**Week 2: The Spartan Mindset**

**Endurance/Long distance (Must complete 20 minute in one session/can’t break 20 mins into 10 and 10 etc. BUT can do the run and row separately)**

* 20 Mins on Air Runner (M+/F+ Use the elliptical)
* 20 Mins on the Rower

Participants with the greatest total distance of meters and miles win

PLEASE NOTE: M+/F+ is a category for 55+ only! (Participants 55+ do not have to compete in this category)

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