

Four Barrel CrossFit						
5/4/2015	5/5/2015	5/6/2015	5/7/2015	5/8/2015	5/9/2015	5/10/2015
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
Correctives	Correctives	Correctives	Correctives	Correctives	Correctives	Correctives
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 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 Full Plank 20 sec on, 10 sec off X4 Turkish Sit-ups- 1 min left, 1 min right
GPP	GPP	GPP	GPP	GPP	GPP	GPP
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
Tabata HS Holds -or- Shoulder Taps	6 Front Squat 80% x3 85% x3 90%x3+	10 Deadlift 4 X 10 * rest 2 minutes between sets	10 3 X 10 each side- Half Kneeling Windmills	10 12 minutes to complete: 5 X 8 Ring rows 5 X 8 strict T2B	12 10 minutes to establish a Heavy Single Thruster	10 Warm-up for WOD
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
Partners: 3 minute AMRAP: 1 partner Sled Sprints 100m (45/90) 1 partner plate G2OH (25/45) Rest 1 minute 3 minute AMRAP Rest 1 minute 3 minute AMRAP * 1 total score of sprints in Wodify	11 3 rounds for time: 20 Wall Balls (20/14) 30 Box Jumps(24/20) 400 m run *12 minute cap	12 Groups of 3: 4 rounds: 250 m row 14 Burpees 16 DB Snatches * Can't move on until partners are done *15 minute cap	15 Alternating EMOM x 16 Odd: 10 V-ups and 5 HR push-ups Even: 5 Hang Squat Snatches	16 8 min AMRAP: 3 Muscle-Ups -or- 6 C2B Pull-ups 6 Cleans (95/65)	8 5 rounds for time: 200 m Farmers Carry (KB or DB) 40 walking lunges *20 minute cap	20 Every 4 minutes, for 24 minutes (6 sets), for times: Run 400 Meters 10-12 Burpee Box Jump-Overs (24*/20*)
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
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition
Total	Total	Total	Total	Total	Total	Total
	50	47	54	52	53	54