

# 2017 Week 3 Workout

# 17.3

Thursday January 19th 5:00pm PST

Due Monday January 23th 5:00pm PST



## Workout 17.3

- 250m Row, 30 Second Rest
- 500m Row, 1 Minute Rest
- 750m Row, 2 Minute Rest
- 1000m Row

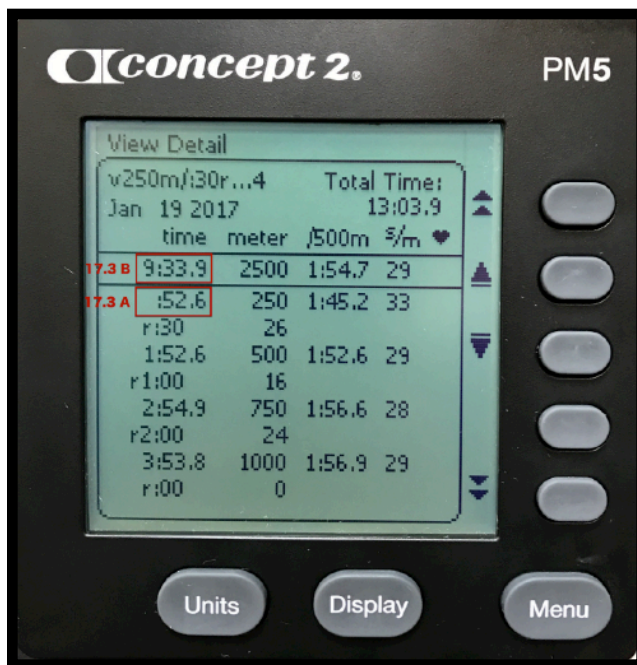
Athlete Name \_\_\_\_\_

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

17.3 A 250m Time \_\_\_\_\_

17.3 B Total Rowing Time \_\_\_\_\_

Use Interval Variables to Set up the Workout.



Conquest Events™

