

April 10, 2011

Written by Andrea

Saturday, 09 April 2011 16:31 -



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