

July 27, 2011

Written by Andrea
Tuesday, 26 July 2011 16:35 -



Advanced

Run 800m

Rest 3 minutes

Run 800m

Rest 3 minutes

Run 800m

July 27, 2011

Written by Andrea
Tuesday, 26 July 2011 16:35 -

Intermediate

Run 400 or row 500m

Rest 3 minutes

Run 400 or row 500m

Rest 3 minutes

Run 400 or row 500m

Beginner

Run 200 or row 300m

Rest 3 minutes

Run 200 or row 300m

Rest 3 minutes

July 27, 2011

Written by Andrea
Tuesday, 26 July 2011 16:35 -

Run 200 or row 300m

Mix it up and run and row if you like. Take a longer rest if you aren't fully recovered in 3 minutes. Pay attention to your breathing.