



# **Military Athlete**

**Strong. Swift. Durable**

**[www.militaryathlete.com](http://www.militaryathlete.com)**

## **369 Work Capacity**

# 369 WORK CAPACITY

This intense, 4-week training plan is specifically designed to increase a military athlete's work-specific work capacity. It contains focused emphasis on improving ruck running, loaded circuit work, short, intense efforts, and sprinting.

This cycle also includes significant total body strength, mid-distance running and core strength work. It's full on.

You'll train 5 days/week for 4 weeks, a total of 20x training sessions.

This training plan is designed for fit athletes, ideally with experience completing Military Athlete training sessions. This program is not designed for unfit athletes, or athletes unfamiliar with classic barbell exercises (squat, bench, cleans) and intense gym-based circuit training.

## PROGRAM OVERVIEW

This plan trains work capacity over four focused durations - 3 minutes or less, 6 minutes, 9 minutes and 18 minutes.

Two of the work capacity efforts are repeated multiple times, a 1 mile Ruck Run with 35/45# plus a 10# dumbbell, sled hammer or rubber rifle, and a 9 minute effort involving hang squat cleans and a 75m Shuttle sprint.

The plan also includes strength and endurance training (mid-distance running).

### Here is the weekly schedule:

**Monday** - Work Capacity/Core Strength

**Tuesday** - Work Capacity/Core Strength

**Wednesday** - Strength

**Thursday** - Endurance

**Friday** - Work Capacity/Core Strength

## 5-MILE RUN ASSESSMENT INTERVAL TABLE

This plan includes a 5-mile run assessment, and follow-on 2-mile intervals based on your initial 5-mile assessment time. Here is how you'll use the run interval table.

For Example:

You run the 5-mile assessment in 39:34.

SESSION 9 calls for:

2 Rounds

2-miles @ 5-mile interval run table pace.

Rest 5 min.

### Which Means...

First, you have to reference the 5-mile Interval Pace Table to find your time and intervals. Do so by finding the time range your assessment time falls between. Then trace your finger over to your 2-mile pace time of 13:54-14:26. You'll run each interval within the time frame, resting 5 minutes between 2-mile intervals.

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Some athletes find that, at the beginning, the interval times are too fast to complete for all of the rounds. If this is you, don't worry. You'll get faster as the program goes on. You may miss some times early, but then get faster with each session until you are making or exceeding the interval times.



34:10 - 34:19	12:02 - 12:29	39:10 - 39:19	13:47 - 14:19	44:10 - 44:19	15:33 - 15:57	49:10 - 49:19	17:18 - 17:45
34:20 - 34:29	12:05 - 12:33	39:20 - 39:29	13:51 - 14:22	44:20 - 44:29	15:36 - 16:01	49:20 - 49:29	17:22 - 17:49
34:30 - 34:39	12:08 - 12:37	39:30 - 39:39	13:54 - 14:26	44:30 - 44:39	15:40 - 16:04	49:30 - 49:39	17:25 - 17:52

### REQUIRED EQUIPMENT

- Fully Equipped Functional-Fitness Gym with racks, barbells, bumper plates, kettlebells and/or dumbbells, plyo boxes, etc.
- 40# sandbag (women), 60# sandbag (men)
- Rucksack loaded to 45# for men, 35# for women
- 10# Dumbbell, Sledgehammer, or Rubber rifle
- Stopwatch (we recommend the Timex Ironman 100)
- 5-mile and 2-mile known distance running distances

### COMMON QUESTIONS

#### How long should the training sessions take?

60-75 minutes.

#### What if I can't train Monday through Friday?

Follow the training sessions in order, regardless, and take a minimum of two days total rest per week. Ideally your rest days should be back to back.

#### What if I miss a session or training day?

Don't skip ahead. Start again where you left off and complete the training sessions in order.

#### What does 35/45# or 2/3x Pull ups mean?

That's how we prescribe female/male loading and reps. So, for 35/45# females will use 35# and men use 45#. Women will do 2x Pull-ups and men will do 3x Pull-ups.

