

Four Barrel CrossFit							
4/20/2015	4/21/2015	4/22/2015	4/23/2015	4/24/2015	4/25/2015	4/26/2015	
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 Coach Led Down and Back drills	2 400 m run	3 Coach Led Down and Back Drills	4 400 m run	5 Park WOD	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 Park WOD	6 2min Side Plank with Row 2min 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
10 minutes to find heavy single Snatch	10 Front Squat 75% x5 85% x3 95% x1+	10 Warm-up well for WOD	10 Warm up for T2B- T2B Skill work then: Tabata Toes 2 bar	10 4X10 Each Leg DB Weighted Single Leg RDL	12 Park WOD	12 Warm-up for WOD	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
12 minute Partner WOD: 1 partner runs a 200 m run while other partner completes as many wall balls as possible. (20/14)	12 3 rounds for time: 40 Jumping Lunges 30 HR Push-ups 20 KB Deadlifts (70/53) *8 minute cap	8 10 rounds of: 30 seconds of burpees Rest 30 seconds 30 seconds of dumbbell thrusters Rest 30 seconds	20 3 rounds rotation stations: 1 minute at each station: Strict Pull-ups Med Ball Squat Cleans (20/14) Row for Calories Air Squats	12 "Grace" 30 C&J for Time (135/95) * 10 minute cap	10 Park WOD	20 Team WOD - teams of 2 AMRAP in 15 minutes of: 20 Strict Presses 30 Cleans 40 Thrusters. 75#/55# for all	15
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	47	43	59	48	51	56	44