

Four Barrel CrossFit									
2/9/2015	2/10/2015	2/11/2015	2/12/2015	2/13/2015	2/14/2015	2/15/2015			
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
Practice	Competition	Practice	Practice	Practice	Competition	Mental Toughness			
Warm	Warm	Warm	Warm	Warm	Warm	Warm			
2x: 1 minute of jumping jacks 30 seconds high knees 30 seconds butt kicks	5  3X: 5 burpees 10 lunges 10 RKB swings	3 3 rounds: 3 down and backs 10 goblet squats	3 2x: 1 minute of jumping jacks 30 seconds high knees 30 seconds butt kicks	4 4 sets, 15 sec each: Jumping jacks Air Squats Mtn. Climbers Jump Squats	5 Coach led down and back drills	5 1 minute jumping jacks Dynamic ROM			5
Correctives	Correctives	Correctives	Correctives	Correctives	Correctives	Correctives			
2min Banded Wall Walks 2min Wall Slides w/ Roller	4 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right	4 2min Banded Wall Walks 2min Wall Slides w/ Roller	4 2min Banded Wall Walks 2min Wall Slides w/ Roller	4 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right	4 2min Banded Wall Walks 2min Wall Slides w/ Roller	4 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right			4
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 5X4 at 85%	15 Practice movement for WOD	15 Snatch Doubles; 2 @ 50 % 2 @ 60% 2 @ 70% 2 @ 75% 2 @ 80%	15 Set-up for WOD, Practice Movements	3 Clean Doubles: 2 @ 50 % 2 @ 60% 2 @ 70% 2 @ 75% 2 @ 80%	15 Practice Movements for WOD	5 Warm-up movements for WOD			10 <sup>w</sup>
<i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>			2
15 minutes to accomplish: 15 wall walks 30 Burpees 45 Box Jumps (24/20) 60 plate G2OH (45/25)	15 10 minute AMRAP: 60 Bar Facing Burpees 30 OHS (120/90) 10 Muscle-ups (C2B Pull-ups)	10 5 rounds for time: 10 Power Snatch (95/65) 20 Air Squats 30 DUBS (60 singles) * 12 minute cap	12 30 minute Rotating EMOM: Minute 1: 10 calorie row Minute 2: 10 alternating DB Snatches (they choose) Minute 3: 10 Strict Push-ups (deficit if possible)	30 For time: 50 Wall Balls 40 Pull-ups 30 AKBS 20 KB OH walking lunges 10 KB Snatches * 15 minute cap	15 Open WOD 14.3 8 min AMRAP: 10 DL (135/95) 15 BJ 15 DL (185/135) 15 BJ 20 DL (225/155) 15 BJ 25 DL (275/185) 15 BJ 30 DL (315/210)	20 10 Rounds for time: 10 Thrusters (95/65) 10 Lateral Burpees 10 Back Squats 10 HR Push-ups * Anytime you break, you must do 10 AKBS (53/35) * 30 minute cap			30
Cash-Out 2 X 10 Side plank rotations	5 Cash-Out 2 X 500 m rows	8 Cash-Out Foam Roll Quads	5 Cash-Out: Practice HS Walking	5 Cash-Out LAX ball on Shoulders	5 Cash-Out Foam Roll Lower Back	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>			
<i>Total</i>	49 <i>Total</i>	49 <i>Total</i>	50 <i>Total</i>	52 <i>Total</i>	53 <i>Total</i>	40 <i>Total</i>			54