

KC Wave Workout

2/3/2015

	<b>HARD</b>	<b>HARDER</b>	<b>HARDEST</b>	Time	Clock
Warmup	200 choice  200	300 choice  300	400 choice  400	:10	8:10
Set 1	25 pull 15 sec rest 50 pull 15 sec rest 25 pull 15 sec rest 150 cruise (freestyle) 25 pull 15 sec rest 50 pull 15 sec rest 25 pull  350	25 pull 15 sec rest 50 pull hard 15 sec rest 75 pull 15 sec rest 200 cruise (freestyle) 75 pull 15 sec rest 50 pull hard 15 sec rest 25 pull  500	25 pull 15 sec rest 50 pull hard 15 sec rest 75 pull 15 sec rest 200 IM - make it count 75 pull 15 sec rest 50 pull hard 15 sec rest 25 pull  500	:11	8:21
Set 2	4 x 50 kick (15-20 sec rest in between)  200	4 x 75 kick (15-20 sec rest in between)  300	4 x 100 kick (15-20 sec rest in between)  400	:10	8:31
Set 3	200 choice moderate 100 ez 100 FAST!  400	300 choice moderate 200 ez 100 choice FAST!  600	400 choice moderate 200 ez 100 choice FAST!  700	:13	8:44
Set 4	4 x 50 Blasters  200	4 x 50 Blasters  200	4 x 50 Blasters  200	:05	8:49
Cool Down	150 easy  150	200 easy  200	200 easy  200	:05	8:54
Totals	1500	2100	2400		