Four Barrel CrossFit													
3/16/2015		3/17/2015		3/18/2015		3/19/2015		3/20/2015		3/21/2015		3/22/2015	
Mon		**Tue**		**Wed**		**Thu**		**Fri**		**Sat**		**Sun**	
Practice		Competition		Practice		Practice		Practice		Competition		Practice	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
400 m run	2	400 m run	3	400 m run	3	400 m run	4	400 m run	5	Coach led down and back drills	5	1 minute jumping jacks Dynamic ROM	3
Correctives		Correctives		Correctives		Correctives		Correctives		Correctives		Correctives	
2min Banded Wall Walks 2min Wall Slides w/ Roller	6	2 min Side Plank w/Row 2 min Knee Plank	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	TBD Open WOD 15.4	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	2 min Side Plank w/Row 2 min Knee Plank	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
Front Squat 4x5 85%	12	5 X max effort Strict Pull-ups	8	10 min EMOM: 1 Snatch DL 1 Hang Snatch 1 OHS	10	10 minute EMOM: 2 burpees 1 C&J	10	TBD Open WOD 15.4	12	TBD Based on 15.4	12	Deadlift 10 minutes to find a heavy 5	10
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
For Time: 80 sit-ups 60 Box Jump Overs (20/24) 40 HR push-ups 20 Ring Rows 15 min cap	15	Helen 3 rounds for time: 400 m run 21 AKBS (53/35) 12 Pull-ups * 15 minute cap	15	10 minute AMRAP: 30 Dubs 20 Goblet Squats (53/35) 10 Alt. KB Snatches (53/35)	10	Rotating EMOM X16: Odd: 12 Wall Balls Even: 8 T2B	8	TBD Open WOD 15.4	15	TBD Based on 15.4	18	3 Rounds of: 1 Minute Burpees 1 MInute Hang Snatch- (45#) 1 Minute Box Jumps (24, 20) 1 Minute Thrusters (45#) 1 Minute C2B Pul-ups 1 Minute Rest	18
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*	45	*Total*	49	*Total*	44	*Total*	56	*Total*	54	*Total*	51

- send out scaling progressions
- everyone can give more individual cues and feedback
- everyone has things to workout on- even if they are experienced