

Four Barrel CrossFit	Post Open C1W2					
4/14/2014	4/15/2014	4/16/2014	4/17/2014	4/18/2014	4/19/2014	4/20/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	4 X 200m rows *rest while partner completes	400 m run -then- 3 Rds of: 5 inchworms with pushup 10 shoulder circles (each direction)	30-20-30 Air Squats sit-2-stands OHS with PVC	3 minutes of Jump rope and then lots of positioning work on barbell for Clean and Jerk	"Bring Sally up" with air squats	Coach Led Down and Back Drills
	Mobility Test: T-Spine		Mobility Test: Shoulder Flexion			
GPP	GPP	GPP	GPP	GPP	GPP	GPP
Snatch - 5 x 2 (~75-85%) Snatch pull - 4 x 3 (100-105%) Metcon: 3 rounds for time: 25 wall balls (14/20) 50 DUs * 10 minute cap	Front squat - 5 x 2 Work up to heavy at 85-95%	Push Jerk - 75% x 3 x 2 80% x 2 Metcon: For Time: 80 sit-ups 60 Box Jump Overs (20/24) 40 push-ups 20 STOH (75/115) * 18 min cap	OH Squat 5 X 3 Start at 65% work up to heavy set of 3 (around 85-90%) Metcon: Death by T2B (Up to 15min) Then: Death by Burpees (Up to 15min) *No rest between death bys	Clean & Jerk - 5 x 2 (~75-85%) Clean pull - 4 x 3 (100-105%) Metcon: 13 minute AMRAP: 2 wall walks 3 Clean and Jerk (115/155) 400 m run	Pause back squat - 5 x 2 (70-80%) Metcon: 5 rounds for Time: 10 KB snatches (alt, 35/53) 10 pull-ups 1 minute plank hold (total cumulative time) * 15 minute cap	OFF Metcon: 4 rounds for time of: Run 400 meters 10 burpee pull-ups
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
4 X 50 feet Axel bar lunge in Front rack. (155/100) Axel weighs 20#	3 sets of max effort muscle-ups.	DUBS skill work- (6-8 mins) either work on stringing them together or really focus on breathing while attempting high reps	NA	EMOM 8 minutes- 8 T2B	N/A - pull-ups in metcon	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
2 X 20 DB bent over row AHAP	12 minutes to hit a heavy single hang clean	2 X 25 GHD sit-ups	OFF	Push Press: 5X5, 75%	3 X 8, DL 65-75%	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
800 m sled drag (95/135#)	2K row. 70-80%	3 X 800 m runs. 4 mins rest between.	Rest	OFF- running in Metcon	Double tabata (16 rounds) Row for Calories. total reps count.	Rest
Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes
			* 2 scores posted in Wodify- how many minutes they made it through			