Four Barrel CrossFit				New Years Eve		New Years Day						
12/29/2014		12/30/2014		12/31/2014		1/1/2015		1/2/2015		1/3/2015		1/4/2015
Mon		**Tue**		**Wed**		**Thu**		**Fri**		**Sat**		**Sun**
Practice		Practice		Competition		Practice		Practice		Competition		Practice
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**
3X: 30 Seconds Jumping Jacks 30 seconds Goblet Squats	3	3 minutes of Jump Rope	3	Coach led down and back drills	3	3X: 5 burpees 10 lunges 10 RKB swings	4	5 min AMRAP: 5 air squats 5 push-ups 5 sit-ups	5	Coach Led down and Back drills	5	10 minutes DUBS practice	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
Skill: HSPU 3 X max effort sets	12	Skill: Turkish Get-ups- once practiced, do 10X on each side	15	Skill: Pull-ups Practice movement for WOD	15	Skill: Work on KB clean and jerk eficiency	10	Skill: Practice movement for WOD	12	Skill: Toes 2 Bar	5	4 rounds: 1 minute plank hold rest 20 seconds 20 Russian KB Swings rest 20 seconds 5 strict pull-ups rest 20 seconds	15
Skill Work/Setup	2	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5
4 rounds for time: 50 walking lunges 10 Burpees * 10 minute cap"	10	12 minute AMRAP: 30 sec cumulative mtn. climbers 30 sit-ups 30 supermans	12	"Last Chance Workout" -or- "Fran" 21-15-9 Thrusters (95/65) Pull-ups	10	21-15-9 KB Clean and Jerk (Alt.) (53/35) HR Push-ups *8 min time cap	8	Paleo Challange WOD: Something with burpees and thrusters	8	Metcon: ALT. 14 min EMOM: Odd: 6 DL (135/225) Even: 5 sit-up to wall ball (20/14)	20	For time: 60 Dubs 50 Jump Squats 40 Burpees 30 T2B 20 Ring Dips 10 Wall Walks	10
Cash-Out 3 X 10 Side plank rotations	8	Cash-Out Cat Cows	3	Cash-Out Athletes Stretching choice	5	Cash-Out: 3 X 10 ring rows	10	Cash-Out	5	Cash-Out Foam Roll Low Back	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	42	*Total*	46	*Total*	48	*Total*	42	*Total*	43	*Total*	40	*Total*	47
SKILL WEEK													