Four Barrel CrossFit		Skill Cycle C1W4											
6/23/2014		6/24/2014		6/25/2014		6/26/2014		6/27/2014		6/28/2014		6/29/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
3 X down and back Monster Walks	5	Dynamic ROM run through	5	30-20-30 Air Squats Roll Backs PVC deadlifts	5	50 Jumping jacks- then right into skill.	1	3 X: 5 inchworms 10 push-ups 15 sit-ups	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*	1	*Skill Work/Setup*	5	*Skill Work/Setup*	0	*Skill Work/Setup*	0
Back Squat 5X5 Roughly ~ 75-85%	12	Skill Work: Jump Rope! Single / double / triple unders	10	Deadlift 5 X 5 - work up to a heavy set of 5.	15	Skill Work: Running Drills! skill - 3 running drills. https://www.youtube.com/watch?v=byfgkkmP9MA	10	Strict Press: 5X5 heavy set of 5.	15	OFF	0	OFF	0
Skill Work/Setup	7	*Skill Work/Setup*	6	*Skill Work/Setup*	8	*Skill Work/Setup*	1	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	10
Metcon: Alt. EMOM for 12 Mins: odd:10 Hr push-ups and 10 air squats even:15 WallBalls (20/14)	12	Metcon: 10 front squats (155/105) 50 double unders 8 front squats 40 double unders 6 front squats 30 double unders 4 front squats 20 double unders 2 front squats 10 double unders * 15 minute cap	15	Metcon: 6 minute AMRAP: 8 deadlifts (185/115) 8 burpees	6	Metcon: Running! 4 X 800 m runs. 3 minutes rest in-between. * 35 minute cap. * their slowest 800m time is their score.	30	Metcon: 10min AMRAP 10 Push Press (115/75) 20 Pull ups	10	Metcon: 6 rounds of: 1 minute of rowing (cal) 1 minute of grasshoppers 1 minute of jump squats 1 minute of rest * socre is total amount of reps altogether	24	Metcon: 20 min AMRAP: 95-lb. thrusters, 5 reps 95-lb. hang power cleans, 7 reps 95-lb. sumo deadlift high-pulls, 10 reps	20
Cash-Out: LAX ball on shoulders	8	Cash-out: Foam Roll T-spine	3	Cash-out: 3 X 10, single arm KB presses	5	Cash-out: 2 minutes per side calf stretch on rig	4	Cash-out: 3 X 1 minute plank holds	5	Cash-out: Foam Roll whatever is sore	5	Cash-out: Foam roll everything	10
Intro/Transition	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	
Total	52	*Total*	46	*Total*	49	*Total*	49	*Total*	48	*Total*	44	*Total*	50
COMPETITORS		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**			
Gymnastics / Skill Dev		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**	
3 X 10 each leg- Bulgarian Split Squats. Holding 50#/35# DB's		Off- Muscle-up Practice. Work the drills if you don't have them, and do 3X max effort if you do.		3 X 20 Box jumos as fast as possible. Make sure you are rebounding of the floor and only resting on top of the box if needed.		Rest		Off- Plenty in today's WOD.		90 seconds total holding in L-sit hanging on pull-up bar. rest as needed between sets, but keep feet above hips holding that position!		Rest	
Strength / Lifting Dev		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**	

5 X of the complex: 1 full snatch +3 OHS. AHAP				3 X 15 weighted with Med Ball GHD sit-ups. Be careful on these! Slow and steady wins the race.		Rest		5 X of the complex: 1 full clean +3 front squats. AHAP		Bench Press: 5X5- AHAP		Rest	
Conditioning		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**	
Sled Drags Sprints (135/95) 6 X 50 feet. Only 30 seconds between sprints. All out!		5X10 burpees as fast as possible. You have 1 minute rest betwen		row 500m X 2. 2minutes rest between.		Rest		5K row.		Off.		Rest	
Wodify Notes		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**	