







1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 


80 reps × 


50 reps × 


2 minutes × 


60 reps × 


2 minutes × 


35 reps × 


1½ Km × 


60 reps × 

80 reps × 

50 reps × 

2 minutes × 

60 reps × 

2 minutes × 

35 reps × 