Four Barrel CrossFit		Skill Cycle C2W3											
7/21/2014		7/22/2014		7/23/2014		7/24/2014		7/25/2014		7/26/2014		7/27/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
400 m run 25 jumping jacks 20 air squats 15 jumping jacks 10 jump squats	3	Dynamic ROM Warm-up	3	PVC Squat Clean and Split Jerk Grace	5	5 min AMRAP: 5 air squats 10 jumping jacks 5 sit-ups	5	3 X 15 band pull aparts	5	400 m run coach led down and back drills	5	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*	0	*Skill Work/Setup*	0
Back Squat 3X5 85-90%	12	Snatch Positioning Work	12	Clean and Jerk 5X3 ~80%	12	Rowing	12	Push Press- Find a heavy set of 3	12	3 X max effort T2B. Rest as needed in between sets.	10	OFF	0
Skill Work/Setup	5	*Skill Work/Setup*	6	*Skill Work/Setup*	8	*Skill Work/Setup*	5	*Skill Work/Setup*	8	*Skill Work/Setup*	3	*Skill Work/Setup*	10
Partner Alt. EMOM X 16 odd: Back Squat X5 (~70%) even: 15 KB swings (70/53)	16	3 rounds for time: 3 P.Snatches (75/115) 6 burpees over the bar 3 P.Snatches 9 Thrusters 3 P.Snatches 6 burpees over the bar *12 minute cap	12	For Time: 15 C&J (135/95) 30 pull-ups 80 Air Squats 30 push-ups 15 C&J (135/95) * 20 minte cap	20	Partner WOD! Each partner completes 100m, 150 m and 200m as a relay. Then: as a team- 75 total wall balls to eachother and 75 sit-ups clapping hands at the top and finish with another 100m,150m,200m relay	15	10 min AMRAP: 200 m run 5 P.Cleans (95/65) 8 Shoulder to OH	10	3 rounds: 2:00 to complete- AFAP (as fast as possible- rest the rest of the 2 mins.) 5 burpees, 8 box jump overs Rest 2:00 3 rounds, 2:00 to complete 10 air squats, 10 jumping lunges Rest 2:00 3 rounds, 2:00 to complete 5 burpees, 8 box jump overs :	22	Helen 3 rounds for time: Run 400 meters 1.5-pood kettlebell swings, 21 reps 12 pull-ups	15
Cash-Out: Partner Quad Smash	5	Cash-out: 3 X 1 minute hollow rock holds	5	Cash-out: 2 min / side in table stretch	5	Cash-out: Lax Ball on Shoulders	5	Cash-out: 3 Sled Drags (45/90) down and back the side of the building.	5	Cash-out: Foam Roll Quads	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	45	*Total*	45	*Total*	60	*Total*	45	*Total*	50	*Total*	50	*Total*	45
COMPETITORS		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**			
Gymnastics / Skill Dev		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**	
5 X 50 feet unbroken walking lunges with axel bar in front rack. You choose tthe weight that you can handle to make them unbroken		5 X 5 Strict Pull-ups. Add weight if possible		10 minutes of HS walking work. Practice holds on the wall if not abl to walk yet.		Rest		Practice Legless rope climbs. If you have them try 8 for time. If not, practice and then do 10 rope climbs with feet for time		OFF		Rest	
Strength / Lifting Dev		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**	
5 X 1 Hang Clean. AHAP		1 Push press + 1 Push Jerk + 1 Split Jerk. Go as heavy as you can on this complex		3 X 10 Glute Ham Raises		Rest		5 X 1 Hang Snatch. AHAP		Deadlift, 10 X 2 reps, every 30 seconds ~ 70%		Rest	
Conditioning		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**	
Prowler Push- 200ft sprints X4		5 X 30 seconds on, 30 seconds off Air Dyne Sprints. All out arms and legs!		Run 1 mile for time. Go all out on this!		Rest		Off- Sled drags in class		2 X 2K rows. Rest 6 minutes between. Go for a PR!		Rest	
Wodify Notes		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**	