Four Barrel CrossFit		Skill Cycle C2W4											
7/28/2014		7/29/2014		7/30/2014		7/31/2014		8/1/2014		8/2/2014		8/3/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
10X inchworms 20 star jumps	3	Quick ROM before positioning work	3	3 jogs around the building	3	3 X 8- ring rows and worming push-ups	5	3 X 30 second HS Holds against the wall 3 Wall Walks	5	2 minites total in L-sit hold hanging from pull-up bar.	5	Athletes Choice	10
GPP		**GPP**		**GPP**						**GPP**		**GPP**	
Skill Work/Setup	2	*Skill Work/Setup*	0	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	0	*Skill Work/Setup*	0
Rope Climbs	12	Split Jerk Positioning Work	10	3X 400m Farmer Carries with KB AHAP. Rest 3 minutes between	20	EMOM for 10 minutes 6-10 Strict Push-ups 2-5 Strict Pull-ups	10	20 KB Turkish Get-ups AHAP. For quality not time	12	OFF	0	OFF	0
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	8	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5
For Time: 300 Air Squats 200 Push-ups 100 V-ups * 10 rope climbs total during the WOD * 20 minute cap	20	12 minutes to find a heavy single Split Jerk, then immediately: 400 m for time, rest 1 minute 400m carrying a plate (45-15), rest 2 minutes 400m run for time, rest 1 minute 400m run carrying plate * total time is score- 30 minute cap	30	For Time: 50 OH walking lunges with KB (53/35)- 1KB, switch arms as needed 40 DL with KB 30 AKBS 40 DL with KB 50 OH walking lunges with KB (53/35)- 1KB, switch arms as needed * 10 min cap	10	"Lynne" Five rounds for max reps of: Body weight bench press Pull-ups * rest no more than 1 minte between exercises and 2 minutes between rounds	20	7 minutes of burpees -Rest 5 minutes- 5 minutes of Wall Balls	17	For Time: Row 1K 150 DUBS 2 mile run *35 minute time cap	35	AMRAP 10 5 Box jumps (24/20) 7 Toes to bar 9 Push-ups	10
Cash-Out: Barbell Quad Smash	5	Cash-out: Childs Pose and Cat/Cow Stretches	3	Cash-out: Lax Ball on Forearms	5	Cash-out: Lateral Opener	5	Cash-out: Quad Foam Roll	5	Cash-out: Lax ball on calves	5	Cash-out: All the Mobility	20
Intro/Transition	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	
Total	49	*Total*	54	*Total*	56	*Total*	50	*Total*	52	*Total*	53	*Total*	45
COMPETITORS		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**		**COMPETITORS**			
Gymnastics / Skill Dev		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**		**Gymnastics**	
Bulgarian Split Squats, 3X10 on each leg holding DB's. AHAP.		Strict HSPU. As many as possible in 1 minute. Repeat 3 times.		Pistol Practice. Practice pitols, getting full depth. Choose the hardest option for you an complete 50 pistols at that depth.		Rest		Bar muscle-up Practice. Work on this for about 10-15 minutes, and then give me 3X max effort sets of C2B pull-ups		EMOM for 10 Minutes 6 ring dips.		Rest	
Strength / Lifting Dev		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**		**Strength**	
20 minites to find 1RM clean		OFF- Split Jerk Heavy single in WOD		3 X 20 Hip Extensions. Add weight by holding a plate if you can.		Rest		20 minutes to find 1RM Snatch		20 minutes to find 1RM Bench Press.		Rest	
Conditioning		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**		**Conditioning**	
10 X 100 ft sprints. Reat 30 seconds between each. These are all out sprints.		10 rounds tabata rowing for calories.		20 Burpee Box Jumps for time. Repeat X3		Rest		OFF- get ready for tomorrow.		OFF- PLENTY in the WOD for today.		Rest	
Wodify Notes		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**		**Wodify Notes**	