Four Barrel CrossFit	Post Open C1W3					
4/21/2014	4/22/2014	4/23/2014	4/24/2014	4/25/2014	4/26/2014	4/27/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**
20 Bow and Bends 20 Hip Circles 20 Knee Circles 20 Squats 20 Shoulder Circles	1 X 20 glute activation drills	Split Jerk technique work	Run 400 m, 3 rounds : 10 air squats 15 jumping jacks 10 sit-ups	3x10 of half kneeling chops	Coach Led down and back drills	Athletes Choice
	Mobility Test: Shoulder Internal Rotation		**Mobility Test: Shoulder External Rotation**			
GPP	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**
Snatch - 5 x 1 (~80-90%) Snatch Pull - 4 x 2 (105-110%)	Front squat - 4 x 2 (90-95%)	Split Jerk - 8X1,(70-80%)	OHS 4 X 2 (85-95%)	Clean & Jerk - 5 x 1 (~80-90%) Clean pull - 4 x 2 (105-110%)	Pause back squat - 5 x 1 (85-95%)	
Metcon: 5 rounds For Time: 10 Box Jumps (20/24) 10 Thrusters (95/65) 10 Clapping push-ups * rest exactly 1 minutes between rounds * 15 minute cap Cash out: Barbell Hamstring Smash	Metcon: 3 rounds for time: 5 pistols left leg 5 pistols right leg 10 Deadlifts (275/165) 15 T2B * 12 min time cap Cash out: HS walking practice 5-10 minutes	Metcon: 20 minutes to complete:: 20 high hang snatches (45/75) 20 burpees 15 mid hang snatches (65/95) 20 burpees 10 Snatches (85/115) 20 burpees Cash out: 2 min per side of lateral opener	For Time: 30-20-10 Front Squat (95/135) Pull-ups * 15 minute Cap Cash Out 3 X 500 m row (70-80%)	4 rounds for time: 5 HSPU 10 AKBS (53.70) 15 Grasshoppers (left + right =1) immediately after- complete 20 mucle-ups (30 ring dips) * 15 minute cap Cash out: 2 minutes kneeling lat stretch	Metcon: Hill Sprints at Community Park	12 minutes to complete: 1 mile run AMRepsAP: Power cleans (225/135) Score is total amount of power cleans
	COMPETITORS	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**
Gymnastics / Skill Dev	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**
Practice walking lungers with Barbell OH (65/95) 3 X 20 feet.	Tabata C2B pull-ups. Score is total reps. 8 rounds	3 X 20 box jumps (30 inches) * focus on rebounding at the bottom and resting at the top if needed	NA	5 X 30 hollow rocks- take breaks if needed but dont cheat!	3 X - Max effort strict pull-ups, right into max effort kipping pull-ups not coming off the bar.	Rest
Strength / Lifting Dev	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**
2 X 15, ring rows. Feet elevated if possible.	1 clean DL + 1 clean high pull + 1 squat clean. increasing in weight. AHAP	3 X max effort plank holds	OFF	Bench Press 5 X 5 75%	12 X 1 DL (80%) 1 rep every 30 seconds	Rest
Conditioning	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**
4 X 100 feet prowler push (medium-heavy load)	EMOM, 5 minutes: 150 m row	5 X shuttle sprints: shuttle: 5 yards, 10 yards, 15 yards sprint: 5 and back, 10 and back, 15 and back	Rest	1 mile run (75%)	OFF - hill sprints	Rest
Wodify Notes	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**