| Four Barrel CrossFit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 11/24/2014 | | 11/25/2014 | | 11/26/2014 | | 11/27/2014 | | 11/28/2014 | | 11/29/2014 | | 11/30/2014 | |
| **Mon** | | **Tue** | | **Wed** | | **Thu** | | **Fri** | | **Sat** | | **Sun** | |
| Practice | | Competition | | Practice | | | | Practice | | Competition | | Practice | |
| **Warm** | | **Warm** | | **Warm** | | | | **Warm** | | **Warm** | | **Warm** | |
| 5 min AMRAP: 5 Air squats, 8 pushups, 10 jumping jacks, | 5 | 4 rounds: 15 sec jumping jack, air squat, mtn climber, jump squat | 3 | 400 M Run, Dynamic ROM, 10 Burpees | 3 | | 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, Dynamic ROM | 10 |
| **GPP** | | **GPP** | | **GPP** | | | | **GPP** | | **GPP** | | **GPP** | |
| *Skill Work/Setup* | 5 | *Skill Work/Setup* | 5 | *Skill Work/Setup* | 5 | | 3 | *Skill Work/Setup* | 5 | *Skill Work/Setup* | 0 | *Skill Work/Setup* | 2 |
| Back Squat: 5X5 Build into a heavy set, then maintain for all 5 sets. Athletes shoud NOT be doing 5RMs every set. | 15 | Clean: 3 @ 70%, 3 @ 75%, 3 @ 80%, 3 @ 85% | 15 | Snatch: 3 @ 70%, 3 @ 75%, 3 @ 80%, 3 @ 85% | 15 | | 10 | Split Jerk: Practice movement and then work up to a heavy 3. | 15 | Metcon Movement practice | 5 | 3 rounds, NFT: 1- 1 minute HS hold against the wall 2- 30 second hold at the top of a ring dip 3- 20 second chin up hold over the bar | 15 |
| *Skill Work/Setup* | 2 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 5 | | 5 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 5 |
| Alternationg EMOM X 14: Odd: 45 second Wall Sit ( Add weight if Possible) Even: 5 Strict Pull-ups | 14 | 4 rounds for time: 8 Clean and jerks, (135/95), 12 Wall Balls, 15 steps OH Walking Lunges with Med Ball OH * 15 min cap | 15 | 10 Minute AMRAP:<br>10 Pull-ups<br>10 Jumping ring dips<br>10 V-Ups | 10 | Thanksgiving Day | 12 | Alternating Tabata:<br>HS hold against the wall / HSPU<br>Tuck Jumps | 8 | For Time:<br>10 Power Cleans (75/115)<br>10 Burpees<br>10 Box Jump overs<br>10 Thrusters<br>10 Toes to bar<br>10 Wall Walks<br>10 Toes to bar<br>10 Thrusters<br>10 Box Jump Overs<br>10 Burpees<br>10 Power Cleans<br>* 20 minute cap | 20 | 3 rounds for time:<br>10 Bar Kips<br>16 Pistols ( rolling in if they need to)<br>30 second Superman Hold | 10 |
| Cash-Out<br>2 X 30 sec per arm Lateral Opener | 5 | Cash-Out<br>Banded Hamstring Stretch | 3 | Cash-Out<br>Banded OH distraction | 5 | | 10 | Cash-Out<br>LAX ball on Shoulders | 5 | Cash-Out<br>Foam Roll | 5 | Cash-Out<br>Coaches Choice | 5 |
| *Intro/Transition* | 2 | *Intro/Transition* | 5 | *Intro/Transition* | 5 | | 2 | *Intro/Transition* | 5 | *Intro/Transition* | 2 | *Intro/Transition* | |
| *Total* | 48 | *Total* | 49 | *Total* | 48 | | 46 | *Total* | 46 | *Total* | 40 | *Total* | 47 |