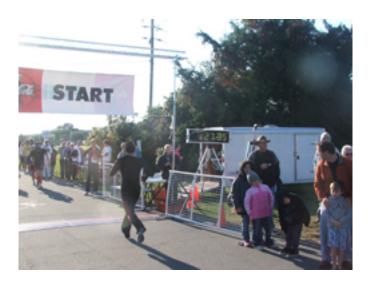
Written by Andrea Wednesday, 31 July 2013 18:38 -



Run, row or walk, or use any combination of the three, until you have gone 1600-3200m.