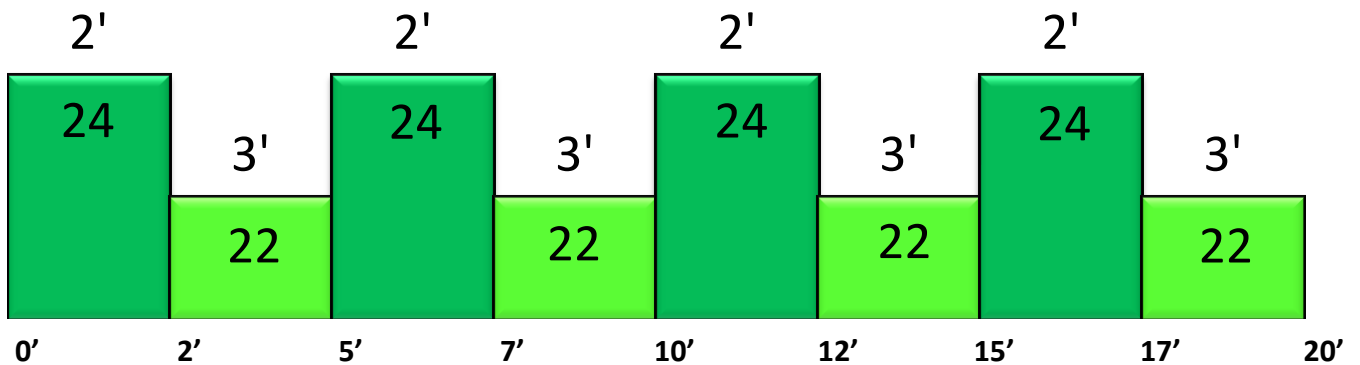


2-3 Interval

Explanation: The 20 minute piece alternates between two ratings. The higher rate lasts 2 minutes and the lower rate last 3 minutes.

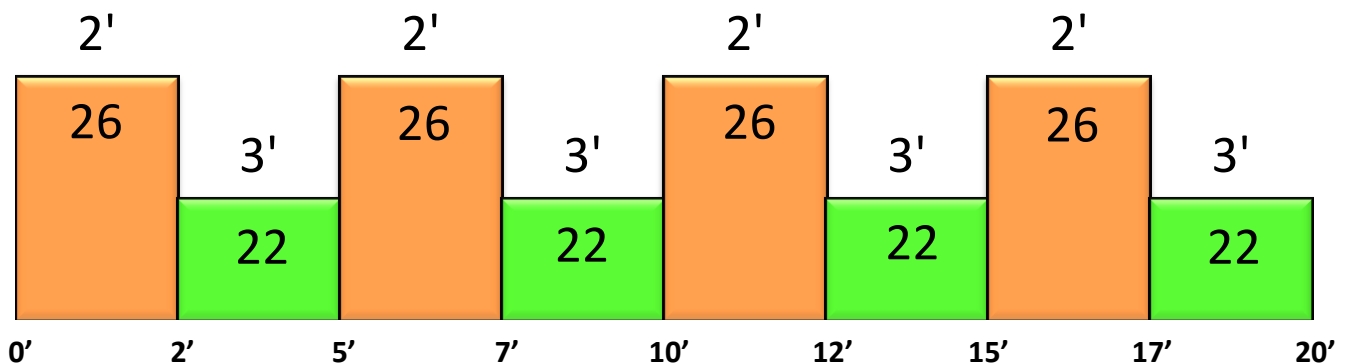
2-3-Interval 24: Rate 24/22

Decent Rowing



2-3-Interval 26: Rate 26/22

Decent Rowing



2-3-Interval 28: Rate 28/24

Decent Rowing

