

Four Barrel CrossFit			X-mas Eve	X-mas Day									
12/22/2014	12/23/2014		12/24/2014	12/25/2014	12/26/2014	12/27/2014	12/28/2014						
Mon	Tue		Wed	Thu	Fri	Sat	Sun						
Practice	Competition		Practice		Practice	Competition	Practice						
Warm	Warm		Warm	Warm	Warm	Warm	Warm		Warm				
5 min AMRAP: 5 Air squats, 8 pushups, 10 jumping jacks,	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	3	4	Dodgeball and 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	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
Front Squat: 5X5 @ 65-70%	15	Movement practice / set-up	8	Movement practice / set-up	5	10	Strict Press 5X5: @ 65-70%	15	Set up and practice movements	5	Thrusters: Heavy sets of 2. Take 10 minutes to work up to a heavy set of 2 thruster	15	
Skill Work/Setup	8	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	5
12 min EMOM: 1 Clean + 1 Power Clean 3 burpees over the bar	12	1 Squat Clean Thruster (135/95) 2 HR Push-Ups 3 Box Jumps (24"/20") 4 Lateral Bar Burpees 5 Waaall Baaaalls! (20/14) 6 Push Presses (135/95) 7 Front Squats (135/95) 8 Kettlebell Swings (53/35) 9 Toes-to-Bar 10 Jumping Lunges 11 Clapping Push-Ups 12 Snatches (135/95) * 30 minute time cap	30	Partner WOD! 2 rounds for time: 30 x burpee plate jumps (burpee, then jump onto plate) 40 x situps 60 x hand release pushups 80 x plate ground to overhead (45/25lb) 100 x air squats * 20 minute cap * 1 partner works at a time	20	REST DAY!	12	Rowing Helen: 3 rounds: 400 m row 21 KB swings(53/35) 12 Pull-ups * 15 minute cap	30	4 rounds for time: 20 T2B 20 Box Jumps (24/20) 20 Push-ups * 20 minut cap	20	4 rounds: Min 1: 5-8 HSPU Min 2: 10 burpees Min 3: 45 second Plank Min 4: rest	10
Cash-out: 3 X 1 minute plank holds	5	Cash-out: Foam Roll	3	Cash-out: Lax Ball on shoulders	5	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	
Total	52	Total	58	Total	48	Total	46	Total	68	Total	40	Total	47















































