

Four Barrel CrossFit													
4/6/2015	4/7/2015	4/8/2015	4/9/2015	4/10/2015	4/11/2015	4/12/2015							
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	
1 X 10 Each side Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Side Plank with Row 2min Knee Plank	6	1 X 10 Each side Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	1 X 10 Each side Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Side Plank with Row 2min Knee Plank	6	1 X 10 Each side Lying T-Spine Rotation 1 X 15 Strict Push-ups w/ Reach	6	2min Side Plank with Row 2min Knee Plank	6
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
10 minutes to find heavy single Clean	10	Front Squat 65%x5, 75%x5, 85%x5 or more	10	Warm-up for WOD	10	10 minutes to find heavy Split Jerk	10	Skill Work: HSPU	10	5 X 10 Bent over Rows Superset with 5 X 10 DB Seated Press	12	5X 10 Back Rack walking Lunges	6
Skill Work/Setup	2	Skill Work/Setup	7	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	2
Teams of 3: 3:00 AMRAP Hang Clean Relay (95/65) Rest 3:00 3:00 AMRAP DUBS as a Team Rest 2:00 For Time: 80 Wall Balls 80 OH Ball Throws 80 Wall Balls * 9 minute cap	20	Complete within 15 minutes: 10 Rope Climbs 20 Alt. KB C&J (53/35) 30 GHD Sit-ups 40 AKBS 50 Box Jumps	15	Partner WOD: As a partnership complete: 1 mile run 60 burpees over jump rope 1 mile run * 30 minute cap	30	100 Back Squats for time (135/95) Every time you break, you must complete 20 DUBS * 20 minute cap	20	21-15-9 HSPU Power Cleans (135/95) * 10 min cap	10	3 rounds for time: 20 T2B 40 Jump Squats 60 Seonds Cumulative L-Sit Hold on Pull- up Bar * 12 min cap	12	For Time: 100 DUB Buy-in 50 Alt. DB Snatches 50 Sit-ups 50 DB Swings 800 m run Buy-out * 25 minute cap	25
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	55	Total	50	Total	69	Total	56	Total	49	Total	48	Total	54