

US JRMNT HP Camp Winter Workout
 (Top 20 averages of 47 Athletes)
3 x 10' and 1 x 7'

10'	10'	10'	7'	Average
(4@22,/3@24/ 2@26/1@28)	(4@22,/3@24/ 2@26/1@28)	(4@22,/3@24/ 2@26/1@28)	(5@24, 2 open)	
01:41.2	01:41.2	01:41.0	01:38.6	01:40.5
01:41.2	01:40.9	01:42.5	01:41.0	01:41.4
01:45.1	01:44.8	01:44.1	01:40.8	01:43.7
01:44.5	01:44.2	01:44.6	01:42.6	01:44.0
01:44.6	01:44.7	01:44.6	01:42.7	01:44.2
01:44.3	01:45.8	01:45.9	01:42.0	01:44.5
01:44.0	01:45.2	01:45.2	01:43.4	01:44.5
01:45.6	01:45.0	01:44.8	01:42.5	01:44.5
01:44.8	01:46.5	01:45.6	01:42.0	01:44.7
01:43.7	01:46.0	01:46.4	01:43.0	01:44.7
01:43.6	01:45.4	01:47.1	01:42.9	01:44.7
01:44.8	01:45.5	01:45.4	01:43.7	01:44.8
01:45.3	01:45.6	01:46.2	01:42.3	01:44.8
01:44.8	01:46.1	01:46.0	01:42.9	01:44.9
01:45.0	01:45.4	01:46.6	01:44.1	01:45.2
01:46.6	01:46.4	01:46.2	01:41.8	01:45.2
01:45.3	01:46.2	01:47.2	01:42.7	01:45.3
01:45.5	01:45.9	01:46.9	01:42.9	01:45.3
01:46.6	01:46.2	01:45.8	01:42.6	01:45.3
01:44.8	01:47.3	01:47.7	01:42.4	01:45.5

**6 min rest between pieces)

US JRMNT HP Camp Winter Workout
 Top 23 averages (20 complete) of 47 Athletes
6 x 1', 6 x 45", 6 x 30"

1' @ 28	1' @ 28	1' @ 28	1' @ 30	1' @ 30	1' @ 30	AVG
01:30.0	01:30.9	01:32.3	01:30.9	01:31.1	01:31.4	01:31.0
01:31.4	01:31.7	01:31.7	01:30.9	01:30.9	01:30.6	01:31.1
01:32.3	01:31.7	01:29.8	01:32.8	01:31.1	01:29.5	01:31.2
01:30.9	01:30.0	01:30.9	01:31.1	01:31.7	01:33.7	01:31.4
01:32.8	01:32.0	01:31.7	01:30.9	01:31.4	01:30.6	01:31.6
01:32.3	01:31.7	01:31.7	01:31.7	01:31.7	01:32.0	01:31.9
01:31.7	01:32.3	01:33.4	01:30.6	01:32.5	01:31.7	01:32.1
01:35.5	01:32.5	01:32.8	01:30.9	01:30.9	01:30.6	01:32.2
01:32.0	01:32.5	01:32.8	01:32.3	01:32.3	01:32.0	01:32.3
01:34.6	01:32.5	01:33.1	01:32.3	01:32.3	01:32.3	01:32.8
01:33.4	01:33.4	01:33.7	01:32.8	01:32.5	01:32.0	01:33.0
01:34.6	01:34.9	01:34.3	01:32.8	01:32.3	01:33.4	01:33.7
01:33.4	01:34.0	01:34.3	01:33.7	01:33.4	01:33.4	01:33.7
01:33.1	01:33.4	01:34.0	01:34.0	01:33.7	01:34.3	01:33.8
01:35.2	01:34.3	01:34.0	01:32.8	01:33.1	01:34.3	01:34.0
01:34.9	01:34.6	01:34.6	01:34.0	01:33.1	01:32.8	01:34.0
01:35.2	01:34.6	01:33.5	01:32.3	01:33.9	01:34.3	01:34.0
01:36.1	01:34.9	01:34.3	01:33.4	01:32.8	01:32.8	01:34.1
01:34.3	01:34.6	01:34.6	01:33.7	01:34.0	01:33.4	01:34.1

