Four Barrel CrossFit													
11/10/2014		11/11/2014		11/12/2014		11/13/2014		11/14/2014		11/15/2014		11/16/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Competition		Practice		Practice		Competition		Practice		Practice	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
400 M Run Dynamic ROM 10 Burpees	7	3 rounds: 8 Wall Balls, 8 push-ups, 15 jumping jacks	3	5 Min AMRAP: 5 Jump Squats, 2 inchworms, 2 star jumps	3	5 rounds Rowling	10	400 m run, 1 minute of jumping jacks, Shoulder Dynamic ROM	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**	
Skill Work/Setup	5	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	0	*Skill Work/Setup*	2
Front Squat: 5X5 Build into a heavy set, then maintain for all 5 sets. Athletes shoud NOT be doing 5RMs every set.	15	Complex: Snatch Pull + Snatch- Work up in weight within 12 minutes	12	Complex: Clean Pull + Clean- Work up in weight within 12 minutes	12	DUBS skill- work on hand positioning, base jump and rope timing	10	Complex: 1 push Press, 1 push jerk, 1 J Split Jerk- 12 minutes to work up in weight	12	Clean Practice with Cycling light weight Fast	8	4 rounds not for time: 1-10 Strict T2B 2- 30 seconds L-Sit position on Pull-up bar 3- 10 Pistols	15
Skill Work/Setup	2	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5
9 minute AMRAP 100-meter sprint 11 sit-ups 11 air squats 100-meter sprint 22 sit-ups 22 air squats *add 11 to the sit-ups and air squats for each additional round 2-minutes of rest, followed by: 9 minute AMRAP 100-meter sprint 11 pushups 11 box jumps (RX 24”/20”) 100-meter sprint 22 pushups 22 box jumps (RX 24”/20”) *add 11 to the pushups and box jumps for each round	20	For Time: 10-9-8-7-6-5-4-3-2-1 AKBS (53/35) Toes 2 Bar * 15 minute cap	15	Complete 3 times: 3 minute AMRAP: 7 DL (135/225) 3 Bar Muscle Ups (7 C2B pull-ups) * Rest 2 minutes between rounds. * 3 separate scores	13	4 rounds: 30 seconds DUBs (attempts),1 minute plank, 30 seconds DUBS (attempts), 1 minute Hold Hollow Body Position on Pull-up Bar	12	Burner! 21-15-9 Front Squats (115/75) Box jumps (24/20) * 8 minute cap	8	For Time: Buy in: 30 Burpees, 3X: 15 Cleans (95/65), 15 Wall Balls (20/14), Cash-Out: 30 Burpees * 25 min Cap	25	EMOM X 10: 2 Wall Walks, 8 Plate Sit-ups	10
Cash-Out Foam Roll Quads,Glutes	5	Cash-Out 2 X 10 each arm- Half Kneeling KB Press	8	Cash-Out Childs Pose / Cat/Cows	5	Cash-Out 2 X 20 Supermans	5	Cash-Out 3 X 10 Ring Rows	8	Cash-Out Foam Roll Legs	5	Cash-Out Coaches Choice	5
Intro/Transition	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	
Total	56	*Total*	51	*Total*	48	*Total*	47	*Total*	46	*Total*	48	*Total*	47