

Four Barrel CrossFit													
11/3/2014	11/4/2014	11/5/2014	11/6/2014	11/7/2014	11/8/2014	11/9/2014							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Practice	Practice	Competition	Practice	Practice	Mental Tough	Practice							
Warm	Warm	Warm	Warm	Warm	Warm	Warm							
5 min AMRAP: 5 Air squats, 8 pushups, 10 jumping jacks,	5	3 minutes of Jump Rope.	3	400 m run, 1 minute of jumping jacks, 30 seconds of russian baby makers.	4	EMOM for 5 mins: 3 burpees, 5 jumping lunges	4	3 rounds: 10 air squats, 5 star jumps, 2 inchworms	5	Coach led down and back drills	5	Run to storage bin and back X3, warm up on T2B	10
GPP		GPP		GPP		GPP		GPP		GPP		GPP	
<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	1	<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
Back Squat: 5X5 *Build into a heavy set, then maintain for all 5 sets. Athletes should NOT be doing 5RMs every set.	15	Snatch: skill work then: 5 sets of the complex: High Hang, Mid hang floor. Work up in weight	15	Clean: skill work then: 5 sets of the complex: High Hang, Mid hang floor. Work up in weight	15	Rope Climbs- Work on technique and climbing	10	Split Jerk: Practice movement and then work up to a heavy 3.	15	OFF	5	4 rounds: Minute 1: Max effort toes to bar Minute 2: Max effort HS hold against the wall Minute 3: rest	12
<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>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
3 rounds for time: 20 OH Walking Lunges (25/15) 20 Toes 2 Bar 20 Box Jumps (24/20) * 10 minute cap	10	"Death by" KB Swings (53/35) Wall Balls * Both go up by 2 reps each minute * 15 minute max limit on each movement	30	8 minute AMRAP: 5 thrusters 95/65 10 burpees over the bar	8	3 rounds: 1 minute at each station- Rowing for Calories Push-ups Air Squats V-ups Plank Hold Rest	18	12 minute AMRAP: 15 DUBS or Attempts 10 Pull-ups 8 deadlifts (225/155)	10	40 minute AMRAP: 800 m run 25 Wall Balls 15 burpee pull-ups	45	For Time: 1 minute plank hold (cumulative) 25 supermans 1 minute plank hold 25 straight legged sit-ups 1 minute plank hold 25 Kickups (everyone, hold for 3 seconds at the top) 10 wall walks * 20 minute cap	20
Cash-Out Couch Stretch	5	Cash-Out Lax ball if time	3	Cash-Out 2 X 10, KB kneeling press each arm	5	Cash-Out Foam Roll T-spine	10	Cash-Out 2 X 10 Band Pull-aparts	3	Cash-Out Foam Roll	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>	44	<i>Total</i>	60	<i>Total</i>	47	<i>Total</i>	52	<i>Total</i>	48	<i>Total</i>	65	<i>Total</i>	54