

2017 Week 4 Workout

17.4

Thursday January 26th 5:00pm PST

Due Monday January 30th 5:00pm PST



Workout 17.4

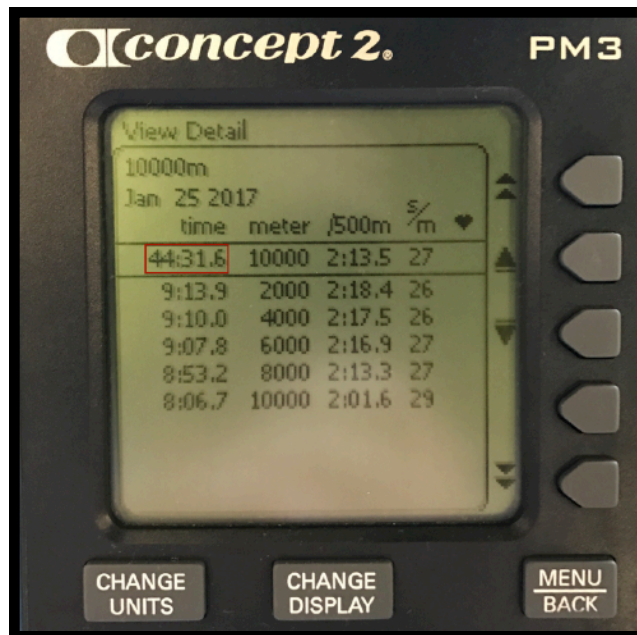
10K

Athlete Name _____

Date & Time _____

17.4 Total Rowing Time _____

Use Standard List to Set up the Workout.



Conquest Events™

