

**April 19, 2012**

Written by Andrea

Wednesday, 18 April 2012 20:37 -

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## **Advanced**

400m run

21 thrusters #55

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21 pull ups

300m run

15 thrusters #55

15 pull ups

200m run

9 thrusters #55

9 pull ups

## **Intermediate**

400m run

21 thrusters #35

21 pull ups or progressions

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300m run

15 thrusters #35

15 pull ups or progressions

200m run

9 thrusters #35

9 pull ups or progressions

## **Beginner**

300m run

15 thrusters #15-25

15 pull up progressions

200m run

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12 thrusters #15-25

12 pull up progressions

100m run

9 thrusters #15-25

9 pull up progressions