

Four Barrel CrossFit	Skill Cycle C1W3											
6/16/2014	6/17/2014	6/18/2014	6/19/2014	6/20/2014	6/21/2014	6/22/2014						
Mon	Tue	Wed	Thu	Fri	Sat	Sun						
Warm	Warm	Warm	Warm	Warm	Warm	Warm						
1 X 20 Glute Activation Drills	5 3X: 5 inchworms 20 jump squats Dynamic shoulder ROM	5 400m run 15 burpees Snatch Positioning work	5 3 minute jump rope drills	3 3 X 15 Band Pull Aparts	5 Coach led down and back drills	5 Athletes Choice						10
GPP	GPP	GPP			GPP	GPP						
Skill Work/Setup	3 Skill Work/Setup	2 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup	0 Skill Work/Setup						0
OHS 5X5 Roughly ~ 65-85%	12 Skill work: Ring Dips- Proper position, kipping, butterfly kipping	12 5X- 1 Full Snatch + 1 Mid Hang Snatch	12 Box Jumps- Proper jumping/landing technique, rebounding, height, etc.	12 5X - 1 Full Clean + 1 Mid Hang clean, + 1 Jerk	12 OFF	0 OFF						0
Skill Work/Setup	7 Skill Work/Setup	6 Skill Work/Setup	8 Skill Work/Setup	5 Skill Work/Setup	3 Skill Work/Setup	5 Skill Work/Setup						10
Metcon: 5 minute AMRAP: 8 OHS (95/65) 6 HSPU 4 Burpees * rest 3 minutes REPEAT	13 Metcon: 15 Deadlifts 225#/135# 5 Muscle Ups (X2 on Ring Dips and C2B pull-ups) 10 Deadlifts 10 Muscle Ups 5 Deadlifts 15 Muscle Ups * 20 minute cap	20 Metcon: 3 rounds for time: 15 Hang Snatches (75/55) 15 HR push-ups 15 Thrusters (75/55) * 15 minute cap	15 Metcon: Partner WOD! Complete for time: 100 Box Jumps- 1 partner works while other holds a wall sit 80 T2B- 1 partner works while other hangs from pull-up bar 60 Lateral Burpees over partner holding plank position (can jump or step over) * 20 minute cap	20 Metcon: 15 Minute AMRAP: 200m Run 3 Clean and Jerks 135#/95# 200m Run 6 Clean and Jerks 135/95# 200m Run 9 Clean and Jerks 135/95....etc Each round the C&J goes up by 3, score is total number of C&J completed.	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: Complete as many rounds as possible in 15 minutes of: 15-foot rope climbs, 2 ascents 20 wall-ball shots, 20-lb. ball Run 200 meters						15
Cash-Out: LAX ball on shoulders	8 Cash-out: Foam Roll low back and LATS	3 Cash-out: 3 X 1 minute plank holds	5 Cash-out: 2 minutes per side calf stretch on rig	4 Cash-out: 3 X 10 strict push-ups	5 Cash-out: Barbell Smash Quads	5 Cash-out: Foam roll everything						10
Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition						
Total	53 Total	53 Total	55 Total	54 Total	55 Total	50 Total						45
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS						
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics						
5 X 10 pistols as challenging as you can make them. Add weight if you can in front rack position	Off- Dip practice and Muscle-ups in WOD	Double Unders- 3X max effort, or 200 for time.	Rest	HS walking practice. Practice walking for 10 minfes, and then give me 3 max effort HS holds against the wall. Rest as neded between The better you are at just being upside down, the more comfortableyou will be at walking.	OFF- plenty in WOD	Rest						
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength						
5X3 snatch Pulls 103%	Push Jerk 5X3	3X 10 SLOW back extensions. Go up and down vertebrae by vertebrae	Rest	5X3 Clean Pulls 103%	Deadlift 3X10	Rest						
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning						
Prowler Push (185/135) 8X 100m sprints	8X tabata rowing for Calories. Try and stay as consistent as possible.	3 X 400 m runs for time. 2 minutes rest between.	Rest	2K row. 70%	Off- 1 mile run in WOD	Rest						
Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes						