

Four Barrel CrossFit									
8/17/2015	8/18/2015	8/19/2015	8/20/2015	8/21/2015	8/22/2015	8/23/2015			
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
Practice	Competition	Practice	Practice	Competition	Practice	Practice			
Warm	Warm	Warm	Warm	Warm	Warm	Warm			Warm
400 m run 15 Goblet Squats 30 Jumping jacks Jane Fondas	400 m run, 1 minute of jumping jacks, Shoulder Dynamic ROM	4 rounds: 15 sec jumping jack, air squat, mtn climber, jump squat	1 minute plank 21-15-9 Jumping jacks, walking lunges 1 minute plank	"Pizza Box" game- Give every athlete an abmat and have them hold it on one hand like a pizza. Then on your yell of "Go!" everyone can begin running around and trying to knock over everyone else's pizzas	Coach Led Down and Backs				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 8			Skill Work/Setup 5
5 x 3 @ 80% Front Squat 12	5 x 3 @ 80% Strict Press 12	5 x @ 80% Deadlift 12	3x5 Banded Wall Slides 3 X 5 /side Shoulder Sweeps 3 X 5/side Half Kneeling KB Press	5 x 3 @ 80% Back Squat 10	400m Farmers Carry- AHAP 10	5 X 5 Bench Press -Superset with- 5X10 DB Bent Over Row			12
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
12 min AMRAP: 10 KB Deadlifts (70/53) 10 Toes to bar 10 burpees over KB	Running Clock: 0-5 minutes: 100 m run 3 cleans (155/105) 5-10 minutes 100 m run 4 cleans 10-15 minutes 100 m run 5 cleans	3 rounds: 90 seconds Max Cal row 90 Seconds Max effort Push-ups 90 seconds RKBS(53/35)	10-1 down by 1 OHS (75/45) Pull-ups In between each round do a 50 foot bear crawl.	Annie with a Twist: 50-40-30-20-10 DUBS Sit-ups * In between each round, complete a 400 m run * 20 min cap	"Tabatas" HS Hold Air Squats Db Snatches DB Russian Twists	For time: 40 Wall Balls 50 Deadlifts (135/95) 40 Wall Balls * 18 min cap			18
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 5	Cash Out Coach Led Stretches 10	Cash Out Coach Led Stretches 5			8
Intro/Transition 5	Intro/Transition 2	Intro/Transition 5	Intro/Transition 5	Intro/Transition 5	Intro/Transition 5	Intro/Transition 5			5
Total 40	Total 38	Total 47	Total 52	Total 45	Total 49	Total 58			