

Stand up For the Rights Tuesday

WARM UP

50 kick/pull/swim (repeat) for 8 minutes

MAIN SET

INTERVAL	TIME	HARD	HARDER	HARDEST	ANTHONY
2:40	(8:10:00)	100	125	125	150
2:35	(8:12:40)	100	125	125	150
2:30	(8:15:10)	100	125	125	150
2:25	(8:17:35)	100	125	125	150
2:20	(8:19:55)	rest	rest	125	150
2:15	(8:22:10)	75	100	100	125
2:10	(8:24:10)	75	100	100	125
2:05	(8:26:15)	75	100	100	125
2:00	(8:28:15)	75	100	100	125
1:55	(8:30:10)	rest	rest	100	125
1:50	(8:32:00)	50	75	75	100
1:45	(8:33:45)	50	75	75	100
1:40	(8:35:25)	50	75	75	100
1:35	(8:37:00)	50	75	75	100
1:30	(8:38:30)	rest	rest	75	100
1:25	(8:39:55)	25	50	50	75
1:20	(8:41:15)	25	50	50	75
1:15	(8:42:30)	25	50	50	75
1:10	(8:43:40)	25	50	50	75
1:05	(8:44:45)	rest	rest	50	75
1:00	(8:45:45)	25	25	25	50
0:55	(8:46:40)	25	25	25	50
0:50	(8:47:30)	25	25	25	50
0:45	(8:48:15)	25	25	25	50
0:40	(8:49:05)	rest	rest	25	50