

Four Barrel CrossFit							
12/8/2014	12/9/2014	12/10/2014	12/11/2014	12/12/2014	12/13/2014	12/14/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Practice	Practice	Competition	Practice	Practice	Competition	Practice	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
4 rounds: 30 seconds jump jacks 8 split squats each leg	5 1 minute of air squats Then 2 rounds: 3 High Hang Clean, 3 Mid Hang Clean, 3 clean	3 10 Each: BTN Snatch Press BTN Snatch Push Press Muscle Snatch Snatch	5 400 m run, 1 minute of jumping jacks, Shoulder Dynamic ROM	4 Musical Medballs: Musical chairs but with medicine balls instead! Make everyone travel around by crab walking.	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.- Try 5-10# heavier than last time.	15 Clean: 3 @ 80%, 3 @ 85%, 2 @ 90%, 1 @ 95-100%	15 Snatch: 3 @ 80%, 3 @ 85%, 2 @ 90%, 1 @ 95-100%	15 Practice Double Unders	10 Push Jerk 5X3: Build into a heavy set, then maintain for all 5 sets	15 OFF	0 4 rounds: Minute 1: Max effort sit-ups Minute 2: Max effort HS hold against the wall Minute 3: rest	15
Skill Work/Setup	5 Skill Work/Setup	3 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup	7 Skill Work/Setup	3 Skill Work/Setup	5
3 rounds for time: 10 Deadlifts (225/135) 10 Burpee Pull-ups * 10 minute cap	10 Every 2 minutes for 14 minutes- 2 tap and go Clean+ 2 Front Squat - AHAP	14 4 rounds for time: 15 Wall Balls 15 V-ups 30 foot broad jump * 15 minute cap	15 For Time: 50 Dubs, 35 Goblet Squats (53/35) 40 Dubs, 30 GS 30 Dubs, 25 GS 20 Dubs, 20 GS 10 Dubs, 15 GS * 15 minute cap	15 8 minute AMRAP: 4 C & J (135/95) 8 Alt. Pistols	8 "Jackie" 1000 m row 50 Thrusters (45) 30 Pull-ups * 15 min Cap	40 Alternating EMOM for 16 Mins: 8 Push Presses (95/65) 10 Russian KB Swings (53/35)	10
Cash-Out 3 X 15 side plank rotations	5 Cash-Out 3 X 1 minute planks	5 Cash-Out Banded OH distraction	5 Cash-Out: 3 X 10 Ring Rows	10 Cash-Out LAX ball on Shoulders	5 Cash-Out Foam Roll	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	Intro/Transition
Total	47 Total	50 Total	55 Total	49 Total	50 Total	55 Total	47 Total