

**October 12, 2013**

Written by Andrea

Friday, 11 October 2013 23:22 - Last Updated Friday, 11 October 2013 23:27

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**Advanced**

4 rounds

400m run

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500m row

## **Intermediate**

3 rounds

400m run

500m row

## **Beginner**

3 rounds

200m run

250m row