

Four Barrel CrossFit											
7/27/2015	7/28/2015	7/29/2015	7/30/2015	7/31/2015	8/1/2015	8/2/2015					
Mon	Tue	Wed	Thu	Fri	Sat	Sun					
Competition	Competition	Competition	Practice	Competition	Practice	Practice					
Warm	Warm	Warm	Warm	Warm	Warm	Warm				Warm	
1 minute jumping jacks 2X 5 side plank rotations 10 Russian baby makers	5 400 m run 10 Push-ups with Reach	5 3 min AMRAP: 10 Jumping jacks 8 air squats 8 Fast Mtn. Climbers	3 800 m run ROM	6 4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	7 Coach Led Down n Backs	5 Coach Led Down n Backs 1 min/side Shoulder Sweeps 1 min/side Quadruped Ext./Rot.				5	5
GPP	GPP	GPP	GPP	GPP	GPP	GPP				GPP	
Skill Work/Setup	5 Skill Work/Setup	2 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup	5 Skill Work/Setup				5 Skill Work/Setup	5
15 min to establish 1RM Front Squat	15 12 min to establish 1RM Strict Press	12 15 min to establish 1RM Deadlift	15 Rope Climb Practice	12 15 min to establish 1RM Back Squat	15 15 min to find: 1 RM Bench Press and complete: 2 X 10 each side Shoulder Sweeps 3 X 5 Each side Wall slides	15 15 minutes skill work of athletes choice				15	15
Skill Work/Setup	3 Skill Work/Setup	2 Skill Work/Setup	6 Skill Work/Setup	2 Skill Work/Setup	3 Skill Work/Setup	5 Skill Work/Setup				5 Skill Work/Setup	5
"Death By" Goblet Squats Burpees * 20 minutes max	20 Partner Chelsea: Alternating Minutes to 30 minutes: 5 Pull-ups 10 Push-ups 15 Air Squats	30 Every 2 minutes for 6 rounds: 5 Power Cleans (165/105) 5 V-ups 1 Wall Walk	12 For time: 100 AKBS (53/35) 100 Box Jumps 100 Sit-ups * Athletes must also sprinkle in a total of 8 rope climbs to complete the WOD * 20 minute cap	12 "Strict" Jackie 1K row 50 Thrusters (45/35) 30 Strict Pull-ups * 15 min cap	15 12 minute AMRAP: 200 m run 10 Broad Jumps 15 Wall Balls	12 4 rounds: Min 1: 10 Hamstring curls on Medball Min 2: 10 Db Hang Cleans Min 3: 45 Second Farmers Hold with KB Min 4: 45 sec plank hold				16	16
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	10 Cash Out Coach Led Stretches	5 Cash Out Coach Led Stretches				8 Cash Out Coach Led Stretches	8
Intro/Transition	5 Intro/Transition	2 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition	5 Intro/Transition				5 Intro/Transition	5
Total	58 Total	58 Total	51 Total	47 Total	60 Total	52 Total				59 Total	59