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