**1 min rest between pieces and 5 min rest between sets

45" @ 28	45" @ 28	45" @ 28	45" @ 30	45" @ 30	45" @ 30	AVG
01:30.0	01:29.2	01:30.0	01:28.4	01:29.2	01:30.4	01:29.6
01:28.8	01:29.2	01:29.2	01:28.4	01:29.2	01:28.8	01:29.0
01:33.4	01:31.7	01:31.7	01:30.4	01:30.9	01:29.6	01:31.3
01:31.3	01:30.9	01:31.7	01:30.9	01:31.3	01:30.9	01:31.2
01:31.0	01:31.0	01:30.7	01:30.7	01:29.6	01:29.6	01:30.4
01:32.2	01:32.2	01:32.2	01:32.2	01:33.5	01:33.2	01:32.6
01:31.3	01:31.7	01:31.7	01:29.2	01:30.4	01:29.6	01:30.8
01:30.7	01:31.0	01:31.4	01:30.0	01:30.3	01:30.3	01:30.6
01:32.1	01:31.7	01:31.3	01:29.6	01:30.0	01:29.6	01:30.8
01:35.2	01:31.7	01:30.0	01:29.6	01:30.4	01:30.9	01:31.2
01:34.9	01:33.7	01:33.3	01:32.5	01:32.9	01:36.1	01:33.9
01:30.7	01:33.4	01:30.9	01:30.4	01:30.4	01:30.0	01:30.0
01:30.9	01:30.9	01:30.9	01:31.7	01:31.3	01:31.7	01:31.1
01:33.0	01:31.3	01:33.0	01:32.1	01:33.8	01:32.1	01:32.5
01:33.4	01:31.7	01:32.1	01:33.0	01:31.7	01:32.5	01:32.5
01:33.7	01:32.5	01:33.3	01:32.5	01:32.2	01:31.8	01:32.7
01:34.2	01:33.5	01:33.8	01:33.6	01:33.7	01:32.6	01:33.6
01:34.9	01:33.3	01:32.9	01:32.2	01:32.2	01:31.8	01:32.9
01:34.3	01:33.4	01:33.0	01:33.0	01:32.5	01:31.7	01:33.0

**1 min rest between pieces and 5 min rest between sets

30" @ 28	30" @ 28	30" @ 28	30" @ 30	30" @ 30	30" @ 30	AVG
01:29.2	01:29.8	01:28.7	01:27.7	01:27.2	01:26.7	01:28.3
01:27.2	01:26.7	01:27.2	01:26.7	01:26.7	01:24.2	01:26.5
01:29.8	01:28.7	01:28.7	01:27.7	01:27.2	01:25.2	01:27.9
01:31.7	01:32.3	01:30.4	01:30.2	01:30.4	01:28.9	01:30.6
01:30.9	01:29.2	01:29.2	01:28.2	01:27.7	01:27.2	01:28.8
01:30.3	01:30.9	01:30.9	01:29.2	01:29.2	01:29.2	01:30.0
01:30.3	01:30.9	01:29.8	01:29.2	01:29.2	01:28.7	01:29.8
01:33.7	01:32.0	01:31.4	01:28.7	01:29.8	01:27.7	01:30.5
01:34.3	01:33.1	01:34.9	01:33.1	01:32.5	01:31.4	01:33.2
01:29.8	01:31.4	01:32.5	01:30.9	01:30.9	01:30.3	01:30.9
01:32.5	01:32.5	01:32.0	01:32.5	01:30.9	01:28.2	01:31.3
01:34.3	01:33.1	01:33.7	01:32.5	01:32.0	01:31.4	01:32.8
01:33.1	01:32.0	01:32.0	01:30.9	01:30.3	01:30.9	01:31.5
01:33.2	01:32.4	01:32.3	01:31.5	01:31.3	01:31.7	01:32.1
01:33.3	01:32.5	01:32.0	01:30.9	01:30.9	01:29.2	01:31.5
01:34.3	01:31.4	01:32.0	01:33.3	01:29.2	01:28.7	01:31.0

**1 min rest between pieces and 5 min rest between sets