THE TRAINING PLAN

Björgvin	Total	Final mov to Toes to Bar	Toes to Bar Total	Seconds / Toes to Bar	Toes to Bar to Double Under	Double Under Total	Seconds / Double Under	Double Under to Clean	Clean Total	Seconds / Clean
Fastest	02:29	00:12	00:38	1.5	00:03	00:28	0.6	00:05	01:14	4.9
Slowest	04:50	00:21	01:15	3.0	00:13	00:41	0.8	00:32	02:15	22.6
Difference	02:21	00:09	00:37	1.5	00:10	00:13	0.3	00:27	01:01	17.7
Average	04:00	00:17	00:56	2.2	00:11	00:35	0.7	00:15	01:49	12.3
Total Time	19:58	01:09	04:40		00:53	02:55		01:16	09:05	
Average	04:00	00:17	00:56		00:11	00:35		00:15	01:49	
Work	16:40		04:40			02:55			09:05	
Transition	03:18	01:09			00:53			01:16		
% Work	83%		23%			15%			45%	
% Transition	17%	6%			4%			6%		

Dan	Total	Final mov to Toes to Bar	Toes to Bar Total	Seconds / Toes to Bar	Toes to Bar to Double Under	Double Under Total	Seconds / Double Under	Double Under to Clean	Clean Total	Seconds / Clean
Fastest	02:23	00:09	00:36	1.4	00:03	00:27	0.5	00:04	01:13	4.9
Slowest	05:23	00:13	01:36	3.8	00:11	00:39	0.8	00:29	02:31	21.6
Difference	03:00	00:04	01:00	2.4	00:08	00:12	0.2	00:25	01:18	16.7
Average	03:58	00:11	01:00	2.4	00:08	00:30	0.6	00:16	01:56	12.3
Total Time	19:49	00:44	04:59		00:38	02:30		01:19	09:39	
Average	03:58	00:11	01:00		00:08	00:30		00:16	01:56	
Work	17:08		04:59			02:30			09:39	
Transition	02:41	00:44			00:38			01:19		
% Work	86%		25%			13%			49%	
% Transition	14%	4%			3%			7%		

THETRAININGPLAN

THE TRAINING PLAN

Björgvin

Round	Clean to Toes to Bar	Toes to Bar Total	Toes to Bar to Double Under	Double Under Total	Double Under to Clean	Clean Total	Round Total
1		00:38	00:03	00:29	00:05	01:14	02:29
2	00:12	00:38	00:13	00:41	00:05	01:41	03:30
3	00:21	01:02	00:13	00:36	00:19	02:02	04:33
4	00:20	01:07	00:12	00:41	00:15	02:15	04:50
5	00:16	01:15	00:12	00:28	00:32	01:53	04:36
						5 reps	

Dan

Round	Clean to Toes to Bar	Toes to Bar Total	Toes to Bar to Double Under	Double Under Total	Double Under to Clean	Clean Total	Round Total
1		00:36	00:03	00:27	00:04	01:13	02:23
2	00:12	00:37	00:07	00:29	00:08	01:46	03:19
3	00:10	00:55	00:08	00:28	00:12	02:05	03:58
4	00:13	01:15	00:09	00:39	00:26	02:04	04:46
5	00:09	01:36	00:11	00:27	00:29	02:31	05:23

Note. Dan completed only 8 of the 9 squat cleans at round 3
http://games.crossfit.com/announcements/dan-baileys-162-score

THE TRAINING PLAN