

Four Barrel CrossFit							
1/19/2015	1/20/2015	1/21/2015	1/22/2015	1/23/2015	1/24/2015	1/25/2015	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Practice	Competition	Mental Toughness	Practice	Practice	Competition	Practice	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
30-20-30 Jumping Jacks OHS Roll Backs	5 1 minute Jumping Jacks 1 minute Air Squats 1 minute inchworms 1 minute jump rope	4 3 rounds: 30 seconds Jumping Jacks 30 sec Goblet Squats	3 5 min AMRAP: 5 air squats 5 push-ups 5 sit-ups	4 3 minutes of jump rope	5 Coach led down and Back Drills	5 Thunderstruck, With Burpees	10
GPP	GPP	GPP	GPP	GPP	GPP	GPP	
<i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	0 <i>Skill Work/Setup</i>	2
OHS 5X3 all sets at @ 75-85%	15 10 minutes working on DUBS	10 3RM (for today) Hang Snatch	10 Tabata Hollow Body Holds Tabata Handstand Holds	10 3RM (for today) Hang Clean	15 Warm-up movements- pointers on WOD	5 Pistol Practice- adding weight, barbell OH, etc.	15
<i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5
3 rounds for time: 5 Shoulder to OH (135/95) 10 Cleans 20 Jumps over the barbell * 8 minute cap	8 Open workout 12.4/ 13.3 12 min AMRAP: 150 Wall Balls (20/14) 90 DUBS 30 Muscle-ups	12 20 min AMRAP: 75 Burpees 75 RKB Swings (53/35) 50 Burpees 50 RKBS	20 20 min EMOM: 5 minutes: Row 100 meters 5 minutes: 8 ring rows 5 minutes: 30 second plank holds 5 minutes: 10 supermans	20 3 rounds: 15 Box Jump overs 10 Hang Cleans (95/65) 8 Front Squats * rest 1 minute between rounds * 15 minute cap	15 Open WOD 12.5 7 min AMRAP: 3 Thrusters (100/65) 3 C2B 6 Thrusters 6 C2B * Increases by 3 each round	20 15 minute AMRAP: 5 DL 10 Alt. Pistols 15 Ring Dips (HR Push- ups)	10
Cash-Out 3 X 10 band pull-aparts	5 Cash-Out Foam Roll Quads	3 Cash-Out Foam Roll Low Back	5 Cash-Out: Lax Ball on shoulders	10 Cash-Out LAX ball on Shoulders	5 Cash-Out Foam Roll	5 Cash-Out Coaches Choice	5
<i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	2 <i>Intro/Transition</i>	
Total	42	42	50	54	53	40	47