



2022 CrossFit Open Practice Schedule

DAY/DATE	TIME	AREAS OF FOCUS	LEVEL
Saturday, 1/8	9:00am	Thruster, Jumping Pull up/RR, Row	RED
Saturday, 1/8	10:00am	Thruster, Jumping C2B Pull up Row	RED & BLACK
Saturday, 1/8	11:00am	Thruster, Jumping C2B Pull up, Row	BLACK
Thursday 1/13	8:00am	Thruster, Jumping Pull up/RR, Row	RED
Thursday, 1/13	9:00am	Thruster, Jumping C2B Pull up, Row	BLACK

Saturday, 1/22	9:00am	WB, Step up, Single under, Lunge	RED
Saturday, 1/22	10:00am	WB, Step up, Single/Double under, Lunge	RED/BLACK
Saturday, 1/22	11:00am	WB, Step up, Single/Double under, Lunge	BLACK
Thursday 1/27	8:00am	WB, Step up, Single under, Lunge	RED
Thursday 1/27	9:00am	WB, Step up, Single/Double under, Lunge	BLACK

Saturday, 2/5	9:00am	BB/DB Snatch, Wall Walk/Bear Crawl, Burpee	RED
Saturday, 2/5	10:00am	BB/DB Snatch, Wall Walk, Burpee	RED/BLACK
Saturday, 2/5	11:00am	BB/DB Snatch, Wall Walk, Burpee	BLACK
Thursday 2/10	8:00am	BB/DB Snatch, Wall Walk/Bear Crawl, Burpee	RED
Thursday 2/10	9:00am	BB/DB Snatch, Wall Walk, Burpee	BLACK

Saturday 2/12	9:00am	Strategy, Planning, Pacing, Pre-Comp Food	RED
Saturday 2/12	10:00am	Strategy, Planning, Pacing, Pre-Comp Food	RED/BLACK
Saturday, 2/12	11:00am	Strategy, Planning, Pacing, Pre-Comp Food	BLACK