

**March 14, 2012**

Written by Andrea  
Tuesday, 13 March 2012 20:01 -

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**"Baby Jerry"**

**Advanced**

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Run/walk 1 mile

Row 1500m

Run/walk 1 mile

## **Intermediate**

Run/walk 1200m

Row 1000m

Run/walk 1200m

## **Beginner**

Run/walk 800m

Row 750m

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Run/walk 800m