

Four Barrel CrossFit													
8/3/2015		8/4/2015		8/5/2015		8/6/2015		8/7/2015		8/8/2015		8/9/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Competition		Practice		Competition		Practice		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
1 minute jumping jacks 2X 5 side plank rotations 10 Russian baby makers	5	400m Run 2 Rds: 5/side T-spine Rotations 5 inchworms	5	3 min AMRAP: 10 Jumping jacks 8 air squats 8 Fast Mtn. Climbers	5	Coach Led Down n Back	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
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	8	Skill Work/Setup	5
10 min to build to heavy set of 3 Front Squat then every 90 seconds 3 at 75% of that heavy 3	16	10 min to build to heavy set of 3 Strict Press then every 90 seconds 3 at 75% of that heavy 3	16	10 min to build to heavy set of 3 Deadlift then every 90 seconds 3 at 75% of that heavy 3	16	Clean and Jerk Skill Work	10	10 min to build to heavy set of 3 Back Squat then every 90 seconds 3 at 75% of that heavy 3	16	Rotating EMOM X 4 Min 1: 10 Bench Press Min 2: 10 Strict Pull-ups Min 3: 10 Goblet Squats	12	10 min EMOM: 1 Clean DL 1 Clean 1 Clean and Jerk	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
3 rounds for time: 15 Wall Balls (20/14) 30 Sit-ups * 10 min cap	10	3 minutes: run a 200 m sprint, AMRAP Pull-ups 3 minutes: run a 200 m sprint, AMRAP HR Push-ups 3 minutes: run a 200m sprint, AMRAP RKBS (53/35)	30	For time: 21-15-9 Deadlifts (225/155) 400m run * 12 min cap	12	Part I - 1RM Clean and Jerk in 10 mins Part II - 400 meter Farmers Carry for time. Core - 3x15 Hollow Rocks	25	15 min AMRAP: 20 calorie row 25 burpees 30 Air Squats	15	Partner WOD: Complete 200 RKBS for time 1 partner is working and the other partner is holding a plank. * 12 min cap	12	3 rounds for time of: 10 ground-to-overheads (95/65) 200 m sprint * 10 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	5	Cash Out Coach Led Stretches	10	Cash Out Coach Led Stretches	5	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
Total	49	Total	62	Total	54	Total	58	Total	61	Total	52	Total	53