#### What does "1-mile Ruck run w/ 35/45# ruck" mean?

It means that you'll move as fast as you can with a ruck on your back. 35/45# means women will use a 35# ruck and men will use a 45# ruck. When ruck running, don't take big strides. Rather, take many short, level steps to minimize the impact on your back and joints. This is important. Carry a 10# dumbbell, sledgehammer, or rubber rifle in your hands while rucking, as prescribed in the sessions.

#### What's the uniform for rucking?

BDUs and service boots are optional. You can also simply wear shorts and trail running shoes or boots. Again, carry a 10# dumbbell, sledgehammer, or rubber rifle in your hands while rucking, as prescribed in the sessions. Whichever uniform you chose, try to stay consistent over the course of the training plan.

#### How do you count reps for Sandbag Getups and Step Ups?

Every sandbag getup = 1x rep. So 5x Sandbag Getups = 5 reps total. In the core circuit which includes sandbag getups, we recommend you alternate shoulders each round. Step Ups are counted the same. So 20x Step Ups = 20x Step Ups total, or 10x each foot.

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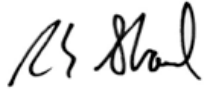
### Unfamiliar Exercises?

Go to [http://www.mountainathlete.com/page.php?page\\_ID=14](http://www.mountainathlete.com/page.php?page_ID=14) for a list of exercises and video demonstration.

### What if I have more questions?

Contact [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

A handwritten signature in black ink, appearing to read "Rob Shaul". The signature is fluid and cursive, with the first name "Rob" and last name "Shaul" clearly distinguishable.

**Rob Shaul**  
**Military Athlete**  
**Jackson, WY**

### 369 WORK CAPACITY, JULY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SESSION 1 Obj: Work Capacity</p> <p>Warm-up: 3 Rounds 10x Hinge Lift @ 65/95# 5x Box Jump @ 20" 10x Push ups 10x Sit ups Instep Stretch</p> <p>Training: (1) 10-8-6-4-2 Countdown for Time Hinge Lift @ 95/135# Box Jumps @ 24"</p> <p>*** Rest 3 Minutes ***</p> <p>(2) 6 Rounds - every 60 Seconds wearing IBA or 25# Weight Vest</p> <p>3x Mixed Grip Pull Ups 5x Push ups 20x Step Ups</p> <p>*** Rest 3 Minutes ***</p> <p>(3) For 9 Minutes (no IBA/Vest) 3x Hang Squat Clean @ 75/115# 75m Shuttle Sprint Rest 30 Seconds (walk back to start)</p> <p>(4) 6 Rounds 3x Sandbag Getup @ 40/60# 3x Ab Wheel 30 Second Sandbag Farmers Carry @ 40/60#</p> <p>(5) Foam Roll Legs/Low Back</p> <p><b>Comments:</b> 75m Shuttles - set two cones, 25m apart (82 feet). After your Hang Squat Cleans, drop the barbell and immediately sprint back and fourth between the cones for 3x lengths or 75m total.