



# 2016 Week 3 Workout 16.3 (15.4)

Thursday January 21st 5:00pm PST

Due on Monday January 25th 5:00pm PST



Athlete Name \_\_\_\_\_

Date & Time \_\_\_\_\_

Score \_\_\_\_\_

7500m Row

Score 16.3A 1500m Time

Score 16.3B 7500m Time

Use interval variables to set up the workout.

