

# 2016 Week 2 Workout 16.2A (1 of 2)

Thursday January 14th 5:00pm PST

Due on Monday January 18th 5:00pm PST



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

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

Score \_\_\_\_\_

6 Rounds

250m Row / 45 Second Rest

Score 16.2A - Total (Rowing) time  
WITHOUT the rests.

Use interval variables to set up the workout.

\*Does not have to be performed on the same day.

