

Four Barrel CrossFit													
4/27/2015	4/28/2015	4/29/2015	4/30/2015	5/1/2015	5/2/2015	5/3/2015							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Practice	Competition	Practice	Practice	Practice	Competition	Practice							
Warm	Warm	Warm	Warm	Warm	Warm	Warm							
Coach Led Down and Back drills	2	400 m run	2	1 minute jumping jacks Dynamic ROM	3	Coach Led Down and Back Drills	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	
Full Plank 20 sec on, 10 sec off X4 Turkish Sit-ups- 1 min left, 1 min right	6	Shoulder Sweep- 1 min each arm Scapula Push-ups- 30 on, 30 off x2	6	Full Plank 20 sec on, 10 sec off X4 Turkish Sit-ups- 1 min left, 1 min right	6	Full Plank 20 sec on, 10 sec off X4 Turkish Sit-ups- 1 min left, 1 min right	6	Shoulder Sweep- 1 min each arm Scapula Push-ups- 30 on, 30 off x2	6	Full Plank 20 sec on, 10 sec off X4 Turkish Sit-ups- 1 min left, 1 min right	6	Shoulder Sweep- 1 min each arm Scapula Push-ups- 30 on, 30 off x2	6
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
Warm up to a heavy Clean and Jerk	10	Front Squat 65%x5, 75%x5, 85%x5 or more	10	Warm-up well for WOD	10	Rope Climb Skill Work	15	10 minutes to complete: 4 X 10 Bent Over Row 4 x 10 Floor Press	12	5XME Strict Pull-ups	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
Partners complete 10 min AMRAP: 30 burpees to pull-ups bar 20 T2B Once 10 minutes hit, both athletes have 6 minutes to establish a heavy C&J	16	8 rounds for time: 200 m run 10 Back Squats (95/65) *15 min cap	15	Team Angie: Teams of 3: 150 Pull-ups 150 Push-ups 150 Sit-ups 150 Squats *25 minute cap	25	"Death By" Wall Balls AND box jumps * up to 15 minutes -Then- Tabata Hollow Body Holds	15	EMOM X 14 30 DUBS (30 singles) 8 RKBS (70/53)	14	15 min AMRAP: 8 single arm DB Push Press (R) 8 single arm DB Push Press (L) 10 DB Hang Squat Cleans 12 Burpees over DBs	15	5 rounds for time of: 10 Snatches, 75/55 30-second chin-over-bar hold 10 Snatches, 75/55 60-second plank hold * 18 min cap	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	51	Total	50	Total	64	Total	56	Total	55	Total	51	Total	47