

<b>Four Barrel CrossFit</b>						
3/17/2014	3/18/2014	3/19/2014	3/20/2014	3/21/2014	3/22/2014	3/23/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	50 jumping jacks 2 minutes in Slingshot Squat	5 frames of "Rowing"	3 minutes of Jump Rope 2 minutes per side in table stretch	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>
WEIGHTLIFTING 1 Snatch + 1 Hang Snatch *15 minutes to build to heavy single of complex  METCON "Grace" 30 Clean and Jerks (135, 95) *7 Minute time cap  CASH-OUT 2x400m Run *rest 2 min between efforts	WEIGHTLIFTING 1 Power Clean + 1 Full Clean *15 minutes to build to heavy single of complex  METCON 10 minute Ladder of: 2 Front-Rack Lunges (95, 65) 2 Box Jumps (24, 20) *up by 2's  CASH-OUT 2 minutes per side in Couch stretch	METCON 5 minute AMRAP of: 10 HSPU 10 Pullups  Rest 5 minutes  5 minute AMRAP of: 30 Double-Unders 10 Toes-to-Bar  CASH-OUT Foam Roll	WEIGHTLIFTING 3RM Power Jerk *12 minutes to build into  METCON Partner WOD 15 minutes AMRAP of: Rowing for meters Burpees *1 Partner rows while other partner does burpees *Partners must switch every 250m *Score is total meters rowed + total burpees  CASH-OUT LAX Ball on Shoulders	SKILL Open WOD 14.5 Skill work/strategy *14.5 will be announced on Thu night	METCON "14.5" TBD	METCON "Randy" 75 snatches (75, 55) *15 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>
Back Rack Lunges 5x5 AHAP *5 steps per leg	5 minute EMOM of: 8 C2B	3 Rounds of: 1:00 ME Double-Unders 1:00 Rest	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>
20RM Back Squat  KB Row 5x5	Reverse Hypers 3x20 *stay light	Bench Press 3x5 (.65, .75, .85)  GHD Sit-ups 3x20	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>
2x400 Sled Drag (90, 45) Rest at least 5 minutes in between attempts	8 rounds of: 0:20 Hard Airdyne 0:10 light Airdyne	400m Log carry	4x400m Run *rest 2 minutes between efforts	Rest	x	Rest