

2016 Week 2 Workout 16.2B (2 of 2)

Thursday January 14th 5:00pm PST

Due on Monday January 18th 5:00pm PST



Athlete Name _____

Date & Time _____

Score _____

Max Meters in 5:00 Minutes

Score 16.2B - Total Meters Rowed.

Use single time to set up the workout.

***Does not have to be performed on the same day.**

