

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 Annie's score:**

- **Smooth and steady**
- **Unbroken sets in early rounds**
- **Once she took the lead, breaking as needed to stay just ahead**

SPLIT TIMES AND TIME / MOVEMENT

Athlete	Annie			Katrin			Sara		
Totals									
Reps	178			176			171		
Work	05:51			05:56			05:56		
Transition	01:09			01:04			01:04		
Split Times and Time / Movement									
Round	Split Time	Thruster	Pull up	Split Time	Thruster	Pull up	Split Time	Thruster	Pull up
3	00:13	00:05	00:05	00:13	00:05	00:05	00:13	00:05	00:05
6	00:34	00:11	00:07	00:34	00:10	00:07	00:35	00:11	00:08
9	01:06	00:16	00:10	01:05	00:15	00:10	01:06	00:16	00:10
12	01:48	00:23	00:14	01:48	00:23	00:14	01:49	00:22	00:14
15	02:40	00:30	00:16	02:53	00:33	00:19	02:50	00:32	00:23
18	04:15	00:48	00:33	04:31	00:52	00:30	04:31	00:50	00:35
21	06:34	01:10	00:43	06:43	01:08	00:49	06:53	01:18	00:41
24		Partial			Partial			Partial	