Four Barrel CrossFit	Post Open C1W2					
4/7/2014	4/8/2014	4/9/2014	4/10/2014	4/11/2014	4/12/2014	4/13/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**	**Warm**
Run 400 m, 3 rounds : 10 air squats 15 jumping jacks 10 sit-ups	4X 30 sec jump rope sinlges 30 sec light Goblet Squats	20 PVC Strict Press 20 PVC OHS 20 PVC Good Mornings 20 PVC Pass Throughs	1 X 10 each, Glute Activation Drills	Coach Led down and Back Drills	5 min AMRAP: 5 air squats 5 push-ups 5 sit-ups	Athletes Choice
	Mobility Test: Ankle Dorsiflexion		**Mobility Test: Hip Flexion Bent / Straight knee**			
GPP	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**	**GPP**
Weightlifting: Snatch- 5 x 3 (~70-80%) Snatch pull - 4 x 4 (90-100%)	Weightlifting: Front squat - 5 x 3 * Start at 65% work up to heavy set of 3 (around 85-90%)	Weightlifting: Push Jerk 75% x 5 sets X 2	Weightlifting: OH Squat 5 X 5 Start at 65% work up to heavy set of 5 (around 85-90%)	Weightlifting: Clean & Jerk - 5 x 3 (~70-80%) Clean pull - 4 x 4 (90-100%)	Weightlifting: Pause back squat - 4 x 3 * 3 second pause at bottom, working up in weight from 65-75%	Weightlifting: OFF
Metcon: 4 rounds for time: 50 walking lunges 10 Burpees * 10 minute cap	Metcon: 3 rounds for time: 400 m row 15 push press (115/75) * Interval- 2 min rest btw	Metcon: 7 Min AMRAP: 5 Box Jumps (24/20) 5 AKB Swngs (53/35) 5 Pull-ups * rest 2 minutes Repeat and try to get the same score	Metcon: For time: 800m run buy-in 3 rounds: 50 double unders 15 T2B 800 m run cash-out *20 minute time cap	Metcon: 21-15-9 KB Clean and Jerk (Alt.) (53/35) HR Push-ups * 8 min time cap	Metcon: ALT. 14 min EMOM: Odd: 6 DL (135/225) Even: 5 sit-up to wall ball (20/14)	Metcon: 5 rounds for time: 400 m run 15 DB Hang Squat Cleans (20/40)
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.	OFF: Box jumps in class Metcon	NA		NA	Rest
Strength / Lifting Dev	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**	**Strength**
2 X 20 DB bent over row AHAP	12 mimutes to hit a heavy single hang clean	Back Extensions: 10 X 30 second hold.	OFF	Strict Press: 5X5, 75%		Rest
Conditioning	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**	**Conditioning**
800 m sled drag (135#)	Off, rows in metcon		Rest	2 mile jog		Rest
Wodify Notes	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**	**Wodify Notes**