

## **Advanced**

4 rounds

400m run

500m row

## Intermediate

## January 12, 2014

Written by Andrea

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| 3 rounds |  |  |  |
|----------|--|--|--|
| 400m run |  |  |  |
| 500m row |  |  |  |
|          |  |  |  |
| Beginner |  |  |  |
| 3 rounds |  |  |  |
| 200m run |  |  |  |
| 250m row |  |  |  |
|          |  |  |  |