

Four Barrel CrossFit						
2/3/2014	2/4/2014	2/5/2014	2/6/2014	2/7/2014	2/8/2014	2/9/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
5 Minutes of Jump Rope Drills 30/20/30	Coach-led Down and Back Drills	7 Rounds of: 1 Burpee, 1 Push-up, 1 Jumping Jack, 1 Sit-up, 1 Handstand	Run 400m -then- 2 Minutes in Sling Shot Squat 3 Minutes of dynamic upper body mobility	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	5 rounds of "Rowling" Rest 1 minute *have athletes get off rower in between sets so others can use it	Athlete's Choice
GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING Back Squat 3x3 (.7, .8, .9) METCON "Annie" 50-40-30-20-10 Double Unders Sit-ups CASH-OUT 2 Minutes per side in Banded Single Leg Flexion	WEIGHTLIFTING Push Press 3x3 (.7, .8, .9) METCON 15 Minute AMRAP 10 Pistols (alt, 5 per) 10 Power Cleans (115,75) 10 Toes-to-Bar 10 Deadlifts (115, 75) CASH-OUT T-spine soft tissue work	SKILLS 5x2 Rope Climbs METCON 500m Row 4 rounds of: 6 Overhead Squat (135, 95) 9 Burpees 12 American Swings (53, 35) *18 Minute time cap CASH-OUT LAX Ball Shoulders	WEIGHTLIFTING Front Squat 3x3 (.7, .8, .9) METCON 10 Minute EMOM 5 Tap-and-go Ground-to-Overhead *score is weight used CASH-OUT 2 Minutes per side in Couch Stretch	METCON 7 Minute Ladder of: 3 Thrusters (100, 65) 3 Chest-to-Bar Pull-ups *up by 3's CASH-OUT Foam Roll Lats and Quads	WEIGHTLIFTING 12 min to work into a: 1RM Clean METCON Partner Wod 100 Plate Ground-to-Overhead (45, 25) 90 Lunge Steps 80 KB Swings (53, 35) 70 Push-ups 60 Wall Balls (20, 14) 50 Box Jumps (24, 20) *1 partner working *15 Minute time cap CASH-OUT Athlete's Choice Mobility	METCON 21-15-9-9-15-21 Deadlifts (185, 125) Burpees
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
3 Rounds Not for time of: 5 Muscle-ups 5 Burpees	3 Rounds not for time of: 3 Rope Climbs 10 Strict HSPU	Rest	3 Rds: -30 Box Jump -30 sec Rest -20 Box Jump -20 sec rest -10 Box Jump 1 Minute rest Between Rds.	5 Rds: -12 UB T2B -30 sec rest	3 attempts at Max Effort Double Unders	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
Power Clean 2@75%, 2@80%, 2x2@85% Glute-Ham Raises 6x10	Squat Snatch 2@75%, 2@80%, 2x2@85% DB Row 5x5 (AHAP)	Rest	GHD Sit-ups 6x10	Power Snatch 2@75%, 2@80%, 2x2@85% Pendlay Row 6x10 (AHAP)	Bench Press 3x3 (.7, .8, .9)	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
10x100' Sled drag (135, 95) rest 30 seconds	3 rounds of: Row 500m slow, 500m hard	Rest	8 Minute EMOM of: 100' Odd Minutes Farmers Carry (70's, 53's) Even Minutes 10 Burpees	4x400m sprint rest 1:1 try to make each set faster than the previous	2 rounds of: 400m Log Carry 10 Log Squats	Rest