

**April 10, 2011**

Written by Andrea  
Saturday, 09 April 2011 16:31 -

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### **Advanced**

Run 1600 meters  
Rest 3 minutes  
Run 1200 meters  
Rest 2 minutes  
Run 800 meters  
Rest 1 minute  
Run 400 meters

### **Intermediate**

Run 1200 meters  
Rest 3 minutes  
Run 800 meters  
Rest 2 minutes  
Run 400 meters  
Rest 1 minute  
Run 200 meters

### **Beginner**

Run 800 meters  
Rest 2 minutes

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Run 400 meters  
Rest 1 minute  
Run 200 meters