

KC Wave Workout

7/28/2015

	HARD	HARDER	HARDEST	Time	Clock
Warmup	200 choice 200	300 choice 300	400 choice 400	:10	8:10
Set 1	50 kick 100 pull 150	100 kick 150 pull 250	100 kick 200 pull 300	:10	8:20
Set 2	NITROS TO 21 (:20 - 2:00) 1100	NITROS TO 21 (:20 - 2:00) 1300	NITROS TO 21 (:20 - 2:00) 1500	:25	8:45
	T-SHIRT RELAYS	T-SHIRT RELAYS	T-SHIRT RELAYS	:10	8:55
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	9:00
Totals	1600	2050	2400		