

12/27/13

Talk  
Schedule for next week.  
Manage weight over weekend.

Warm up  
Regular

Quick Drills  
10 Minute Neutral Drill

Technique  
10 Minute Top Work (focus on best stuff)  
5 Minute Bottom Work

Live  
Group of 4  
Round 1 Neutral (1 minute periods)  
Round 2 Pick best top hold and start with it (30 second periods)

Conditioning  
Sprint and more in room. Went long and blew them out before weekend

Notes: