

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	Practice			
Warm	Warm	Warm	Warm	Warm	Warm	Warm			
2 rounds: 30 seconds Jumping Jacks 30 seconds Air Squats	2 3 minutes jump rope	3 1 minute jumping jacks Dynamic ROM	3 2 rounds: 1 minute mtn. climbers 1 minute line jumps	4 2 rounds: 30 seconds running in place 30 seconds Goblet 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	6 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right	6 2min Banded Wall Walks 2min Wall Slides w/ Roller	6 2min Banded Wall Walks 2min Wall Slides w/ Roller	6 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right	6 2min Banded Wall Walks 2min Wall Slides w/ Roller	6 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right			6
GPP	GPP	GPP	GPP	GPP	GPP	GPP			
Skill Work/Setup	5 Skill Work/Setup	0 Skill Work/Setup	5 Skill Work/Setup	3 Skill Work/Setup	5 Skill Work/Setup	0 Skill Work/Setup			2
Back Squat 5X5 @85%	15 Warm-up Movements for WOD	15 EMOM X12 1 Clean DL 1 Clean	12 Pistol Practice. Skill work- If efficient= complete 3x 20 pistols AFAP.	10 EMOM X12 1 Snatch DL 1 Snatch	12 Set-up and practice Movements for WOD	5 12 minutes to complete: 5X5 Strict Pull-ups 5X10 Bent Over Row			12
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			2
Alternating EMOM X12 Even: ME HSPU ODD: 8 burpee BJO (24/20)	12 Open WOD 14.2 Every 3 minutes for as long as possible: 0-3: 2 rounds- 10 OHS (95/65), 10 C2B 3-6: 2 rounds- 12 OHS, 12 C2B 6-9: 2 rounds: 14 OHS, 14 C2B * All Athletes will complete at least 9 minutes worth of work.	15 For Time: 21-15-9-6-3 Push Press (115/75) Front Squat- same bar Grasshoppers (R+L=1) * 12 min Cap	12 5 rounds: 1 minute ME DUBS 30 seconds rest 1 minute ME sit-ups 30 second rest 1minute Wall Balls (20/14) 30 second rest	23 3 rounds: 15 Box jumps (24/20) 15 HR Push-ups 15 Med ball cleans over the shoulder (20/14) * Rest 1 minutes between rounds * 15 minute cap	15 Open WOD 14.4 14 minute AMRAP: 60 cal Row 50 T2B 40 WB (20/14, 10", 9") 30 Cleans (135/95) 20 Muscle-ups (Ring Dips)	14 2 rounds for time: 100 Air Squats 100 Sit-ups * 15 min cap			15
Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches	5 Cash-Out Coach Led Stretches			5
Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition			5
Total	52 Total	52 Total	53 Total	61 Total	56 Total	43 Total			52