

Four Barrel CrossFit													
7/13/2015		7/14/2015		7/15/2015		7/16/2015		7/17/2015		7/18/2015		7/19/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Competition		Practice		Practice		Practice		Practice		Competition		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: 5 Foam Roller Wall Slides 5 Inchworm 5 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 3x6	12	Strict Press 3x6	12	Deadlift 3x6	12	12 Min to Complete: 3x10 KB Screwdrivers 3x ME Strict Pull-ups 3x5 Half Kneeling Windmills	12	Back Squat 3x6	12	Set up for WOD	5	3 X 6 Bench Press 3 X 12 Goblet Squats	15
Skill Work/Setup	5	Skill Work/Setup	8	Skill Work/Setup	10	Skill Work/Setup	2	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	5
3 rounds for time: 21 pull-ups 15 Front Squats (135/95) 9 Sit-to-Stands * 15 min cap	15	8 min AMRAP: 8 ALT KB Cleans (53/35) 8 Pistols 8 lateral jumps over the KB	10	For Time: 400 m run 30 Air Squats 20 HR Push-ups 400 m run 20 HR Push-ups 30 Air Squats 400 m run *15 min cap	15	5 rounds: 1 minute ME at each Ring Rows Jump Rope V-ups Jumping Lunges	20	"Christine" 3 rounds for time 500m row 12 Body Weight Dead Lift 21 Box Jumps (24/20) * 12 min cap.	12	20 min AMRAP 100 m Farmers Carry (25/15) 10 Plate Burpees 10 Wall Balls (20/14)	30	3 rounds for time of: Run 400 meters 21 dumbbell thrusters * 12min Cap	12
Cash Out Coach Led Stretches	5	Cash Out 3 X 1 minute Planks	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	10	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	8
Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5
Total	52	Total	48	Total	57	Total	55	Total	54	Total	60	Total	55