

THE TRAINING PLAN

WORKOUT ANNOUNCEMENT ANALYSIS

Time breakdown (Based on the announcement show - some times are approximate due to camera angles or lack of workout clock on screen). **The key to Scott's score:**

- **Fast deadlifts, breaking into multiple sets from first round**
- **Steady pace on the HSPUs**
- **Quick kick up and good speed on the handstand walks**
- **There is a discrepancy on our analysis and Scott's time, we will review this for V2 (official 7:12, here 7:17)**

SPLIT TIMES AND TIME / MOVEMENT

Athlete	Scott			BKG		
Totals						
Total Time	07:11			08:05		
Work Time	06:23			06:59		
Transition Time	01:43			02:04		
Round 1 Split Times and Time / Movement						
Reps	Split Time	Deadlift	HSPU	Split Time	Deadlift	HSPU
21 / 21	01:10	00:32	00:35	01:00	00:29	00:28
15 / 15	02:14	00:26	00:31	02:01	00:25	00:26
9 / 9	02:55	00:14	00:21	02:44	00:13	00:17
Round 2 Split Times						
Reps	Split Time	Deadlift	HS Walk	Split Time	Deadlift	HS Walk
21 / 10	04:42	01:16	00:22	05:03	01:25	00:38
15 / 10	06:23	01:02	00:23	06:49	01:02	00:33
9 / 10	07:11	00:23	00:18	08:05	00:32	00:31

THE TRAINING PLAN

TRANSITION TIME AND MOVEMENT CADENCE

Athlete	Scott			BKG		
Totals						
Total Time	07:11			08:05		
Work Time	06:23			06:59		
Transition Time	01:43			02:04		
Round 1 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HSPU	Transition	Deadlift	HSPU
21 / 21	00:03	1.5	1.7	00:03	1.4	1.3
15 / 15	00:07	1.7	2.1	00:10	1.7	1.7
9 / 9	00:06	1.6	2.3	00:13	1.4	1.9
Round 2 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HS Walk	Transition	Deadlift	HS Walk
21 / 10	00:09	3.6	2.2	00:16	4.0	3.8
15 / 10	00:16	4.1	2.3	00:11	4.1	3.3
9 / 10	00:07	2.6	1.8	00:13	3.6	3.1