</p> <p>Not enough space for the shuttles? Do 30 seconds of Touch/Jump/Touch instead.</p> <p>You'll repeat part (3)'s effort multiple times during this cycle.</p> <p>No Ab Wheel? Do 30 second front bridge instead</p>	<p>SESSION 2 Obj: Work Capacity</p> <p>Warm Up: 3 Rounds 10x Air Squat 5x Box Jump @ 20" 10x Push ups 10x Situps Instep Stretch</p> <p>Training: (1) 1 Mile Ruck Run @ 35/45# Plus 10# Sledge or Dumbbell, for time</p> <p>RECORD YOUR TIME</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 9 Minutes ..... 3x Hang Squat Clean @ 75/115# 75m Shuttle Sprint Rest 30 Seconds</p> <p>(3) 4 Rounds 20 Second Situps 20 Second EO's 20 Second Rest</p> <p>**** Rest 1 Minute *****</p> <p>(6) 4 Rounds 20 Second Russian Triangle @ 25# 20 Plank Walk Up 20 Second Rest</p> <p>(3) 3 Rounds 3x Shoulder Sweep 10x Y+L, unloaded Pigeon Stretch</p>	<p>SESSION 3 Obj: Strength</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 45/65# 6x Push ups 6x Box Jumps @ 20" Instep Stretch</p> <p>Training: (1) 8 Rounds 3x Back Squat - increase load each round until 3x is hard but doable. <b>Record your finishing load.</b> 3rd World Stretch between rounds</p> <p>(2) 8 Rounds 3x Bench Press - increase load each round until 3x is hard but doable. <b>Record your finishing load.</b> Lat + Pec Stretch between rounds</p> <p>(3) 8 Rounds 3x Hang Power Clean - increase load each round until 3x is hard but doable. <b>Record your finishing load.</b> Pigeon Stretch between rounds</p>	<p>SESSION 4 Obj: Endurance</p> <p>Run 5 miles for Time.</p> <p>RECORD YOUR TIME</p>	<p>SESSION 5 Obj: Work Capacity</p> <p>Warm-up: 3 Rounds 10x Back Squat @ 45/75# 5x Box Jump @ 20" 10x Push ups 10x Sit ups Instep Stretch</p> <p>Training: (1) 15-10-5 for Time Back Squat @ 95/135# Burpees</p> <p>*** Rest 3 Minutes ***</p> <p>(2) 6 Rounds - every 60 Seconds wearing IBA or 25# Weight Vest</p> <p>15x Swings @ 16/20kg 5x Box Jumps @ 20"</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 9 Minutes (no IBA/Vest) 3x Hang Squat Clean @ 75/115# 75m Shuttle Sprint Rest 30 Seconds (walk back to start)</p> <p>(3) 4 Rounds 5x GHD Piranha 10x Weighted Situps @ 25/45# 10x Slashers at 16/20kg 30 Second Sandbag Farmers Carry @ 40/60#</p> <p>(4) 3 Rounds 5x Y+L 3x Floor Slide Hip Flexor to Instep to Pigeon Stretch</p>

