

Four Barrel CrossFit	Max out week						
12/15/2014	12/16/2014	12/17/2014	12/18/2014	12/19/2014	12/20/2014	12/21/2014	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Practice	Competition	Practice	Practice	Practice	Mental Tough	Practice	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
1 minute plank 21-15-9 Jumping jacks, walking lunges 1 minute plank	4 rounds: 15 seconds Jump Jacks 15 seconds air squats 15 seconds min climbers 15 seconds Jump Squats	2 rounds: 10 Straight legged sit-ups 5 down and backs in the gym	3 "Musical Medballs"- Have athletes crab walk around a ong line of med balls to music and when music stops they have to grab a seat on one. The athlete that does not get a seat is out.	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 5	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
Back Squat: 5X5- Work up into a heavy set of 5 this week	Clean: 2 @ 80%, 2 @ 85%, 1 @ 90%, 1 @ 95% 1@100% 1@105%	Snatch: 2 @ 80%, 2 @ 85%, 1 @ 90%, 1 @ 95% 1@100% 1@105%	15 Hollow Rock Body Positioning practice on Floor- Tabata Practice on the bar- Tabata	10 Push Press 5X5: Build into heavy set of 5	15 Warm Up with Movements	5 Superset: 4 X 8 Bent over rows 4 X 8 (each leg) Bulgarian Split Squats	15
Skill Work/Setup 2	Skill Work/Setup 3	Skill Work/Setup 3	Skill Work/Setup 5	Skill Work/Setup 5	Skill Work/Setup 3	Skill Work/Setup 3	Skill Work/Setup 5
2 Minutes Max effort: Front Squat (115/75) 2 minutes max effort Push-ups 2 minutes Max effort V-ups 2 minutes max effort burpees over the bar	5 rounds for time: 10 box jump overs 12 Wall Balls 15 T2B *15 minute cap	3 Minute AMRAP: 3 Snatches (115/75) 8 Air Squats 9 Lateral jumps over the bar * Rest 1 minute. Repeat X3	11 For Time: 12-6-9 Deadlifts (315/225) Bar Muscle-Ups (C2B pull-ups and clapping push-ups) * 10 minute cap	10 10 min EMOM: 2 power cleans + 2 front squats + 2 squat cleans + 1 thruster *recommended loads are 115/75#	10 40 minute AMRAP: 30 wall balls (every time you break you owe 5 burpees) 30 RKBS (53/35) (every time you break you owe 5 burpees) 30 Pull-ups (every time you break you owe 5 burpees)	20 For Time: 25 Strict Toes 2 Bar 25 veltical jumps to a a target 10" above reach 25 Strict Toes 2 Bar * 15 min Cap	15
Cash-Out Foam Roll Quads	Cash-Out Couch Stretch	3 Cash-Out 3 X 10 Band Pull-Aparts	5 Cash-Out: Foam Roll Lumbar Spine	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 5	Intro/Transition 2	Intro/Transition 5	Intro/Transition 2	Intro/Transition 2
Total 53	Total 50	Total 49	Total 44	Total 48	Total 40	Total 52	