

2017 Week 1 Workout

17.1

Thursday January 5th 5:00pm PST

Due Monday January 9th 5:00pm PST



Workout 17.1

3 Rounds Of

500m Row / 3 Minute Rest

Athlete Name _____

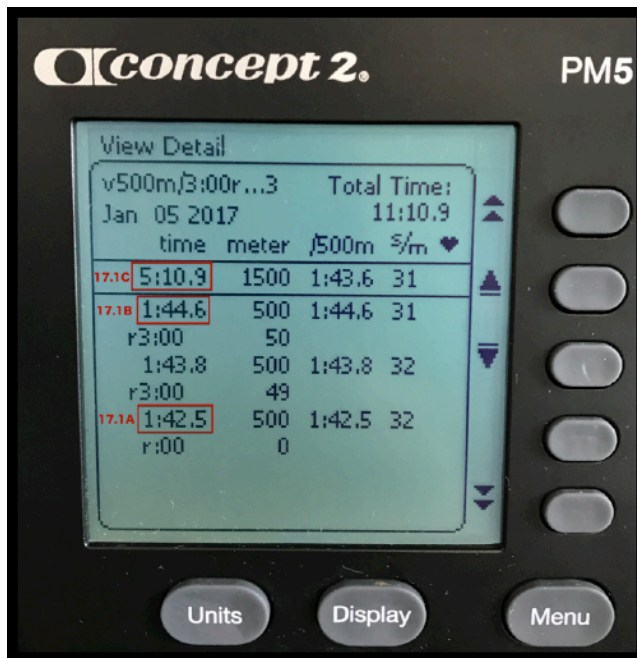
Date & Time _____

17.1 A Fastest 500m Time _____

17.1 B Slowest 500m Time _____

17.1 C Total Rowing Time _____

Use Interval Variables to Set up the Workout.



Conquest Events™

