

Four Barrel CrossFit		Skill Cycle C1W4									
6/30/2014	7/1/2014	7/2/2014	7/3/2014	7/3/2014	7/4/2014	7/5/2014	7/6/2014				
Mon	Tue	Wed	Thu	Thu	Fri	Sat	Sun				
Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm				
3 jogs around the building Coach led down and back drills	5 3X: 10 HR pushups 10 ring rows	5 5 min AMRAP: 5 air squats 10 jumping jacks 5 sit-ups	5 3 X 15 Band Pull Aparts	1		5 3 X 1 minute rowing.	5 Athletes Choice				10
GPP	GPP	GPP				GPP	GPP				
<i>Skill Work/Setup</i>	0 <i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	1 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	0 <i>Skill Work/Setup</i>	0 <i>Skill Work/Setup</i>				0
Wall Ball Efficiency Drills	10 Muscle-ups bar muscle- ups/ low ring practice and fun	12 Clean and Jerk 5X3 ~80%	12 Handstand walking	12		15 Snatches 5X3 ~80%	0 OFF				0
<i>Skill Work/Setup</i>	1 <i>Skill Work/Setup</i>	6 <i>Skill Work/Setup</i>	8 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	10 <i>Skill Work/Setup</i>				10
Metcon: AMRAP in 12 minutes 400 m run 12 Wall Balls (20/14) 15 HR push-ups	12 Metcon: Amanda 9-7-5 Muscle-ups (scale to C2B pull-ups or pull-ups and ring dips X2) Snatches (135/95) * 15 minute time cap	15 Metcon: 2 Minute AMRAP: 2 burpees 5 air squats rest 1 minute repeat rest 1 minute repeat. * goal is to stay consistent * score in Wodify is all 3 rounds scores	8 Metcon: 3 rounds for time: 20 DUBS 20 T2B 20 AKBS (35/53) * 10 minute cap	10	Fourth of July WOD open to the public!	10 Metcon: Tabata: (8 rounds of each before moving on, only 20 sec between exercises) HR push-ups Jumping Lunges Thrusters (empty Barbell) Single leg lateral jumps over barbell (switch legs each time)	16 Metcon: 3 rounds for time of: 25 GHD sit-ups 5 Clean and jerks (205/115)				20
Cash-Out: Foam Roll legs	5 Cash-out: LAX ball on shoulders	3 Cash-out: 3 X 10 Half-kneeling chops	5 Cash-out: LAX ball on forearms	4		5 Cash-out: 2 min per side, couch stretch	5 Cash-out: All the Mobility				10
<i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>				
<i>Total</i>	35 <i>Total</i>	48 <i>Total</i>	48 <i>Total</i>	35 <i>Total</i>	48 <i>Total</i>	36 <i>Total</i>	50 <i>Total</i>				
COMPETITORS		COMPETITORS		COMPETITORS		COMPETITORS		COMPETITORS		COMPETITORS	
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics				
3 X 10 each leg- Bulgarian Split Squats. Holding 50#/35# DB's	Off- Muscle-up Practice in class.	Seated Box Jumps. 3X5. See how high you can go! But be careful! https://www.youtube.com/ watch?v=m8LI4HyNGmU	Rest		OFF	50 Kipping HSPU in a few sets as possible.	Rest				
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength	Strength				
5 X 1 heavy single Snatch. Try to work up to about 85-90%. 3X 8 Snatch Grip DL- 105%	Push Jerk: 70% X 3 75% X 3 80% X 2 85% X 2	90 seconds total of L-sit on Parallettes. Rest as needed between each set, but give max effort time on each set.	Rest		OFF	5 X 1 heavy single Clean and Jerk. Try to work up to about 85-90%. 3X 8 Clean Grip DL- 105%	Rest				
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning				

