

**July 27, 2011**

Written by Andrea  
Tuesday, 26 July 2011 16:35 -

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## **Advanced**

Run 800m

Rest 3 minutes

Run 800m

Rest 3 minutes

Run 800m

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## **Intermediate**

Run 400 or row 500m

Rest 3 minutes

Run 400 or row 500m

Rest 3 minutes

Run 400 or row 500m

## **Beginner**

Run 200 or row 300m

Rest 3 minutes

Run 200 or row 300m

Rest 3 minutes

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Run 200 or row 300m

Mix it up and run and row if you like. Take a longer rest if you aren't fully recovered in 3 minutes. Pay attention to your breathing.