Four Barrel CrossFit		Post Open C2W2											
5/12/2014		5/13/2014		5/14/2014		5/15/2014		5/16/2014		5/17/2014		5/18/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
4 rounds: 20 Jumping jacks 10 PVC OHS	5	4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	5	3 X 10 Half kneeling chops	5	30-20-30 Air Squats, Roll backs, OHS Squats	5	20 Bow and Bends 20 Hip Circles 20 Knee Circles 20 Squats 20 Shoulder Circles		1 X 20 glute activation drills	8	Athletes Choice	5
GPP		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**	
Skill Work/Setup	6	*Skill Work/Setup*	2	*Skill Work/Setup*	4	*Skill Work/Setup*	3	*Skill Work/Setup*	6	*Skill Work/Setup*	2	*Skill Work/Setup*	0
Snatch - 5 x 2 (~75-85%)	15	Front squat - 5 x 2 Work up to heavy at 85-95%	15	Push Jerk - 75% x 3 x 2 80% x 2	15	OH Squat 5 X 3 Start at 65% work up to heavy set of 3 (around 85-90%)	12	Clean & Jerk - 5 x 2 (~75-85%)	15	Pause back squat - 5 x 2 (70-80%)	15	OFF	0
Skill Work/Setup	8	*Skill Work/Setup*	8	*Skill Work/Setup*	8	*Skill Work/Setup*	8	*Skill Work/Setup*	8	*Skill Work/Setup*	8	*Skill Work/Setup*	15
Metcon: 2 rounds for time: 30 AKBS (53/35) 30 burpees over KB *rest 2 minutes 30 AKBS 30 burpees over KB *12 minute cap, including rest	12	Metcon Regional Event 3: Nasty Girls V2 3 rounds for time of: 50 one-legged squats, alternating 7 muscle-ups 10 hang power cleans, 175 / 115 lb. *16 minute time cap - Again, this wil need to be scaled for most members. 14 C2B pullups to sub for muscle-ups. Scale the reps for the pistols as well.	16	Metcon: 10-9-8-7-6-5-4-3-2-1 Med Ball Cleans (20/14) Sit-ups Jumping lunges (each leg) *15 minute cap	15	Metcon: Regional Event 6: For time: 50-calorie row 50 box jump overs, 24 / 18 in. 50 deadlifts, 180 / 120 lb. 50 wall-ball shots, 20 / 14 lb. 50 ring dips 50 wall-ball shots, 20 / 14 lb. 50 deadlifts, 180 / 120 lb. 50 box jump overs, 24 / 18 in. 50-calorie row *21 min time cap	21	Metcon: "Grace" 30 Clean and Jerks for time (135/95) * 8 minute cap	8	Metcon: Teams of 2: 1 mile run 100 Burpee pull-ups * Can partition the work however they want * 18 minute cap	18	Metcon: Three rounds for time of: 50-calorie row 15 handstand push-ups 50 double-unders * 15 minute cap	10
Cash-out: Foam roll T-spine	3	Cash-out: Partner Quad Smash	5	Cash-out: Barbell Hamstring Smash	3	Cash-out: LAX ball on shoulders	3	Cash-out: 3 rounds: 1 minute max effort rowing	7	Cash-out: Foam Roll Lats	3	Cash-out: 3 X max effort plank holds	10
Intro/Transition	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5
Total	54	*Total*	56	*Total*	55	*Total*	57	*Total*	49	*Total*	59	*Total*	45
COMPETITORS		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**			
Gymnastics / Skill Dev		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**	
Practice Pistols for Tuesdays WOD		Practice muscle-ups: 2-3 EMOM, 5 mins		200 double unders for time.		Rest		90 seconds total, L-sits in parallets. As many sets as it takes,		3 X max effort handstand holds against the wall. Holding stacked position, not allowing your butt to sit on the wall.		Rest	
Strength / Lifting Dev		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**	
Snatch pull - 4 x 3 (100-105%)		5 sets of 1 clean, 1 hang clean. AHAP		3X10 Med Ball GHD sit-ups		Rest		Clean pull - 4 x 3 (100-105%)		5 X 3 Deadlifts (ending at 90%)		Rest	
Conditioning		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**	
6 X 100 ft Sled push (165/115)		2K row, 80-85%		5 X shuttle sprints: shuttle: 5 yards, 10 yards, 15 yards sprint: 5 and back, 10 and back, 15 and back		Rest		OFF- Cash out is Rowing		1 mile run for time. Go HARD!		Rest	
Wodify Notes		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**	