

<b>Four Barrel CrossFit</b>		Open Cycle C1W3				
3/10/2014	3/11/2014	3/12/2014	3/13/2014	3/14/2014	3/15/2014	3/16/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
5 minutes of Jump Rope Drills 1x20 of each Glute Activation Drills	4 rounds of: :15 of Jumping Jacks :15 of Squats :15 of Good Mornings :15 of Hip Circles	4 rounds of: 250 Row Rest 1 minute	3x5 per side of: Half Kneeling Chops  20 Wrist Circles 20 Elbow Circles 20 Arm Circles per side 20 Hip Circles 20 Knee Circles 20 Ankle Circles per side 20 Bow and Bands	TBD	TBD	Athlete's Choice
<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>
<b>WEIGHTLIFTING</b> Back Squat 5, 3, 1, 1 (.75, .85, .95, .95+)  METCON 3 Rounds of: Run 400M 12 Alternating Pistols 12 Push-ups 12 AKBS (70, 53) *15 minute time cap  CASH OUT 3x5 per arm of Half Kneeling KB Press *stay light on weight	<b>WEIGHTLIFTING</b> Deadlift 5, 3, 1, 1 (.75, .85, .95, .95+)  METCON "Air Force Wod" 20 Thrusters (95, 65) 20 Sumo Deadlift High Pulls (95, 65) 20 Push Jerks (95, 65) 20 OHS (95, 65) 20 Front Squats (95, 65) *4 Burpees EMOM including the beginning minute 12 minute time cap  CASH OUT Foam Roll	<b>METCON</b> 7 Minute AMRAP of: 9 Snatches (95, 65) 12 Toes-to-Bar 15 Wall Balls (20, 14)  CASH OUT 20 TGU AHAP *NOT FOR TIME *10 Per Arm	<b>WEIGHTLIFTING</b> Split Jerk 2@75%, 2@80%, 2x2@85%  METCON 14 minute EMOM of: Odd Minutes: 3 Power Cleans (185, 125) Even Minutes: 10 Pullups  CASH OUT Post Hamstring Stretch	<b>SKILL</b> Open WOD 14.3 Skill work/strategy *14.3 will be announced on Thu night	<b>METCON</b> "14.3" TBD	<b>METCON</b> "Diane" 21-15-9 Deadlifts (225, 155) HSPU *12 minute time cap
<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
3x10 Front Rack Lunges with Axle bar *5 steps per leg *AHAP	10 Minute EMOM Odd Minutes 7 C2B Even Minutes 7 HSPU	Spend 10 minutes working on DU -Or- If you can hit over 75 UB 3 ME sets of DU	x	Rest	x	Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
Snatch 15 minutes to build to heavy single  Pendlay Row 5x5	Clean 15 minutes to build to heavy single  Glute-Ham Raises 5x5	3-Position Snatch (Hip, Above the Knee, Floor) *5 sets AHAP  GHD Sit-ups 5x5	x	Rest	x	Rest
<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>
800M Sled Drag (135, 90)	4x400m Sprints Rest 2:1	400M Farmers Carry AHAP	Row 2K	Rest	x	Rest