

Four Barrel CrossFit							
1/26/2015	1/27/2015	1/28/2015	1/29/2015	1/30/2015	1/31/2015	2/1/2015	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Practice	Competition	Practice	Practice	Practice	Competition	Mental Toughness	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
1 minute Jumping Jacks 1X20 Glute Activation Drills	5 3X: 5 burpees 10 Lunges 10 RKB swings	3 3 rounds: 30 seconds Jumping Jacks 30 sec Goblet Squats	3 2X: 1 minute of jumping jacks 8 burpees	4 30-20-30 Air Squats Snatches Roll Backs	5 Coach Led Down and Back Drills	5 3 minutes of jump rope	10
GPP	GPP	GPP	GPP	GPP	GPP	GPP	
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	111449
5	5	5	5	3	5	0	2
Back Squat 5 X4 @85%	15 Practice Movements for WOD	10 Clean Doubles: 2 @ 50 % 2 @ 60% 2 @ 70% 2 @ 75% 2 @ 80%	15 Plank Ladder: :30 second hold :30 second rest :45 hold, :45 rest 1:00 Hold, 1:00 rest - then back down-	13 Practice WOD movements	15 Warm-up to workout weight. Practice efficiency between clean and jerk.	5 Warm-up to movements in WOD	15
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
2	3	5	5	3	3	3	5
21-15-9 Wall Balls T2B * 8 minute Cap	8 Open WOD 13.1 17 minute AMRAP: 40 Burpees (6" target) 30 Snatches (75/45) 30 Burpees 30 Snatches (135/75) 20 Burpees 30 Snatches (165/100) 10 Burpees AMRAP Snatches (210/120)	17 5 rounds: 20 Double Unders 20 Box Jump Overs * 10 minute time cap	10 4 min EMOM: 4 thrusters (AHAP) -rest 3 minutes- 4 min EMOM 3 Thrusters (AHAP) - rest 2 minutes- 4 min EMOM 2 thrusters (AHAP)	17 Paleo Challenge WOD 15 Minute AMRAP: 21 Thrusters (95/65) 21 Burpees over the bar 18 Thrusters 18 Burpees over the bar 15 Thrusters 15 Burpees over the bar 12 Thrusters 12 Burpees over the bar 9 Thrusters 9 Burpees over the bar 6 Thrusters 6 Burpees over the bar 3 Thrusters 3 Burpees over the bar	12 Open WOD 11.3 5 min AMRAP: Squat Clean and Jerk (165/110)	20 "Badger" 3RFT: 30 Squat cleans (95/65) 30 pull-ups 800 m run * 40 minute time cap	10
Cash-Out 3 X 10 Side Plank Rotations	5 Cash-Out Banded OH Distraction	3 Cash-Out Calf Stretch on Rig	5 Cash-Out: Lax ball on Scapulas	10 Cash-Out 3 X 10 ring rows	5 Cash-Out Foam Roll	5 Cash-Out Coaches Choice	5
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition
2	5	5	2	5	2	5	5
Total	Total	Total	Total	Total	Total	Total	Total
42	46	48	54	50	40	47	