

Four Barrel CrossFit		Deload Week											
10/27/2014		10/28/2014		10/29/2014		10/30/2014		10/31/2014		11/1/2014		11/2/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
10 Strict Push Ups 3 X 30 second HS hold	5	Clean and Jerk Barbell work	3	3 X 10 Ring Rows	3	Snatch Barbell Work	4	3 rounds: 10 Jumping lunges 10 V-ups	5	Coach led Down and Back Drills	5	3 X 10 Pallof Press	10
<b>GPP</b>		<b>GPP</b>		<b>GPP</b>		<b>GPP</b>		<b>GPP</b>		<b>GPP</b>		<b>GPP</b>	
<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>	2
HSPU Skill	15	Clean and Jerk Complex: 2 Clean + Split Jerk	15	Pull-up Skill work	15	Snatch Complex: 2 Snatch + 2 OHS	10	T2B Skill Work	15	Practice Movments in WOD	5	3 X 1 minute Hollow Rocks	15
<i>Skill Work/Setup</i>	2	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
Partner WOD: partners need to complete: 50 HSPU 3K row * partners can seperate it out however they want * 20 min cap	20	3 rounds for time: 10 C&J (~60% of max) 20 DUBS 30 V-ups * 10 minute cap	10	For Time: 50 KB Swings (53/35) 50 Barbell Thrusters (45#) 30 Pull-ups * 15 minute cap	15	4 rounds for time: 15 burpees 15 Hang Snatches(75/55) * 12 minute cap	12	EMOM X 10 mins 6-8 T2B 10-12 Box Jumps * rest the rest of the minute * start over at the top of each minute	10	"Holleyman" 30 rounds for time of: 5 Wall ball shots (20/14) 3 Handstand push-ups 1 Power Clean (225/135) *40 minute cap	40	3 rounds: 400 m run 30 air squats 20 Push-press (115/75) * 15 min cap	15
Cash-Out LAX ball on shoulders	5	Cash-Out 3 X 10 Band Pull Aparts	3	Cash-Out Banded OH distraction	5	Cash-Out 2 X 10 each leg, SL KB RDL	10	Cash-Out Couch Stretch	5	Cash-Out Foam Roll Legs	5	Cash-Out Coaches Choice	5
<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>	2	<i>Intro/Transition</i>	
<i>Total</i>	54	<i>Total</i>	44	<i>Total</i>	53	<i>Total</i>	46	<i>Total</i>	48	<i>Total</i>	60	<i>Total</i>	52