

Four Barrel CrossFit		Skill Cycle C1W2					
6/9/2014	6/10/2014	6/11/2014	6/12/2014	6/13/2014	6/14/2014	6/15/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
3 X down and back "Monster Walks" https://www.youtube.com/watch?v=yxlyAZ0Qpj8	4 3 X 1 minute of rowing	5 3 X 15 Band Pull Aparts http://www.allthingsgym.com/better-band-pull-aparts/	5 3 rounds: 15 air squats 10 V-ups 20 Jumping jacks	6 Double Under Practice	5 Coach led down and back drills	5 Athletes Choice	10
GPP	GPP	GPP			GPP	GPP	
<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 <i>Skill Work/Setup</i>
Front Squat 5X5 Roughly ~ 65-85%	12 Rope Climb Practice	12 Snatch 5 X 2 ~ 85%	12 Toes 2 Bar practice	12 Clean and Jerk 5X2 ~85%	12 OFF	0 OFF	0
<i>Skill Work/Setup</i>	7 <i>Skill Work/Setup</i>	6 <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 <i>Skill Work/Setup</i>
Metcon: 3 rounds for time: 30 Back Squats (185/125) 30 Front Squats (135 / 95) 30 OHS (95 / 65) * 10 minute time cap	10 Metcon: For Time: 100 Box Jumps 100 AKBS 10 Rope Climbs * They can partition the reps however they want to * 15 minute time cap	15 Metcon: For Time: 21 Snatches (115/75) 20 Sit-ups 15 Snatches 20 sit-ups 9 Snatches 20 sit-ups * 12 minute time cap	12 Metcon: For Time: 10-9-8-7-6-5-4-3-2-1 Toes-2-Bar Wall Balls (20/14) Burpees to Pull-up Bar * 15 minute cap	15 Metcon: 20 Minute AMRAP: 5 clean and Jerks (135/95) 10 ring dips 15 Double Unders	20 Metcon: Cash in: 1 mile run With a continuous clock 5 rounds: 10 pull-ups 10 HSPU * 10 Air Squats EMOM * Final time is their score * 30 minute cap	30 Metcon: 10 rounds Sprint 100m 10x Push-ups Sprint 100m 10x Burpees Rest 30 seconds	15
Cash-Out: Foam Roll Legs.	8 Cash-out: Lateral opener. 2 minutes a side	3 Cash-out: 3 X 10, STRICT Push-ups	5 Cash-out: 2 minutes per side in table stretch	10 Cash-out: 3 X 1 minute L-hold on Pull-up bar	5 Cash-out: Barbell Smash Quads	5 Cash-out: LAX ball on Calves	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>	49 <i>Total</i>	48 <i>Total</i>	52 <i>Total</i>	58 <i>Total</i>	57 <i>Total</i>	50 <i>Total</i>	45 <i>Total</i>
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
Practice walking lunges with Barbell OH (65/95) 3 X 20 feet.	3X max effort pull-ups. Hands coming off the baar is the end of the set. Rest as needed in between.	3 X 30 reps of Box Jumps. Rebound on the floor, rest on the box if needed. Cycle through these as fast as possible keeping good form.	Rest	3 sets of max effort Ring Dips. Kipping is allowed.	OFF- plenty in WOD	Rest	
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength	
5 X of the complex: Snatch, Hang snatch, OHS. AHAP	Push Press 5X5	3X 15 Hip Extensions	Rest	Find 1RM Bench Press. Ideally you do this before everything else, but we need a baseline to start working percentages off of.	Deadlift 3X10	Rest	
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
50m 75%, 50m sprint X10. Rest 1 minute in between	1K row for time, rest 2 minutes. 1K row for time.	6 X 100 m sled drag sprints (135/95). Rest fully between.	Rest	1.5 mile jog.	Off- 1 mile run in WOD	Rest	

