



# 2016 Floater Workout

Thursday January 7th 5:00pm PST

Due on Monday February 1st 5:00pm PST



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

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

Score \_\_\_\_\_

1000m Row, 2:00 Minute Rest

750m Row, 1:00 Minute Rest

500m Row, 0:30 Second Rest

250m Row

Use interval variables to set up the workout. The score is total (Rowing) time WITHOUT the rests.

