

Four Barrel CrossFit		Open Cycle C2W1					
3/17/2014	3/18/2014	3/19/2014	3/20/2014	3/21/2014	3/22/2014	3/23/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm
10 of each of: Wrist, Elbow, Arm, Hip, Knee, and Ankle Circles 3x10 Half Kneeling KB Press *10 per side *Stay Light, Slow, and Controlled	Thunderstruck Burpees *1 Burpee everytime they say Thunder	3 minutes of Jump Rope 1x20 of each Glute-activation drill	50 Jumping Jacks 25 Squats 2 minutes per side of Lateral Opener	TBD	TBD	Athlete's Choice	
GPP	GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING 3-Position Snatch (Hip, Above knee, Floor) *15 minutes to build into METCON 4 Rounds of: 7 Shoulder-to-Overhead (135, 95) 14 Burpees Rest 1 minute *10 Minute time cap CASH-OUT LAX Balls on Shoulders	WEIGHTLIFTING 3RM Hang Power Clean *12 minutes *Focus on catching bar with hips back in a true power position METCON 10-9-8-7-6-5-4-3-2-1 Front-Squats (115, 75) Pullups *15 minute time cap CASH-OUT Foam Roll	METCON "Wod Wars" CASH-OUT 2 minutes per side in Couch Stretch	WEIGHTLIFTING Heavy Single Jerk *12 Minutes METCON 12 minute AMRAP of: 30 Wall Balls (20, 14) 30 Double Unders 30 Lunges CASH-OUT 2x400m Run	SKILL Open WOD 14.3 Skill work/strategy *14.4 will be announced on Thu night	METCON "14.4" TBD	METCON Fore! In front of a clock set for 12 minutes: 4 minutes of clean and jerks, 135 lb. 4 minutes of rowing 4 minutes of burpees	
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
10 Pistols OTM for 5 minutes *Scale with box pistols	15 Burpee MU for time -Or- 10 minutes working through MU drills	5xMax Distance Broad Jump Rest until fully recovered between sets	x	Rest	x	Rest	
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength	Strength
Pause Back Squat 3x5 70% *1 second pause in the bottom Barbell Row 3x10 AHAP	Banded Good Mornings 3x10 AHAP RDL 3x10 AHAP	Med-Ball Sit-ups (20, 14) 3x20	x	Rest	x	Rest	
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
8x100' Sled Drags Rest 1:00-1:30	Row 1000m Rest 3 minutes Row 500m Rest 2 minutes Row 300m Rest 1 minutes Row 200m Rest 30 seconds Row 200m	Run 800m with light sandbag	Run 1 Mile *Try for PR time	Rest	x	Rest	