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<p>SESSION 6 Obj: Work Capacity</p> <p>Warm-up: 3 Rounds 10x Back Squat @ 45/75# 20x Step Ups 10x Push ups 10x Sit ups Instep Stretch</p> <p>Training:</p> <p>(1) For 18 Minutes in 25# Weight Vest or IBA 8x Back Squat @ 95/135# 40x Step Ups 8x Push Ups</p> <p>(2) 6 Rounds 4x Sandbag Getup @ 40/60# 4x Ab Wheel 40 Second Sandbag Farmers Carry @ 40/60#</p> <p>(3) 3 Rounds Foam Roll Quads and Upper Back 10x Shoulder Scarecrow, unloaded</p> <p>Comments: No Ab Wheel? Do 40 second Front Bridge instead</p>	<p>SESSION 7 Obj: Work Capacity</p> <p>Warm Up: 3 Rounds 10x Air Squat 5x Box Jump @ 20" 10x Push ups 10x Situps Instep Stretch</p> <p>Training:</p> <p>(1) 1 Mile Ruck Run @ 35/45# Plus 10# Sledge or Dumbbell, for time</p> <p>RECORD YOUR FINISH TIME, COMPARE TO SESSION 2</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 9 Minutes 3x Hang Squat Clean @ 85/125# 75m Shuttle Sprint Walk Back to Start</p> <p>(3) 5 Rounds 20 Second Situps 20 Second EO's 20 Second Rest</p> <p>**** Rest 1 Minute *****</p> <p>(4) 5 Rounds 20 Second Russian Triangle @ 25# 20 Plank Walk Up 20 Second Rest</p> <p>(3) 3 Rounds 3x Shoulder Sweep 10x Y+L, unloaded Pigeon Stretch</p> <p>Comments: Not enough space for the 75m shuttles? Do 30 seconds of Touch/ Jump/Touch instead.</p> <p>Also note the loading increase on part (2) from last week.</p>	<p>SESSION 8 Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds 6x Back Squat @ 45/65# 6x Push ups 6x Box Jumps @ 20" Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Back Squat - see below for loading 3rd World Stretch between rounds</p> <p>(2) 8 Rounds 3x Bench Press - see below for loading Lat + Pec Stretch between rounds</p> <p>(3) 8 Rounds 3x Hang Power Clean - see below for loading Pigeon Stretch between rounds</p> <p><b>Loading</b> Drop 10 pounds from SESSION 3's finishing load and be at that load for Rounds 4-8.</p> <p>For example, if on SESSION 3 you finished the back squat at 275#, here's how you could load today:</p> <table><tr><th>Round</th><th>Reps</th><th>Load</th></tr><tr><td>1</td><td>3</td><td>135</td></tr><tr><td>2</td><td>3</td><td>185</td></tr><tr><td>3</td><td>3</td><td>225</td></tr><tr><td>4</td><td>3</td><td>265</td></tr><tr><td>5</td><td>3</td><td>265</td></tr><tr><td>6</td><td>3</td><td>265</td></tr><tr><td>7</td><td>3</td><td>265</td></tr><tr><td>8</td><td>3</td><td>265</td></tr></table>	Round	Reps	Load	1	3	135	2	3	185	3	3	225	4	3	265	5	3	265	6	3	265	7	3	265	8	3	265	<p>SESSION 9 Obj: Endurance</p> <p>Training:</p> <p>(1) 2 Rounds Run 2 Miles at Interval Pace Rest 5 Minutes between efforts</p>	<p>SESSION 10 Obj: Work Capacity</p> <p>Warm-up: 3 Rounds 10x Back Squat @ 45/65# 10x Push ups 10x Sit ups Instep Stretch</p> <p>Training:</p> <p>(1) 5 Rounds for Time 6x Back Squat @ 95/135# 3x Scotty Bobs @ 15/25#</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 6 Minutes ..... Sandbag Toss and Chase @ 40/60#</p> <p>*** Rest 3 Minutes ***</p> <p>(3) For 9 Minutes ..... 3x Hang Squat Clean @ 85/125# 75m Shuttle Sprint Walk Back to Start</p> <p>(4) 5 Rounds 5x GHD Piranha 10x Weighted Situps @ 25/45# 10x Slashers at 16/20kg 40 Second Sandbag Farmers Carry @ 40/60#</p> <p>(5) 3 Rounds 5x Y+L 3x Floor Slide Hip Flexor to Instep to Pigeon Stretch</p> <p>Comments: Not enough space for the 75m shuttles? Do 30 seconds of Touch/ Jump/Touch instead.</p>
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2	3	185																													
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5	3	265																													
6	3	265																													
7	3	265																													
8	3	265																													

