Four Barrel CrossFit		Skill Cycle C2W1											
7/7/2014		7/8/2014		7/9/2014		7/10/2014		7/11/2014		7/12/2014		7/13/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
2 rounds: 30 seconds Air Squats 30 second plank hold 30 second walking lunges 30 second jumping jacks	5	10 X inchworms Dynamic shoulder ROM	5	30-20-30 Air Squats Roll Backs OHS with PVS	5	3 laps around the building 20 Ring rows.	5	PVC Squat Clean and Jerk "Grace"	5	3 minute of Jump Rope	3	Athletes Choice	10
GPP		**GPP**		**GPP**						**GPP**		**GPP**	
Skill Work/Setup	2	*Skill Work/Setup*	2	*Skill Work/Setup*	5	*Skill Work/Setup*	1	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	0
Front Squat 5X5 75-85%	12	HSPU Skill Work	12	1 Snatch, 1 Hang Snatch 5 X 1 ~85%	12	Pull-ups- kipping, butterfly, talking about hand care	12	1 Clean, 1 Hang Clean 5X1 ~ 85%	12	Push Jerks, 5X3 @ 85%	12	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*	1	*Skill Work/Setup*	10
3 rounds for time: 12 Power Cleans (115/75) 10 Front Squats 8 Deadlifts * 15 minute cap	15	3 minute AMRAP: 3 HSPU 5 Jump Squats Rest 1 minute 3 Min Amrap: 3 HSPU 6 Jumping Lunges Rest 1 minute 10 Min Amrap: 3 HSPU 400 m run	18	For Time: 60 Double Unders 40 Back Squats (75/55) 20 Hang Snatches 10 Bar Facing Burpees over barbell * 17 minute cap	17	Alt EMOM X 10 Odd- 8-12 pull-ups Even- 7-10 Strict Push-ups	10	8 min AMRAP: 3 Clean and Jerks (135/95) 6 Russian KB Swings (70/53) 9 KB SDHP	8	3 rounds for time: 20 Burpees 800 m run * 20 minute cap	20	4 rounds for time: 20 cal row 20 GHD sit-ups 20 Pull-ups * 20 minute cap	20
Cash-Out: Foam Roll Quads	5	Cash-out: Banded OH Distraction	5	Cash-out: LAX Ball on Shoulders	5	Cash-out: 3 X10 Single arm KB presses.	10	Cash-out: 3 X 1 minute Plank holds	5	Cash-out: LAX ball on Calves	5	Cash-out: All the Mobility	10
Intro/Transition	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	
Total	48	*Total*	53	*Total*	57	*Total*	45	*Total*	43	*Total*	49	*Total*	50
COMPETITORS		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**			
Gymnastics / Skill Dev		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**	
4 X 20 unbroken steps, Axel Bar front rack walking lunges. (115/70)		OFF- HSPU in Metcon		Tabata Double Unders. 20 sec on, 10 seconds off. 8 rounds.		Rest		Rope Climbs, or LL rope climbs. 1 every minute for 8 minutes.		HS walking practice. 10-15 minutes.		Rest	
Strength / Lifting Dev		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**	
3 X 5 touch-n-go P.Clean. start at 65% and work up from there		Split Jerk 3 @ 60% 3 @ 65% 2 @ 70% 1 @75% 1 @ 80% 1 @ 85%		3 X 10, Glute Ham Raises		Rest		Bench Press. 5X5. 75-85%		3 x 10. Good Mornings. Medium weight.		Rest	
Conditioning		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**	

3 X 800m runs. Each one starts 6 minutes after the previous one.		5 X 30 second sprints on Air Dyne. 1 min rest in between.		Row 2000 m. 75%		Rest		Prowler Push. 4 X 50feet. Heavy! Should be tought to get through the whole 50 fet without stopping. Ret as needed in between.		OFF		Rest	
Wodify Notes		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**	