

Four Barrel CrossFit										
6/1/2015	6/2/2015	6/3/2015	6/4/2015	6/5/2015	6/6/2015	6/7/2015				
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Practice	Competition	Practice	Practice	Practice	Mental Toughness Day	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 4 rounds :15 sec jump jacks :15 air squats :15 mtn. climbers :15 jump squats	4 800 m run	5 1 minute jumping jacks Dynamic ROM				3
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	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
5	3	5	3	5	0	2				
Front Squat 3x12	Strict Press 3x12	Deadlift 3x12	3x10 Ring Rows 3 x 10 Goblet Squats	Back Squat 3x12	Warm-up for WOD	3 x 10 DB Bent over Row 3 X 30 second hollow body hold 3 x 20 Hip Bridges				
15	12	12	9	12	12	12				
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup
2	3	5	3	3	3	3				
Partner WOD: 12 min AMRAP: 200 m run 10 Partner Burpees 20 Partner Squat Throws 30 Partner Med Ball Sit-ups	4 rounds for time: 50 DUBS 15 Power Snatches (75/55) * 10 min cap	15 min AMRAP: 5 Bear Complexes (75/55) 8 Pull-ups 10 Lateral Hops over the bar	2 min AMRAP: 8 jump squats 12 burpees *rest 1 minute 3 min AMRAP * rest 1 minute 4 min AMRAP *rest 1 minute 5 min AMRAP	8 minutes to find Heavy Single Snatch right into 8 minutes to find heavy single C&J	30 min AMRAP: 2 muscle-ups 8 AKBS (53/35) 100 m Sprint	Alternating EMOM x 16 Odd: 8 Bench Press Even: 10 Wall Balls				
12	10	15	17	16	30	16				
Cash-Out Coach Led Stretches	Cash-Out 3 X 1 minute plank holds	Cash-Out Coach Led Stretches	Cash-Out: 5 min DUBS Practice	Cash-Out 1 mile run for time	Cash-Out Coach Led Stretches	Cash-Out Coach Led Stretches				
5	7	5	5	10	5	5				
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition				
5	5	5	5	5	5	5				
Total	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
50	46	52	46	55	60	45				