

One Day Away...and Benchmark Friday! 10/24/14

Description

Tomorrow (Saturday) is our Running Workshop. If you haven't signed up yet, then there is no hope for you, unless you have access to your own Obi Wan like we will on Saturday:

"Annie"

50-40-30-20-10

Double Unders

Sit-Ups

~~double-unders~~ type unknown

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