

2020 Workout 1 - "Rest As Much As You'd Like"

Row 5 Intervals of 400 meters. Rest as needed between intervals (up to 10 mins max each)

Scores: All scores must be submitted by 6PM PST, Jan 20.

- 20.1 A: Fastest 400m Time
- 20.1 B: 2000m Row Time (all five 400's added)
- 20.1 C: Total ELAPSED Time Including Rests

Team Scores:

- 20.1 A: Fastest 400m Times COMBINED
- 20.1 B: 2000m Row Time (all five 400's added) COMBINED
- 20.1 C: Total ELAPSED Time Including Rests COMBINED

MONITOR INSTRUCTIONS

Be sure to use the "Intervals Variable" feature and set your rest to "Undefined Rest Time".

- [Select Workout]
- [New Workout]
- [Intervals Variable]
- [Distance] > 400m > Rest = "+" [Undefined Rest Time]
- [Next Interval] until 5th interval is completed then..
- At interval 6: [No More Intervals]

IMPORTANT: Select "Press To Continue" when you are ready to start your next interval. Rolling starts are acceptable. **Caution: do NOT exceed 10 minutes of rest or the monitor will shut off and end the workout.**

RESULTS DUE BEFORE MONDAY, JANUARY 20, 6PM.

You MUST use the "Memory/Date" feature to locate & score your workout. Select the workout and take a picture of the screen. Upload a picture of your screen with each score!

Team Captains: Team score does NOT need a photo. Enter each teammate's times for each workout.

Important: There are 5 intervals! Be sure to scroll your screen to include the correct time for 20.1 A!

- 20.1 A: Fastest 400m Time
- 20.1 B: 2000m Row Time (all five 400's added)
- 20.1 C: Total ELAPSED Time Including Rests

