



# 2016 Week 4 Workout 16.4

Thursday January 28th 5:00pm PST

Due on Monday February 1st 5:00pm PST



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

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

Score \_\_\_\_\_

500m Row  
20 Burpees over the Rower (During a 2 Minute Rest Interval)  
500m Row

Score 16.4 Total Rowing Time WITHOUT the rest.

Use interval variables to set up the workout.

