

Four Barrel CrossFit							
2/23/2015	2/24/2015	2/25/2015	2/26/2015	2/27/2015	2/28/2015	3/1/2015	
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 1 minute jumping jacks Dynamic ROM	3 2 rounds: 1 minute mtn. climbers 1 minute line jumps	3 4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	4 3 minutes jump rope	5 Coach led down and back drills	5 1 minute jumping jacks Dynamic ROM	5
Correctives	Correctives	Correctives	Correctives	Correctives	Correctives	Correctives	
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 1min Side Plank Left 1min Side Plank Right 1min Side Plank Left 1min Side Plank Right	6 TBD Open WOD 15.1	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
GPP	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	
Front Squat 5X5 @85%	15 Warm-up Movements for WOD	15 Snatch Doubles; 2 @ 60 % 2 @ 70% 2 @ 75% 2 @ 80% 2 @ 85%	12 Clean Doubles; 2 @ 60 % 2 @ 70% 2 @ 75% 2 @ 80% 2 @ 85%	12 TBD Open WOD 15.1	12 TBD Based on 15.1	12 12 minutes to find Heavy 3 rep Deadlift	12
Skill Work/Setup 2	Skill Work/Setup 3	Skill Work/Setup 5	Skill Work/Setup 3	Skill Work/Setup 3	Skill Work/Setup 3	Skill Work/Setup 2	
Partner WOD: 5 minutes of: Partner Burpees (2 at a time) 5 minutes of: Partner Wall Balls 5 minutes of: Med Ball Sit-ups * total reps is your score	15 Open 12.3 18 minute AMRAP: 15 BJ (24.20) 12 Push Press (115/75) 9 T2B	18 5 rounds of: 15 HR Push-ups 10 Alt. DB Snatches * 12 min Cap * Post time, and weight used on snatches	12 Rotating EMOM X 4: Min 1: 45 Seconds of DUBS Min 2: 45 Seconds of AKBS (53/35) Min 3: 45 sec of V-ups Min 4: 45 sec Wall Sit	23 TBD Open WOD 15.1	15 TBD based on 15.1	18 4 rounds: 2 minutes DUBS 2 minutes Burpees * Total reps is score	16
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	5
Total 55	Total 55	Total 53	Total 63	Total 56	Total 54	Total 53	
being diligent about getting people to choose a method that allow them to move efficiently							
make sure we are addressing each athletes concerns in the time limits							
make a determination on each athletes with olympic lifts- if they cant squat clean- then power clean and front squat, etc. - power movements should look awesome before they try to squat							
1- what am I doing to improve my coaching, and 2- my ability to lead other coaches							