

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	Mental Toughness	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	2 2 rounds: 30 seconds Jumping Jacks 30 seconds Air Squats	3 2 rounds: 1 minute mtn. climbers 10 star jumps	3 4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	4 1 minute jumping jacks Dynamic ROM	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 TBD Open WOD 15.2	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	GPP
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
5	0	5	3	5	5	0	2
OHS 5X5 @85%	15 5-8 minutes DUB Practice	8 EMOM: 10 mins 1 DL 1 Power clean 1 Squat Clean (or 1 P.clean+1 FSQT) 1 Jerk	10 EMOM: 10 mins 1 Hang Snatch 1 Snatch	12 TBD Open WOD 15.2	12 TBD Based on 15.2	12 Warm-up Movements for WOD	12
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	2
10 min AMRAP: 5 Power Snatch (75/55) 5 T2B 5 Air Squats	10 "Death By" EMOM: 5 Thrusters (75/55) 5 Pull-ups 5 Burpees	20 4 rounds for time: 10 Front Squats (135/95) 12 DL (135/95) 14 Wall balls (20/14) * 15 min cap	15 Alternating Tabata: (8 rounds each) Rowing for calories HR Push-ups	23 TBD Open WOD 15.2	15 TBD Based on 15.2	18 50 Pull-ups 400 meter run 21 thruster (95/65) 800 meter run 21 Thruster (95/65) 400 meter run 50 Pull-ups * 35 minute cap	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 Cash-Out Coach Led Stretches
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition
5	5	5	5	5	5	5	5
Total	Total	Total	Total	Total	Total	Total	Total
50	50	54	63	56	54	53	53