

October 7, 2011

Written by Andrea

Thursday, 06 October 2011 21:53 - Last Updated Thursday, 06 October 2011 21:58



"Jasmine"

Advanced

4 rounds

Run 400m

Row 500m

Intermediate

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3 rounds

Run or walk 400m

Row 500m

Beginner

3 rounds

Run or walk 200m

Row 250m

1-2 minute rest between rounds.