

Four Barrel CrossFit													
6/8/2015		6/9/2015		6/10/2015		6/11/2015		6/12/2015		6/13/2015		6/14/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Mental Toughness Day		Practice		Practice		Practice		Competition		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
400m Run 1 Min/side Side Plank w/ Row 15 Pause Goblet Squat	5	400m Run 2 Rds: 10 Foam Roller Wall Slides 10 Inchworm 10 Mt. Climber	5	800 m run 20 roll backs 10 good mornings	5	Coach Led Down n Back 1 min/side T Spine Rotation w/ Reach 1 min/side wall slides with foam roller 2 Min knee Plank	6	400m Run 20 Glute Bridge 20 Goblet Squat	7	Coach Led Down n Backs	5	Coach Led Down n Backs 1 min/side Shoulder Sweeps 1 min/side Quadruped Ext./Rot.	5
GPP		GPP		GPP		GPP		GPP		GPP		GPP	
Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	5
Front Squat 4x10	15	Strict Press 4x10	15	Deadlift 4x10	15	10 Min to Complete: 3x8 Half Kneeling KB Press 3x30 Ring row hold 3x5 Turkish Sit-up	10	Back Squat 4x10	15	12 minutes to complete: 3 X 8 Bench Press 3 x 8 SL KB RDL	12	3 X 20 Hip Bridges 3 X 10 Half Kneeling Windmill	12
Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	0	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	5
10 min AMRAP: 2 Power Cleans (115/75) 3 burpees over the bar	10	3 rounds for time: 50 DUBS 50 Supermans 50 Sit-ups *18 min cap	18	4 rounds: 45 sec Wall Sit, 15 sec rest 45 sec Farmers Hold, 15 sec rest 45 sec Lunge hold, 15 sec rest 45 sec Plank hold, 15 sec rest 45 sec DB OH hold, 15 sec rest	20	Run 1 mile Rest 4:00 max Run 800m Rest 3:00 max Run 400m Rest 2:00 max Run 200m	30	Every 3 minutes for 4 rounds: 15 wall balls 10 strict pull-ups 10 Push-ups with shoulder tap	12	6 min Alternating EMOM: Odd: 10 Jumping Lunges Even: 10 RKBS right into 6 min AMRAP: 10KB DL 10 mountain climbers	12	5 rounds for time: 20 Db Hang Squat Clean 200m run *20 min cap	10
Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	1	Cash Out 1000m Row	10	Cash Out Coach Led Stretches	5	Cash Out 800m Farmer's Carry	15
Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5
Total	50	Total	54	Total	60	Total	57	Total	57	Total	49	Total	57