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<p>SESSION 11</p> <p>Obj: Work Capacity</p> <p>Warm-up: 4 Rounds 5x Hinge Lift @ 45/65# 5x Hang Squat Clean @ 45/65# 5x Push Press @ 45/65# 5x Back Squat @ 45/65# Instep Stretch</p> <p>Training: (1) 6 Rounds for Time 4x Power Clean @ 95/135# 4x Clapping Push ups 4x Situps</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 6 Minutes ..... Rob Shauls with Sandbag, 40/60#</p> <p>*** Rest 3 Minutes ***</p> <p>(3) For 9 Minutes ..... 3x Hang Squat Clean @ 85/125# 75m Shuttle Sprint Walk Back to Start</p> <p>(4) 6 Rounds 5x Sandbag Getup @ 40/60# 5x Ab Wheel 50 Second Sandbag Farmers Carry @ 40/60#</p> <p>(5) 2 Rounds Foam Roll Quads and Upper Back 10x Shoulder Scarecrow, unloaded</p> <p>Comments: Not enough space for the 75m shuttles? Do 30 seconds of Touch/Jump/Touch instead.</p> <p>No Ab Wheel? Do 50 second Front Bridge instead</p>	<p>SESSION 12</p> <p>Obj: Work Capacity</p> <p>Warm-up: 4 Rounds 10x Squats 10x Push ups 5x Box Jumps @ 20" 10x Sit ups Instep Stretch</p> <p>Training: (1) 4 Rounds in 25# Weight Vest or IBA 5x Renegade Man Makers @ 15/25# 8x Box Jumps @ 20" Run 400m</p> <p>(2) 5 Rounds 20 Second Situps 20 Second EO's 20 Second Rest</p> <p>**** Rest 1 Minute *****</p> <p>(3) 5 Rounds 20 Second Russian Triangle @ 25# 20 Plank Walk Up 20 Second Rest</p> <p>(4) 3 Rounds 3x Shoulder Sweep 10x Y+L, unloaded Pigeon Stretch</p> <p>Comments: Part (1) should take 19-23 minutes to complete.</p>	<p>SESSION 13</p> <p>Obj: Strength</p> <p>Warm Up: 3 Rounds 6x Back Squat @ 45/65# 6x Push ups 6x Box Jumps @ 20" Instep Stretch</p> <p>Training: (1) 8 Rounds 3x Back Squat - see below for loading 3rd World Stretch between rounds</p> <p>(2) 8 Rounds 3x Bench Press - see below for loading Lat + Pec Stretch between rounds</p> <p>(3) 8 Rounds 3x Hang Power Clean - see below for loading Pigeon Stretch between rounds</p> <p><b>Loading</b> Drop 5 pounds from SESSION 3's finishing load and be at that load for Rounds 4-8.</p> <p>For example, if last Wednesday you finished the back squat at 275#, here's how you could load today:</p> <table><tr><th>Round</th><th>Reps</th><th>Load</th></tr><tr><td>1</td><td>3</td><td>135</td></tr><tr><td>2</td><td>3</td><td>185</td></tr><tr><td>3</td><td>3</td><td>235</td></tr><tr><td>4</td><td>3</td><td>270</td></tr><tr><td>5</td><td>3</td><td>270</td></tr><tr><td>6</td><td>3</td><td>270</td></tr><tr><td>7</td><td>3</td><td>270</td></tr><tr><td>8</td><td>3</td><td>270</td></tr></table>	Round	Reps	Load	1	3	135	2	3	185	3	3	235	4	3	270	5	3	270	6	3	270	7	3	270	8	3	270	<p>SESSION 14</p> <p>Obj: Endurance</p> <p>Training: (1) 3 Rounds Run 2 Miles at Interval Pace Rest 5 Minutes between efforts</p>	<p>SESSION 15</p> <p>Obj: Work Capacity</p> <p>Warm Up: 3 Rounds 10x Air Squat 5x Box Jump @ 20" 10x Push ups 10x Situps Instep Stretch</p> <p>Training: (1) 1 Mile Ruck Run @ 35/45# Plus 10# Sledge or Dumbbell, for time</p> <p>RECORD YOUR FINISH TIME, COMPARE TO SESSION 2</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 9 Minutes 3x Hang Squat Clean @ 89/135# 75m Shuttle Sprint Walk Back to Start</p> <p>(3) 5 Rounds 5x GHD Piranha 10x Weighted Situps @ 25/45# 10x Slashers at 16/20kg 40 Second Sandbag Farmers Carry @ 40/60#</p> <p>(4) 3 Rounds 5x Y+L 3x Floor Slide Hip Flexor to Instep to Pigeon Stretch</p> <p>Comments: Not enough space for the 75m shuttles? Do 30 seconds of Touch/Jump/Touch instead.</p> <p>Also note the loading increase on part (2).</p>
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1	3	135																													
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7	3	270																													
8	3	270																													

