

Four Barrel CrossFit							
3/9/2015	3/10/2015	3/11/2015	3/12/2015	3/13/2015	3/14/2015	3/15/2015	
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	3
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 15.3	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	
Back Squat 5x5 85%	15 HSPU practice	8 Snatch Doubles; 2 @ 65 % 2 @ 75 % 2 @ 80 % 2 @ 85 % 2 @ 90 %	10 Clean Doubles; 2 @ 65 % 2 @ 75 % 2 @ 80 % 2 @ 85 % 2 @ 90 %	10 TBD Open WOD 15.3	12 TBD Based on 15.3	12 EMOM X 8 1 Squat Clean Thruster * AHAP	8
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	
4 rounds for time: 15 RKBS Swings (70/53) 15 Box Jump Overs. (24/20) 15 Burpees * 15 min cap	15 Dianne 21-15-9 Deadlift (225/155) HSPU * 15 min cap	15 Every 5 minutes, for 20 minutes: Complete as fast as possible: 30 walking lunges 20 Ring Rows 10 Power Snatches (115/75)	15 Partner WOD! 15 minutes: 1 partner is always rowing for calories Other partner completes AMRAP: 100 empty barbell thrusters 100 Med Ball Sit-ups 100 barbell Push Presses 100 Russian Twists with Med Ball * score is calories rowed, and reps/round completed	8 TBD Open WOD 15.3	15 TBD Based on 15.3	18 3 rounds for time: 10 Shoulder to overhead (115/75) 15 Power Cleans (115/75) 20 pistols	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 45	Total 54	Total 44	Total 56	Total 54	Total 47	