

Four Barrel CrossFit													
8/10/2015		8/11/2015		8/12/2015		8/13/2015		8/14/2015		8/15/2015			
Mon		Tue		Wed		Thu		Fri		Sat			
Practice		Competition		Practice		Practice		Practice		Mental Toughness			
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 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 -10 Push-ups with reach 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			
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
5 x 5 @ 75% Front Squat	15	5 x 5 @ 75% Strict Press	15	5 x 5 @ 75% Deadlift	15	Split Jerk Skill work	10	5 x 5 @ 75% Back Squat	15	Warm up for WOD	10	10 min EMOM: 3 Strct Pul-ups 5 RKBS (70/53)	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
5-4-3-2-1 For time: Cleans (185/125) Front Squats Wall Walks * 10 min cap	10	3 min AMRAP: 20 DUBS 15 Jump Squats 10 HR Push-ups Rest 1 minute Repeat Rest 2 minutes Repeat	12	15 min AMRAP: 10 Burpees 200 m run 10 Thrusters (95/65) 200 m run	15	For time: 1 mile run 400 m farmers carry (53/35 KB) 800 m run 200 m farmers carry 400 m run * 25 minute cap	25	3 rounds for time: 10 Snatches (135/95) 20 Ring rows 30 Air Squats *15 min cap	15	50 Wall Balls 50 Pull-ups 50 Pistols 50 DB Snatches 50 Box Jumps 50 Burpees * 35 min cap	35	2 rounds for time: 50 m broad jump 50 m walking lunges 800 m run	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	48	Total	43	Total	56	Total	58	Total	60	Total	73	Total	53