

# 2017 Week 2 Workout

# 17.2

Thursday January 12th 5:00pm PST

Due Monday January 16th 5:00pm PST



Workout 17.2 (16.1)  
2K

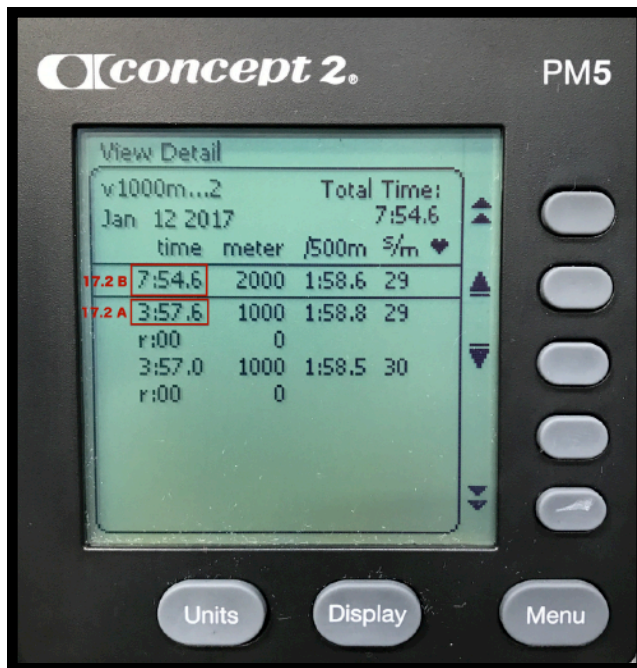
Athlete Name \_\_\_\_\_

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

17.2 A First 1000m Time \_\_\_\_\_

17.2 B Total Time \_\_\_\_\_

Use Interval Variables to Set up the Workout.



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