

Four Barrel CrossFit													
3/30/2015	3/31/2015	4/1/2015	4/2/2015	4/3/2015	4/4/2015	4/5/2015							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Competition	Practice	Practice	Practice	Practice	Competition	Practice							
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	
2min Banded Wall Walks 2min Wall Slides w/ Roller	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Banded Wall Walks 2min Wall Slides w/ Roller	6	1 X 10 Lying T-Spine Rotation 1 X 15 Strict Push-ups	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	5	Skill Work/Setup	0
Warm-up for WOD	12	Front Squat 10 Minutes to find heavy single	10	Warm-up for EMOM	10	HS Walking Practice	10	Push Press 10 minutes to find heavy single	10	5 X ME Strict Pull-ups	10	EMOM for 6 minutes do 5 Hang Power Snatch 95/65#	6
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
Teams of 3: 1 partner at each station 20 Jump Squats 10 Burpee BJ Overs (24/20) 10 Pull-ups * constant rotation for 20 minutes * All partners must complete their station before moving to the next	20	Go Outside! Every 90 seconds for 15 sets- 100 m sprint	25	20 min EMOM: 3 burpees over the bar 2 squat clean thrusters	20	4X Stations- 1 minute at each Slam Balls Wall Walks DB Hang Cleans Mountain Climbers T2B	20	0-5 minutes- AMRAP Muscle-up Practice or Muscle-ups 5-10 min AMRAP sit-ups at 10 minute mark, 400m run for time	12	For Time: 15 C & J (135/95) Rest 2 minutes 15 Deadlifts Rest 1 minute 15 C&J * 15 minute cap	15	12 min EMOM: Odd - 30 double unders Even - 10 Pull-ups	12
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	56	Total	59	Total	56	Total	51	Total	51	Total	41