Four Barrel CrossFit													
11/17/2014		11/18/2014		11/19/2014		11/20/2014		11/21/2014		11/22/2014		11/23/2014	
Mon		**Tue**		**Wed**		**Thu**		**Fri**		**Sat**		**Sun**	
Competition		Practice		Practice		Practice		Practice		Mental Tough		Practice	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
Bring Sally up / down Air Squats	5	3 minutes of Jump Rope.	3	1 minute of jumping jacks Then 2 rounds: 3 High Hang Clean, 3 Mid Hang Clean, 3 Clean	5	3 rounds: 10 air squats, 5 star jumps, 2 inchworms	4	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, Dynamic ROM	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
OHS: 5X5 *Build into a heavy set, then maintain for all 5 sets. Athletes shoud NOT be doing 5RMs every set.	15	Snatch Complex: 5 sets: Floor, Mid Hang- Holding onto the bar	15	Clean Complex: 5 Sets: Floor, Mid hang. - Holding onto the bar	15	Handstand Holds / Handstand Walking	10	Push Press 5X5: Build into a heavy set, then maintain for all 5 sets. Athletes shoud NOT be doing 5RMs every set.	15	OFF	0	Alternationg EMOM X 12: odd: 10 Ring Rows, even: 45 second hollow body hold	12
Skill Work/Setup	2	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5
12 minute AMRAP: 100 m run, 8 OHS (75/55) 10 Pull-ups	12	3 Rounds for time: 10 Snatches (95/65) 15 HR Push-ups, 20 Lateral Jumps over the barbell * 10 minute cap	10	For Time: 5 Cleans (165/115) 10 DL, 40 DUBS, 5 Clean 10 DL, 30 DUBS, 5 cleans 10 DL, 20 DUBS, 5 Cleans 10 DL, 10 Dubs * 15 minute cap	15	3 rounds for time: 15 foot HS Walk (30 sec HS hold against the wall) 20 Wall Balls (20/14), 10 Straight Leg Sit-ups * 10 minute time cap	10	5 rounds for time: 5 Sh-2-OH (135/115), 6 Back Squats, 7 bar facing burpees *8 minute time cap	18	For Time: 1 mile run, 75 Barbell Thrusters, 75 burpees, 1 mile run *45 minute cap	45	Complete in Sequence but NFT: 50 Sit-ups, 10 Turkish Get-ups (total, AHAP), 30 (15 per leg) Bulgarian Split Squats (holding KB / DB, AHAP), 10 Turkish Get-ups, 50 Sit-ups	15
Cash-Out LAX ball on Scaps and T-Spine	5	Cash-Out 3 X 10 Diaganol Band Pull Aparts	5	Cash-Out Foam Roll Low Back	5	Cash-Out 2 X 10 each leg, Single leg raise, bottoms up, KB	10	Cash-Out Couch Stretch	5	Cash-Out Foam Roll	5	Cash-Out 3 X 250m Row Sprints	5
Intro/Transition	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	
Total	46	*Total*	48	*Total*	55	*Total*	44	*Total*	56	*Total*	60	*Total*	49