

| Four Barrel CrossFit | | | | | | |
|---|---|---|--|--|--|--|
| 3/31/2014 | 4/1/2014 | 4/2/2014 | 4/3/2014 | 4/4/2014 | 4/5/2014 | 4/6/2014 |
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Warm | Warm | Warm | Warm | Warm | Warm | Warm |
| 3 minutes of Jump Rope Drills 1x20 of each Glute-Activation Drill | Coach-led Agility Ladder Drills | 3x10 of half kneeling chops | Spend 10 minutes working on clean and jerk positions with the barbell | Catalst warm-up 2 minutes per side in post calf stretch | Row 500m at 50-70% 2 minutes per side in Slingshot Squat | Athlete's Choice |
| GPP | GPP | GPP | GPP | GPP | GPP | GPP |
| METCON "Damon's Birthday WOD" 30 Burpee Bear Complexes (115, 75) *Hands on the bar, feet to plank position, push up to bar, feet in, squat clean, jerk, back squat, BTN jerk *5 Little man in the woods (jumping jacks in a squat position) EMOM *20 minute time cap CASH-OUT 2 minutes per side of Lateral Opener | WEIGHTLIFTING 1RM Snatch *15 minutes to establish METCON 4x400m Run *Rest 4 minutes between efforts *Score is slowest time CASH-OUT LAX Ball on Shoulders | METCON Tabata-style 8 rounds :20 on :10 off of: Pullups Russian KB Swings (70, 53) Sit-ups Squats *8 rounds of Pullups, then 8 rounds of RKBS, etc... CASH-OUT Foam Roll | WEIGHTLIFTING 1RM Clean & Jerk *15 minutes to establish METCON "Elizabeth" 21-15-9 Squat Cleans (135, 95) Ring Dips *12 minute time cap CASH-OUT 2 minutes per side in couch stretch | METCON "Partner Wod" 3 Rounds of: 50 Double-Unders 40 Deadlifts (135, 95) 30 Toes-to-Bar 20 Box Jump Overs *1 Partner working at a time *30 minute time cap CASH-OUT 400m KB Farmers carry | METCON "Jackie" Row 1,000m 50 Thrusters (45, 35) 30 Pullups *15 minute time cap CASH-OUT 2 minutes per side of single leg flexion | METCON 5 rounds of: Run 400m 15 Box Jumps 15 Wall Balls *25 minute time cap |
| COMPETITORS | COMPETITORS | COMPETITORS | COMPETITORS | COMPETITORS | COMPETITORS | COMPETITORS |
| Gymnastics / Skill Dev | Gymnastics | Gymnastics | Gymnastics | Gymnastics | Gymnastics | Gymnastics |
| 50 alternating pisolts for time | 3 Attempts at ME Muscle-Ups *rest as needed between rounds | Spend 7 minutes working on Handstand walking | Rest | 3 Attempts at ME Double Unders | Spend 30 minutes wokring on mobility. Have an adult beverage if you choose. The OPEN season is hard on the body AND mind. | Rest |
| Strength / Lifting Dev | Strength | Strength | Strength | Strength | Strength | Strength |
| Pausing Back Squats 3x5 at 75% Pendlay Row 3x10 AHAP | Bench Press 3x3 (.7, .8, .9) Strict Toes-to-Bar 3x10 | Glute-Ham Raises 3x10 | Rest | KB Row 5x5 AHAP | x | Rest |
| Conditioning | Conditioning | Conditioning | Conditioning | Conditioning | Conditioning | Conditioning |
| Airdyne Bike Intervals 3x1 minute moderate, 1 minute easy 3x :30 hard, :30 easy 6x :20 hard, :10 east | Row 2k | Jog (not run) 1 mile | Rest | 2x400m Sled Drag (45, 90) Rest 3 minutes between efforts | x | Rest |
| Wodify Notes | Wodify Notes | Wodify Notes | Wodify Notes | Wodify Notes | Wodify Notes | Wodify Notes |
| Metcon Score: Time | Weightlifting Score: 1x1 Metcon Score: Slowest run. There should be an option in Wodify under metcon for 400m run | Waiting on programming quetion | Weightlifting Score: 1x1 Metcon Score: Time | Metcon Score: Time *Only Rx'd if both partners Rx WOD | Metcon Score: Time *Jackie should be a benchmark metcon in Wodify | NA |