

FOUR BARREL ATHLETE CAMP:

Jan 9th-11th, 2015

NOTES

- Volume will be similar to Regional. Manage RPE so that you don't dig a hole.
- We'll stick tightly to the schedule to mimic competition. All of your gear must be setup for each WOD before you start warming up.
- Sunday will be condensed due to a CPR/first aid class .

SCHEDULE

Friday, Jan' 9th

6:00PM **Setup for WOD 1 & 2, and Talk Logistics / Strategy**

6:15PM **Warm-up for WOD 1 & 2**

6:50PM **Stop Warm-up / Final Strategy**

7:00PM **WOD 1 & 2 - C&J Max + 2013 Event 3**

3 attempts to establish a Max C&J.

Athletes must pull at 0:00, 2:00, & 4:00. Athlete may not go back down from starting weight, but can increase weight at their discretion (even if the previous lift was missed).

-After the 6min mark, rest 2min, then-

For time:

30 Burpee MUs

*7min Cap

7:30PM **Setup for WOD 3 & Talk Logistics / Strategy**

7:40PM **Warm-up for WOD 3**

8:00PM **Stop Warm-up / Final Strategy**

8:10PM **WOD 3 - TBA**

Saturday, Jan' 10th

7:30AM **Setup for WOD 1 & Talk Logistics / Strategy**

7:45AM **Warm-up for WOD 4**

8:20AM **Stop Warm-up / Final Strategy**

8:30AM **WOD 4 - 2013 Event 4**
For time:
100 Wall balls (20/14 lbs to a 10' target)
100 Chest-to-bar Pull-ups
100 One-legged squats, alternating
100 One-arm dumbbell snatches, alternating (70/50 lbs)
*27min Cap

9:00AM **Breakfast / Break**

10:30AM **Setup for WOD 5 & Talk Logistics / Strategy**

10:40AM **Warm-up for WOD 5**

11:10AM **Stop Warm-up / Final Strategy**

11:20AM **WOD 5 - 2013 Event 5:**
21-15-9 reps for time of:
Deadlift (315 / 205 lbs)
Box jump (30 / 24 inch)
*8min Cap

Sunday, Jan' 11th

6:30AM **Setup for WOD 6 & Talk Logistics / Strategy**

6:40AM **Warm-up for WOD 6**

7:10AM **Stop Warm-up / Final Strategy**

7:20AM **WOD 6 - TBA**

7:45AM **Setup for WOD 7 & Talk Logistics / Strategy**

7:55AM **Warm-up for WOD 7**

8:15AM **2014 Event 7**
64 Pull-ups
8 OHS (205, 135)
*6min Cap

8:30AM **Wrap-up**