

Four Barrel CrossFit													
3/23/2015	3/24/2015	3/25/2015	3/26/2015	3/27/2015	3/28/2015	3/29/2015							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Practice	Competition	Practice	Practice	Practice	Competition	Menal! Toughness							
Warm	Warm	Warm	Warm	Warm	Warm	Warm							
400 m run	2	400 m run	2	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	
2 min Side Plank w/Row 2 min Knee Plank	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	2 min Side Plank w/Row 2 min Knee Plank	6	2 min Side Plank w/Row 2 min Knee Plank	6	TBD Open WOD 15.5	6	2 min Side Plank w/Row 2 min Knee Plank	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6
GPP	GPP	GPP	GPP	GPP	GPP	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
OHS 5x3 @ 75%	12	12 minutes to complete: 4X10 Bent Over Rows 4X10 DB Floor Presses	12	Clean Doubles; 2 @ 65 % 2 @ 75 % 2 @ 80 % 2 @ 85 % 2 @ 90 %	10	Snatch Doubles; 2 @ 65 % 2 @ 75 % 2 @ 80 % 2 @ 85 % 2 @ 90 %	10	TBD Open WOD 15.5	12	TBD Based on 15.5	12	Get Set-up for WOD	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
"Nancy" 5 rounds for time: 400 m run 15 OHS (95/65) * 20 minute cap	20	Increasing Ladder in 10 minutes 3 Box Jumps 3 DL (225/135) 6 Box Jumps 6 DL ...etc.	10	30-20-10 Burpee Pull-ups Front Squats (75/55)	10	For Reps: 5 minutes Max Effort Rowing- Calories 4 minutes ME Air Squats 3 min ME Rowing- Cal 2 min ME Push-ups 1 min ME Rowing	15	TBD Open WOD 15.5	15	TBD Based on 15.5	15	15 rounds for time: 5 Thrusters (135/95) 10 burpees over barbell 5 P.Cleans 10 Tuck Jumps	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	57	Total	43	Total	49	Total	51	Total	56	Total	54	Total	51