

Alternate Rower, Bike, Runner

Start with 5mins steady row.

Row - 1min hard/ 1min easy x 3

Bike - 3mins hard/ 2mins easy x 2

Run - HRZ4 5mins

(21mins)

5mins run HRZ2

Row 90secs hard/ 30secs easy x 3

Bike 4mins hard / 1min easy x2

Run HRZ4 2min/ HRZ5a 1min x2

repeat x 2

(44mins)

10mins HRZ2