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<p>SESSION 16</p> <p>Obj: Work Capacity</p> <p>Warm-up: 4 Rounds 5x Hinge Lift @ 45/65# 5x Hang Squat Clean @ 45/65# 5x Push Press @ 45/65# 5x Back Squat @ 45/65# Instep Stretch</p> <p>Training: (1) 5 Rounds for Time 6x Hinge Lift @ 95/135# 3x Scotty Bob @ 15/25#</p> <p>*** Rest 3 Minutes ***</p> <p>(2) 6 Rounds, every minute on the minute ... 3x Barbell Burpees @ 75/115# 6x Burpees</p> <p>*** Rest 3 Minutes ***</p> <p>(3) For 9 Minutes ..... 3x Hang Squat Clean @ 95/135# 75m Shuttle Sprint Walk Back to Start</p> <p>(4) 6 Rounds 6x Sandbag Getup @ 40/60# 6x Ab Wheel 60 Second Sandbag Farmers Carry @ 40/60#</p> <p>Comments: Not enough space for the 75m shuttles? Do 30 seconds of Touch/Jump/Touch instead.</p> <p>No Ab Wheel? Do 60 second Front Bridge instead</p>	<p>SESSION 17</p> <p>Obj: Work Capacity</p> <p>Warm-up: 4 Rounds 60 Second Jump Rope 10x Squats 10x Push ups 10x Sit ups Instep Stretch</p> <p>Training: (1) Max rounds in 18 minutes wearing 25# Weight Vest or IBA 3x Sandbag Getups @ 40/60# 20x Step Ups Run 200m</p> <p>(2) 6 Rounds 20 Second Situps 20 Second EO's 20 Second Rest</p> <p>**** Rest 1 Minute *****</p> <p>(3) 6 Rounds 20 Second Russian Triangle @ 25# 20 Plank Walk Up 20 Second Rest</p> <p>(4) 3 Rounds 3x Shoulder Sweep 10x Y+L, unloaded Pigeon Stretch</p>	<p>SESSION 18</p> <p>Obj: Strength</p> <p>Warm Up:</p> <p>3 Rounds 6x Back Squat @ 45/65# 6x Push ups 6x Box Jumps @ 20" Instep Stretch</p> <p>Training: (1) 8 Rounds 3x Back Squat - see below for loading 3rd World Stretch between rounds</p> <p>(2) 8 Rounds 3x Bench Press - see below for loading Lat + Pec Stretch between rounds</p> <p>(3) 8 Rounds 3x Hang Power Clean - see below for loading Pigeon Stretch between rounds</p> <p><b>Loading</b> Be at SESSION 3's finishing load for Rounds 4-8.</p> <p>For example, if on SESSION 3 you finished the back squat at 275#, here's how you could load today:</p> <table><tr><th>Round</th><th>Reps</th><th>Load</th></tr><tr><td>1</td><td>3</td><td>135</td></tr><tr><td>2</td><td>3</td><td>185</td></tr><tr><td>3</td><td>3</td><td>245</td></tr><tr><td>4</td><td>3</td><td>275</td></tr><tr><td>5</td><td>3</td><td>275</td></tr><tr><td>6</td><td>3</td><td>275</td></tr><tr><td>7</td><td>3</td><td>275</td></tr><tr><td>8</td><td>3</td><td>275</td></tr></table>	Round	Reps	Load	1	3	135	2	3	185	3	3	245	4	3	275	5	3	275	6	3	275	7	3	275	8	3	275	<p>SESSION 19</p> <p>Obj: Endurance</p> <p>Training: (1) Run 5 Miles for Time.