

February 24, 2012

Written by Andrea

Friday, 24 February 2012 00:02 -



"Baby Griff"

Advanced

Run 800m

Row 500m

Run 800m

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Row 500m

Intermediate

Run 400m

Row 500m

Run 400m

Row 500m

Beginner

Run 200m

Row 250m

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Run 200m

Row 250m