

Four Barrel CrossFit													
5/11/2015		5/12/2015		5/13/2015		5/14/2015		5/15/2015		5/16/2015		5/17/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Competition		Practice		Practice		Practice		Competition		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
Coach Led Down and Back drills	6	800 m run	6	5 min Amrap: 10 squats 8 sit-ups 6 push-ups	5	3 rounds for time: 30 seconds jump jacks 15 air squats 5 inchworms	4	Coach Led Down and Back drills	5	800 m run	5	1 minute jumping jacks Dynamic ROM	3
GPP		GPP		GPP		GPP		GPP		GPP		GPP	
Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	0	Skill Work/Setup	2
Front Squat 3x10	12	Strict Press 3x10	12	Deadlift 3x10	12	3x10 Band pull-aparts 3x10 TK pallof press	10	Back Squat 3x10	12	10 minutes to establish a Heavy Single Thruster	12	3 broad jumps EMOMX10	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: For Time: 100 Snatches (75/55) 150 pull-ups 100 thrusters (same bar) * 20 min cap	20	For Time: 800m OH walk (45/25) 50 burpees to plate * 12 min cap	12	Every 2 minutes for 16 minutes: 3 C&J 15 wall balls	16	Partner WOD: For time: 80 Calorie Row- Partner DL Hold (155/105) 60 HSPU- Partner HS hold 50 T2B- Partner hanging hold *25 minute cap	25	4 rounds for time: 50 air squats 400 m run *15 min cap	15	5 rounds for time: 200 m Farmers Carry (KB or DB) 10 Alternating C&J with Kb or DB *15 minute cap	15	4 rounds: 1 minute at each station Ball Slams HR Push-ups Jump Squats Hollow Body Hold Rest	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	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	52	Total	53	Total	55	Total	50	Total	45	Total	#REF!