Four Barrel CrossFit	Post Open C1W4					
4/28/2014	4/29/2014	4/30/2014	5/1/2014	5/2/2014	5/3/2014	5/4/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**
Coach led down backs	4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	3 minutes of Jump rope drills	5 rounds of "Rowling"	20 PVC Pass Throughs 20 PVC Good mornings 20 PVC Deadlifs 20 PVC Presses	7 min EMOM: 15 jumping jacks 5 jump squats	Athletes Choice
GPP	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**
Prep for Metcon	Front Squat 5 X 1	Snatch - 80% x 1 , 85% x 1, 90% x 1, and 1RM	OHS 5 X 1	Clean & Jerk - 80% x 1, 85% x 1, 90% x 1, and 1RM	Back Squat Heavy Single	
Metcon: Marks B-Day WOD "#HAM Challenge" With a partner complete as many bear complexes as possible in 30 minutes. *Mod/Heavy Weight *Alternate. Partner 2 cannot go until partner 1 successfully completes the complex Cashout T-spine/shoulder flexion partner pvc pipe stretch Foam roll/LAX ball	Metcon: "Annie" 50-40-30-20-10 Double Unders Sit-ups Cash-out: Foam Roll legs. All of them.	Metcon: 4 rounds for time: 10 bumper plate burpees 20 wall balls (20/14) 30 double unders *10 minute cap Cash-out: 20 TGU- not timed AHAP	Metcon "Nancy" 5 rounds: 400 meter run 15 Overhead squat (95/65) *18 min cap Cash-out: Foam Roll T-Spine	Metcon: "Fran" 21-15-9 Thrusters (95/65) Pull-ups *10min cap Cash-out: 8 rounds tabata, HR push-ups	Metcon: 20 minute AMRAP: 1 rope climb 50 air squats 30 sit-ups 10 Ring Dips Cash-out: 2 minutes couch stretch	Metcon: For Time: 800 m run 70 AKBS (53/35) 60 OH walking lunges (45/25) 50 KB Goblet Squats (53/35) *25 min cap
COMPETITORS	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**	**COMPETITORS**
Gymnastics / Skill Dev	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**	**Gymnastics**
10 pistols EMOM, 7 minutes.	Muscle-up practice. Drills if you dont have them, if you do have them, try to get at least 10, for time.	OFF- DUBS in Metcon	NA	Practice Legles rope climbs	3X max effort pull-ups	Rest
Strength / Lifting Dev	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**
OFF Max Lifts	OFF Max Lifts	OFF Max Lifts	OFF Max Lifts	OFF Max Lifts	OFF Max Lifts	OFF Max Lifts
Conditioning	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**
5, 100m sled drag sprints. (light-med weight)	500m row for time.	100 m sprints, EMOM, 8 minutes	Rest	2 mile jog	OFF	Rest
Wodify Notes	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**