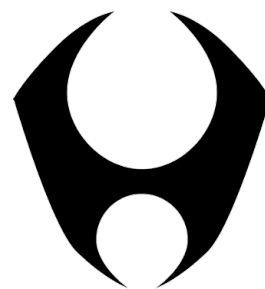




## Workout 4

12:00pm PST Wednesday, January 28- 12:00pm PST Monday, February 2

Presented By:



HYLETE

1500m Row, 6000m Row



## Workout 4 Score

Score 4A

For Time: 1500

Score 4B

Total Time: 1500 + 6000

4A - 6:41.40 / 4B - 34:18.90

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

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

