

THE TRAINING PLAN

WORKOUT ANNOUNCEMENT ANALYSIS OVERVIEW

Time breakdown (Based on the FB live announcement show, account for 1-2 sec error margin on movement specific times). **Consistent pacing was key to Sam's score.**

Round	Sam - 409 reps				Kristin - 379 reps			
	Split Time	T2B	DB to OH	Row	Split Time	T2B	DB to OH	Row
1	01:24	00:10	00:29	00:38	01:18	00:10	00:25	00:39
2	02:52	00:11	00:29	00:37	02:45	00:11	00:24	00:43
3	04:20	00:11	00:27	00:39	04:13	00:11	00:25	00:43
4	05:50	00:11	00:28	00:40	05:47	00:11	00:26	00:47
5	07:17	00:11	00:25	00:42	07:22	00:10	00:26	00:50
6	08:43	00:09	00:26	00:41	08:57	00:11	00:28	00:49
7	10:09	00:09	00:27	00:38	10:35	00:11	00:26	00:51
8	11:39	00:11	00:25	00:38	12:15	00:12	00:41	00:38
9	13:09	00:12	00:26	00:38	13:58	00:11	00:28	00:49
10	14:37	00:11	00:27	00:38	15:39	00:10	00:25	00:49
11	16:08	00:11	00:26	00:37	17:20	00:11	00:26	00:49
12	17:35	00:11	00:25	00:37	19:01	00:11	00:27	00:50
13	19:02	00:10	00:26	00:37	Partial	00:11	00:29	-
14	Partial	00:11	00:30	-				
Total	20:00	02:29	06:16	08:20	20:00	02:21	05:56	09:17
Work	17:12				17:42			
Transition	02:48				02:18			

