

Four Barrel CrossFit							
12/1/2014	12/2/2014	12/3/2014	12/4/2014	12/5/2014	12/6/2014	12/7/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Competition Day	Practice	Practice	Competition	Practice	Mental Tough Day	Practice	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
1 minute plank 21-15-9 Jumping jacks, walking lunges 1 minute plank	5 4 rounds: 15 seconds Jump Jacks 15 seconds air squats 15 seconds mtn climbers 15 seconds Jump Squats	4 2 rounds: 10 Straight legged sit-ups 5 down and backs in the gym	3 "Pizza Box" game- Give every athlete an abmat and have them hold it on one hand like a pizza. Then on your yell of "Go!" everyone can begin running around and trying to knock over everyone else's pizzas	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	GPP	
Skill Work/Setup 3	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.- Try 5-10# heavier than last time.	15 Clean: 3 @ 75%, 3 @ 80%, 3 @ 85%, 2 @ 90%	15 Snatch:3 @ 75%, 3 @ 80%, 3 @ 85%, 2 @ 90%	15 3 X 10 Scapula Push-ups 3 X 10 Band Face Pulls	5 Strict Press 5X5: Build into a heavy set, then maintain for all 5 sets	15 Metcon Set-up / warm-up	5 5 rounds: 30 second Hollow Body Hold 1 minute Wall Sit	15
Skill Work/Setup 2	Skill Work/Setup 5	Skill Work/Setup 3	Skill Work/Setup 5	Skill Work/Setup 5	Skill Work/Setup 5	Skill Work/Setup 3	Skill Work/Setup 5
Patner "KarenandRow" For Time: 150 Wall Balls 1500 m row * 18 minute cap * Partners may split up the work however they like	18 "Elizabeth" 21-15-9 Cleans (135/95) Ring Dips * 10 minute cap	10 Every 2 minutes for 16 Minutes: 5 bupees 9 Russian Swings (70/53)	16 Rotating 30 Minute EMOM: 30 second Calorie Row 30 seconds toes to bar 30 seconds Jumping Lunges * Total reps for each movement is score. 3 total scores * Athletes will hit each station 10 times, with 30 second rest between each	30 Alternating Tabata: Strict HSPU Straight Legged Sit-ups * Rest 3 minutes 3 minutes of Double Unders	14 For Time: 1-2-3-4-5-6-7-8-9-10 Clean and Jerks (135/95) 10-9-8-7-6-5-4-3-2-1 Pull-ups Then: 21-15-9 Air Squats Push-ups * 40 minute cap	40 Part 1: Row 75 calories for time Part 2: 3 rounds for time: 15 Goblet Squats 10 burpees over the KB	10
Cash-Out Foam Roll IT band	5 Cash-Out Lax Ball on chest /shoulders	3 Cash-Out 3 X 10 Band Pull Aparts	5 Cash-Out: Do their Math Lax ball on Scapulas	2 Cash-Out Math again Banded OH Distraction	5 Cash-Out Foam Roll	5 Cash-Out Coaches Choice	5
Intro/Transition 5	Intro/Transition 5	Intro/Transition 5	Intro/Transition 5	Intro/Transition 2	Intro/Transition 5	Intro/Transition 2	Intro/Transition 5
Total 53	Total 47	Total 52	Total 51	Total 54	Total 60	Total 47	