 2 minutes per leg in couch stretch	WEIGHTLIFTING Strict Press 1x5, 1x3, 2x1 (.75, .85, .95, Test 1RM)  METCON 4 Rounds of: 5 Push Press (135, 95) 10 Toes-to-Bar 15 Power Cleans (135, 95) 30 Double Unders *15 minute time cap  CASH-OUT LAX Ball Lats and Shoulders	METCON "Hope" 3 Rounds of: 1 Minute Burpees 1 Minute Power Snatch (75, 55) 1 Minute Box Jumps (24, 20) 1 Minute Thrusters (75, 55) 1 Minute Chest-to-Bar Pullups 1 Minute Rest *Score is total reps  CASH-OUT 5 minutes foam roll	WEIGHTLIFTING Squat Snatch 2@75%, 2@80%, 2x2@85%  METCON 15 Minute EMOM of: 1 Complex (185, 125) -Deadlift -Hang Clean -Front Squat -Jerk 10 Sit-ups  CASH-OUT 2 minutes per leg of post Hamstring stretch	METCON "13.2" 10 Minute AMRAP of: 5 Shoulder-to-Overhead (115, 75) 10 Deadlifts (115, 75) 15 Box Jumps (24, 20)  CASH-OUT 7 Rounds of "Rowling" *partners alternating immediately	METCON "JT" 21-15-9 HSPU Ring Dips Push-ups *15min cap  CASH-OUT 1 minute per side lateral opener 1 minute per side overhead distraction	METCON 50 Back squat (95, 75) 50 GHD Sit-ups 50 Back squat (75, 55) 50 Back extensions 50 Back squat (55, 45) 50 GHD Sit-ups
<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
3 Rounds of: 10 Chest-to-Bar Pullups 5 Strict Ring Dips	HSPU 4x10 *Perfect Kip	Rest	3 Rounds of: 20' Handstand walk 10 Rebounding Box Jumps *As tall as possible while maintaining rebounding	4 Rounds of: 15 Wall Balls (30, 20) 10 Toes-to-Bar *Unbroken rest as needed	Double Unders 3xME Rest 1 minute	Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
Power Snatch In 8-10 attempts, Build to heavy single *Perfect Form  GHD Sit-ups 4x20	Squat Clean 2@60%, 2x2@70%, 2x2@80%  KB Row 5x10 (AHAP)	Rest	Banded Good Mornings 5x12 60sec Rest	Power Clean In 8-10 attempts, Build to heavy single *Perfect Form  Barbell Row 5x10 (AHAP)	Deadlift 3x3 (.70, .80, .90)	Rest
<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>
6x100m Sled Drag (135, 95) Rest 1:1	Rowing Intervals: 30 seconds on 60 seconds off	Rest	400M Farmers Carry (AHAP)	Death By 30ft Sprints	800m Sand Bag Carry (100, 50)	Rest