2020 Workout 2 - *"Down & Back Again"*

Row 10 Intervals:

500m - 400m - 300m - 200m - 100m - 100m - 200m - 300m - 400m - 500m
(3000 meters total)
Rest 1 Minute Between Each Interval

SCORE

- **3000m Row Time.**

Team Scores: Combined 3k Times for All Four Athletes.

MONITOR INSTRUCTIONS

Be sure to use the "Intervals Variable" feature and set your rest to "1:00" after each distance.

- [Select Workout] > [New Workout] > [Intervals Variable]
- [Distance] > 500m, Rest=1:00 > ✓ > 400m, Rest=1:00 > 300m, Rest=1:00...etc
- [Next Interval] until the 10th interval is completed then,
- At interval 11: [No More Intervals]

Rolling Starts are acceptable (begin rowing before rest is completed).

RESULTS DUE BEFORE MONDAY, JANUARY 27, 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 10 intervals that add to 3000m! Be sure to include both 100m rows.