



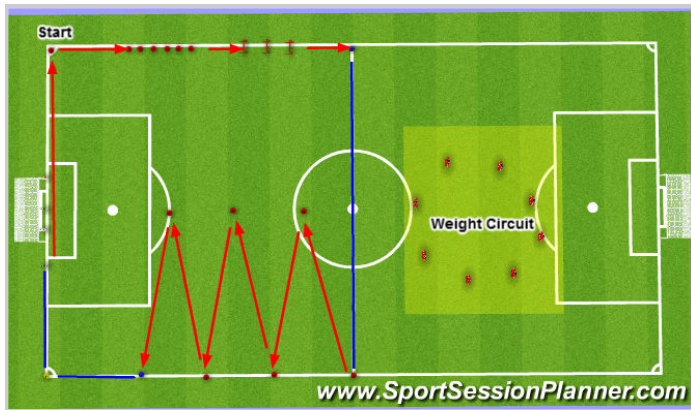
# Fartlek

Category: Physical: Endurance  
Difficulty: Difficult

David Abraham



## Equipment / Set Up



## Description

