

Four Barrel CrossFit													
5/18/2015		5/19/2015		5/20/2015		5/21/2015		5/22/2015		5/23/2015		5/24/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Competition		Practice		Practice		Practice		Competition		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
3 X 5 inchworms 8 side plank rotations each side	6	800 m run	6	Run 400 m, 3 rounds : 10 air squats 15 jumping jacks 10 sit-ups	5	2 rounds: 30 seconds Air Squats 30 second plank hold 30 second walking lunges 30 second jumping jacks	4	400m run 15 burpees 400m run	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	3	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	0	Skill Work/Setup	2
Front Squat 4x10	15	Strict Press 4x10	15	Deadlift 4x10	15	Pull-up (Bar Muscle-up) Skill Work	12	Back Squat 4x10	12	Set-up for WOD	12	Warm-up for WOD	6
Skill Work/Setup	2	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	2
12min AMRAP: 9 T2B 12 Box Jumps (24, 20) 15 Wall Balls (20, 14)	20	15 minutes to complete: 3 X ME Pull-ups 3 X 50 DUBS 3 X 12 DB Floor Press	15	Part 1: 8 min Alt. EMOM: Even:5 Power Cleans (95/65) Odd: 10 Front Squats (same bar) Immediately into Part 2: 7 min AMRAP: 15 RKBS (53/35) 15 lateral jumps over KB	15	15 minutes to complete: 3 X 20 pistols 8 Down and backs- Burpee broad jumps 3 minutes total- Hollow Body hold	15	10 rounds for time: 5 Box Jump Overs (24/20) 5 HR Push-ups 5 Wall Balls (20/14) *12 min cap	12	Groups of 3: 21 min AMRAP: 1 minute Bench Press (75/115) 1 minute T2B 1 minute Jumping Lunges	15	"Daniel" For time: 50 Pull-ups 400 meter run 21 Thrusters (95/65) 800 meter run 21 Thrusters (95/65) 400 meter run 50 Pull-ups * 35 min cap	35
Cash-Out Coach Led Stretches	5	Cash-Out 2X400 m sprints- 2:00 min rest between	7	Cash-Out Coach Led Stretches	5	Cash-Out: 4 X 500m row: 2:00 min Rest between	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	58	Total	56	Total	55	Total	47	Total	47	Total	45	Total	58