</p> <p>Record your finish time and compare to SESSION 4</p>	<p>SESSION 20</p> <p>Obj: Work Capacity</p> <p>Warm Up: 3 Rounds 10x Air Squat 20x Step Ups 10x Push ups 10x Situps Instep Stretch</p> <p>Training: (1) 1 Mile Ruck Run @ 35/45# Plus 10# Sledge or Dumbbell, for time</p> <p>COMPARE TO SESSION 2</p> <p>*** Rest 3 Minutes ***</p> <p>(2) For 9 Minutes 3x Hang Squat Clean @ 95/135# 75m Shuttle Sprint Walk Back to Start</p> <p>(3) 6 Rounds 5x GHD Piranha 10x Weighted Situps @ 25/45# 10x Slashers at 16/20kg 60 Second Sandbag Farmers Carry @ 40/60#</p> <p>(3) 3 Rounds Foam Roll Upper Back 10x Y+L, unloaded Pigeon Stretch</p>
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1	3	135																													
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7	3	275																													
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5-MILE RUN INTERVAL PACE TABLE							
5-MILE RUN (MM:SS)	2-mile Run Pace (MM:SS)	5-MILE RUN (MM:SS)	2-mile Run Pace (MM:SS)	5-MILE RUN (MM:SS)	2-mile Run Pace (MM:SS)	5-MILE RUN (MM:SS)	2-mile Run Pace (MM:SS)
30:00 - 30:09	10:34 - 10:58	35:00 - 35:09	12:19 - 12:48	40:00 - 40:09	14:05 - 14:27	45:00 - 45:09	15:50 - 16:15
30:10 - 30:19	10:37 - 11:02	35:10 - 35:19	12:23 - 12:51	40:10 - 40:19	14:08 - 14:31	45:10 - 45:19	15:54 - 16:19
30:20 - 30:29	10:41 - 11:06	35:20 - 35:29	12:26 - 12:55	40:20 - 40:29	14:12 - 14:34	45:20 - 45:29	15:57 - 16:22
30:30 - 30:39	10:44 - 11:09	35:30 - 35:39	12:30 - 12:59	40:30 - 40:39	14:15 - 14:38	45:30 - 45:39	16:01 - 16:26
30:40 - 30:49	10:48 - 11:13	35:40 - 35:49	12:33 - 13:02	40:40 - 40:49	14:19 - 14:42	45:40 - 45:49	16:04 - 16:30
30:50 - 30:59	10:51 - 11:17	35:50 - 35:59	12:37 - 13:06	40:50 - 40:59	14:22 - 14:45	45:50 - 45:59	16:08 - 16:33
31:00 - 31:09	10:55 - 11:20	36:00 - 36:09	12:40 - 13:10	41:00 - 41:09	14:26 - 14:49	46:00 - 46:09	16:12 - 16:37
31:10 - 31:19	10:58 - 11:24	36:10 - 36:19	12:44 - 13:13	41:10 - 41:19	14:29 - 14:52	46:10 - 46:19	16:15 - 16:40
31:20 - 31:29	11:02 - 11:28	36:20 - 36:29	12:47 - 13:17	41:20 - 41:29	14:33 - 14:56	46:20 - 46:29	16:19 - 16:44
31:30 - 31:39	11:05 - 11:31	36:30 - 36:39	12:51 - 13:20	41:30 - 41:39	14:36 - 15:00	46:30 - 46:39	16:22 - 16:48
31:40 - 31:49	11:09 - 11:35	36:40 - 36:49	12:54 - 13:24	41:40 - 41:49	14:40 - 15:03	46:40 - 46:49	16:26 - 16:51
31:50 - 31:59	11:12 - 11:39	36:50 - 36:59	12:58 - 13:28	41:50 - 41:59	14:44 - 15:07	46:50 - 46:59	16:29 - 16:55
32:00 - 32:09	11:16 - 11:42	37:00 - 37:09	13:01 - 13:31	42:00 - 42:09	14:47 - 15:10	47:00 - 47:09	16:33 - 16:58
32:10 - 32:19	11:19 - 11:46	37:10 - 37:19	13:05 - 13:35	42:10 - 42:19	14:51 - 15:14	47:10 - 47:19	16:36 - 17:02
32:20 - 32:29	11:23 - 11:49	37:20 - 37:29	13:08 - 13:39	42:20 - 42:29	14:54 - 15:18	47:20 - 47:29	16:40 - 17:06
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