Website Workout #4

WU:

10 Minutes OYO

LI:

    (20)

    3x 100 k desc. 1-3 2:00

    3x 150 desc. 1-4 2:45

    1x 300 N/S 5:00

M:

    (30)

    1x 200 N/S 3:40

    2x 100 1 smooth, 1 build 1:50

    2x 200 N/S 3:40

    2x 100 1 smooth, 1 build x2 1:50

    3x 200 N/S 3:40