



Warm Up: **Cardio Day!**

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

“The Stretch”



Buy Out:

- 800 or 1600m Run



Group A

- Cals Biked

24/20/16/12/8

28/24/20/16/12

32/28/24/20/16

- 150 or 225/75 Singles/DU

3:00 Rest/Transition

Group B

- Cals Rowed

40/30/20/10

50/40/30/20

- 10 BB
- 1:30 Rest



