

KC Wave Workout

10/25/2015

	HARD	HARDER	HARDEST	Time	Clock
Warmup	200 choice 200	300 choice 300	400 choice 400	:10	5:10
Main Set	TWO TIMES... 25 rest :10 25 rest :10 50 rest :10 25 rest :10 50 rest :10 25 rest :10 50 rest :10 50 rest :10 25 rest :10 50 rest :10 25 rest :10 25 rest :10 700	TWO TIMES... 25 rest :10 25 rest :10 50 rest :10 25 rest :10 75 rest :10 25 rest :10 75 rest :10 50 rest :10 25 rest :10 50 rest :10 25 rest :10 25 rest :10 800	TWO TIMES... 25 rest :10 25 rest :10 50 rest :10 25 rest :10 75 rest :10 50 rest :10 50 rest :10 25 rest :10 75 rest :10 50 rest :10 25 rest :10 25 rest :10 1000	:20	5:30
	KNOCKOUTS! 800	KNOCKOUTS! 1000	KNOCKOUTS! 1200	:20	5:50
Cool Down	150 easy 150	200 easy 200	200 easy 200	:05	5:55
Totals	1850	2300	2800		