

Four Barrel	Brute Strength Cycle C1W2												
8/11/2014	8/12/2014		8/13/2014	8/14/2014	8/15/2014	8/16/2014		8/17/2014					
Mon	Tue		Wed	Thu	Fri	Sat		Sun					
Warm	Warm		Warm	Warm	Warm	Warm		Warm					
3 lap jog: 30 air squats 20 walking lunges	5	3 X 5 inchworms 8 side plank rotations each side	8	30-20-30 Air Squats Roll Backs PVC deadlifts	3	50 jumping Jacks 50 Sit-ups	4	400m run 15 burpees	5	Coach led down and back drills	5	Athletes Choice	10
GPP	GPP		GPP	GPP	GPP	GPP		GPP			GPP		
<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	0	<i>Skill Work/Setup</i>	0
Back Squat 3X10	15	Strict Press 3 X 10	15	Deadlift 4 X 8	15	Split Jerk practice	10	Front Squat 4 X 8	15	3 X 1 minute planks	8		0
<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	2	<i>Skill Work/Setup</i>	8	<i>Skill Work/Setup</i>	5
3 rounds for time: 20 Box Jumps (24/20) 20 Burpees 20 Toes 2 Bar * 15 minute cap	15	8 minute AMRAP: 10 HR push-ups 15 Grasshoppers 20 Sit-ups	8	15 minutes to complete: 4 X 10 Barbell Rows (AHAP) 4 X 5 strict pull-ups 4 X 15 Heavy Russian KB Swings [1]	15	EMOM X 12 mins: 1 P.Clean 1 Push Press 1 Push Jerk 1 Split Jerk	12	4 rounds for time: 400 m run 50 air squats * 20 minute time cap	20	5 Rounds: 10 Wall Balls (20/14) 5 Power Cleans (135/95) - Rest 1 minute between rounds * total time is your score * 18 min cap	18	8 rounds of: Run 400 meters Rest 90 seconds	30
Cash-Out: Foam Roll Quads	5	Cash-out: Lateral Opener	3	Cash-out: Foam Roll Lats	5	Cash-out: LAX ball on shoulders	5	Cash-out: Couch Stretch	5	Cash-out: 3 X 10 Band Pull-aparts	8	Cash-out: All the Mobility	20
<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>	
<i>Total</i>	52	<i>Total</i>	47	<i>Total</i>	53	<i>Total</i>	41	<i>Total</i>	57	<i>Total</i>	52	<i>Total</i>	65
COMPETITORS	COMPETITORS		COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS		COMPETITORS			COMPETITORS		
Gymnastics / Skill Dev	Gymnastics		Gymnastics	Gymnastics	Gymnastics	Gymnastics		Gymnastics			Gymnastics		
4 X 50 feet front rack walking lunges- AHAP. Try to make these unbroken.		Pistol Practice: 3 X 20 reps As fast as possible.		Practice the complex: 1 Pull-up, 1 C2B pull-up, 1 Bar Muscle Up		Rest		3 X max effort L-sits on parallelles		Practice Muscle up transition work on low rings		Rest	
Strength / Lifting Dev	Strength		Strength	Strength	Strength	Strength		Strength			Strength		
15 minutes to establish a heavy set of: 1 power clean, 1 squat clean.		3 X 5 OHS		3 X 10 Reverse Hyper- Ask someone if you have never used it before		Rest		15 minutes to establish a heavy set of: 1 power snatch, 1 squat snatch.		Bench Press: 4 X 10		Rest	
Conditioning	Conditioning		Conditioning	Conditioning	Conditioning	Conditioning		Conditioning			Conditioning		
Row 5X 100 m, EMOM for 5 mins.		1K row, rest 5 minutes, 1K row.		5X1 minute sprints on Air Dyne		Rest		2 mile run, 80-85%				Rest	
Wodify Notes	Wodify Notes		Wodify Notes	Wodify Notes	Wodify Notes	Wodify Notes		Wodify Notes			Wodify Notes		

[1] Accidentally deleted Lindy's original note. Here it is:

"This is just a strength workout. They have 15 mins to work through these movements on their own, rotating as they wish. Encourage them to go as heavy as they can while maintaining proper form"

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