

**May 5, 2011**

Written by Andrea  
Wednesday, 04 May 2011 16:22 -

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**"Jasmine"**

**Advanced**

4 rounds

Run 400m

Row 500m

**Intermediate**

3 rounds

Run or walk 400m

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Row 500m

**Beginner**

3 rounds

Run or walk 200m

Row 250m

1-2 minute rest between rounds.