

THE TRAINING PLAN

Round	Noah			Patrick		
	Split Time	DB Squat	Burpee	Split Time	DB Squat	Burpee
1	00:06	00:03	00:02	00:06	00:03	00:02
2	00:17	00:03	00:05	00:17	00:04	00:04
3	00:30	00:05	00:06	00:30	00:06	00:05
4	00:47	00:06	00:08	00:47	00:07	00:06
5	01:08	00:07	00:11	01:10	00:09	00:10
6	01:34	00:09	00:14	01:37	00:11	00:13
7	02:05	00:10	00:18	02:06	00:13	00:14
8	02:42	00:11	00:22	02:43	00:17	00:17
9	03:23	00:13	00:24	03:23	00:18	00:20
10	04:05	00:16	00:23	04:17	00:20	00:31
Total	04:05	01:23	02:13	04:17	01:48	02:02
Work	03:36			03:50		
Transition	00:29			00:27		
Cleans	Split Time	Load	Result	Split Time	Load	Result
1	06:11	225	Made	06:41	225	Made
2	07:19	275	Made	07:44	275	Made
3	08:50	300	Failed	09:00	305	Made
4	09:41	301	Made	10:08	315	Failed
5	11:21	311	Made	11:15	325	Made
6				11:45	325	Failed