

Warm Up:

8' Warm up routine

<https://www.youtube.com/watch?v=Z0xtYX1Nf5c>

Condition SPOD

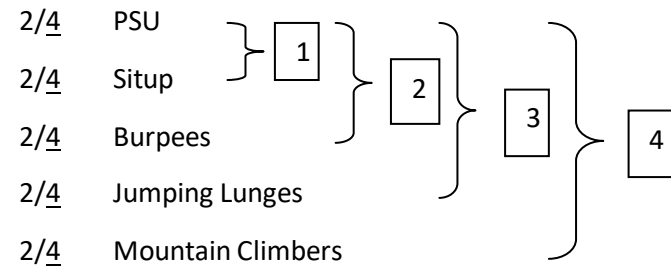
A: 30' As many meters as possible*

Run

***Trage Dein Ergebnis in Meter ein**

Ohne Equipment

A: 25' AMRAP*



*** 1 Round = 1+2+3+4**