

Four Barrel CrossFit													
10/5/2015		10/6/2015		10/7/2015		10/8/2015		10/9/2015		10/10/2015		10/11/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Competition		Competition		Competition		Practice		Competition		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
400 m run 15 Russian Baby Makers 20 Hip Bridges	7	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
1RM Front Squat	15	1RM Strict Press	15	1RM Deadlift	15	3 X 10 Pushup with reach 3 X 10 DeadBugs 3 X T-spine Rotations	10	1RM Back Squat	15	Warm-up for WOD	10	5 X 6 each leg single leg RDL 5 X 1 minute plank hold	12
Skill Work/Setup	8	Skill Work/Setup	5	Skill Work/Setup	8	Skill Work/Setup	2	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	3
"Fran" 21-15-9 Thrusters (95/65) Pull-ups * 10 min cap	10	500 m row for time Rest 2:00 5 minutes max effort burpees	12	Dianne: 21-15-9 Deadlifts (225/155) HSPU * 15 min cap	15	3 rounds for time: 400 m run 15 Wall Balls 30 Sit-ups * 15 min cap	15	For Time: 30-20-10 Box Jumps (24/20) Toes to Bar * every time you break T2B you must complete 15 DUBS (30 singles)	15	20 min AMRAP: 10 Deadlifts (275/175) 20 T2B 30 Power Cleans (185/125) 40 Push ups 50 Air Squats	15	Alternating EMOM: ODD: 1 Snatch DL 1 Snatch 1 OHS Even: 100 m run and 10 air squats	15
Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out LOTS of stretching	5	Cash Out Coach Led Stretches	10	Cash Out Coach Led Stretches	5	Cash Out 5 X sled drags!	8
Intro/Transition	5	Intro/Transition	2	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5
Total	55	Total	46	Total	58	Total	48	Total	60	Total	53	Total	53