

Four Barrel CrossFit		Skill Cycle C1W1											
6/2/2014		6/3/2014		6/4/2014		6/5/2014		6/6/2014		6/7/2014		6/8/2014	
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	3 X 5 inchworms 8 side plank rotations each side	5	3 minutes Jump- rope warm-up	5	Run 400 m, 3 rounds : 10 air squats 15 jumping jacks 10 sit-ups	6		5	Coach Led down and back drills	5	Athletes Choice	10
<b>GPP</b>		<b>GPP</b>		<b>GPP</b>						<b>GPP</b>		<b>GPP</b>	
<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	2	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	0	<i>Skill Work/Setup</i>	0
Back Squat 5X5 Roughly ~ 65-85%	12	Handstand Push- ups- Kipping if possible	12	Snatch 5 X 3 ~ 75%	12	Kipping/ Butterfly Pull-ups	12	Clean and Jerk 5X3 ~75%	12	OFF	0	OFF	0
<i>Skill Work/Setup</i>	7	<i>Skill Work/Setup</i>	8	<i>Skill Work/Setup</i>	8	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	10
Metcon: EMOM for 15 mins: 4 cleans (155/115) 5 burpees	15	Metcon: "Diane" 21-15-9 Deadlifts (225/155) HSPU * 15 minute cap	15	Metcon: 15 minute AMRAP: 10 Box Jumps 15 V-ups	15	Metcon: 3 rounds for time: 20 pull-ups 20 HR push-ups 200 m run * 13 minute cap	13	Metcon: 5 rounds: 1 minute AKBS (53/35) 1 minute Goblet squats 1 minute KB Deadlifts 1 minute rest	20	Metcon: 30 min AMRAP 10 burpees 20 push press (95/65) 30 sit ups 40 double unders	30	3 rounds 30m Burpee-broad jumps 30m Reverse walking lunge 15x Pull-ups 15x Sit-ups	15
Cash-Out: 2 X 400m sprints * 2 minutes rest in between	8	Cash-out: Lax Ball on shoulders	3	Cash-out: 2 minutes per side in couch stretch	5	Cash-out: 50 Hollow Rocks, not for time	10	Cash-out: Foam Roll low back	5	Cash-out: Banded OH Distraction	5	Cash-out: easy 1000m recovery row	10
<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	
<i>Total</i>	54	<i>Total</i>	50	<i>Total</i>	55	<i>Total</i>	56	<i>Total</i>	57	<i>Total</i>	50	<i>Total</i>	45
<b>COMPETITORS</b>	<b>COMPETITORS</b>		<b>COMPETITORS</b>		<b>COMPETITORS</b>		45	<b>COMPETITORS</b>		<b>COMPETITORS</b>			
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>		<b>Gymnastics</b>		<b>Gymnastics</b>		45	<b>Gymnastics</b>		<b>Gymnastics</b>		<b>Gymnastics</b>	
2 X - 40 unbroken Jumping Lunges. Rest as needed between sets! Don't stop!	Weighted C2B pull- ups. 3X5.		5 X - 1 minute of DUBS, 1 minute of rest		Rest		45	15 minutes HS walking practice		Bar Muscle-up practice. If you have them, you need to complete 30 for time.		Rest	
<b>Strength / Lifting Dev</b>	<b>Strength</b>		<b>Strength</b>		<b>Strength</b>			<b>Strength</b>		<b>Strength</b>		<b>Strength</b>	
5X of the complex: 1 P.Clean + 1 Squat Clean. AHAP	Strict Press 5X5		3X10 Glute-Ham Raises		Rest			Bench Press: 5 X 5		Deadlift 5X5		Rest	
<b>Conditioning</b>	<b>Conditioning</b>		<b>Conditioning</b>		<b>Conditioning</b>			<b>Conditioning</b>		<b>Conditioning</b>		<b>Conditioning</b>	
OFF- Sprints in Metcon	15 calorie row, EMOM for 10 Mins.		15 second hard run, 45 second rest X12		Rest			3K row, 80%		Off- 30 min AMRAP is plenty.		Rest	
<b>Wodify Notes</b>	<b>Wodify Notes</b>		<b>Wodify Notes</b>		<b>Wodify Notes</b>			<b>Wodify Notes</b>		<b>Wodify Notes</b>		<b>Wodify Notes</b>	