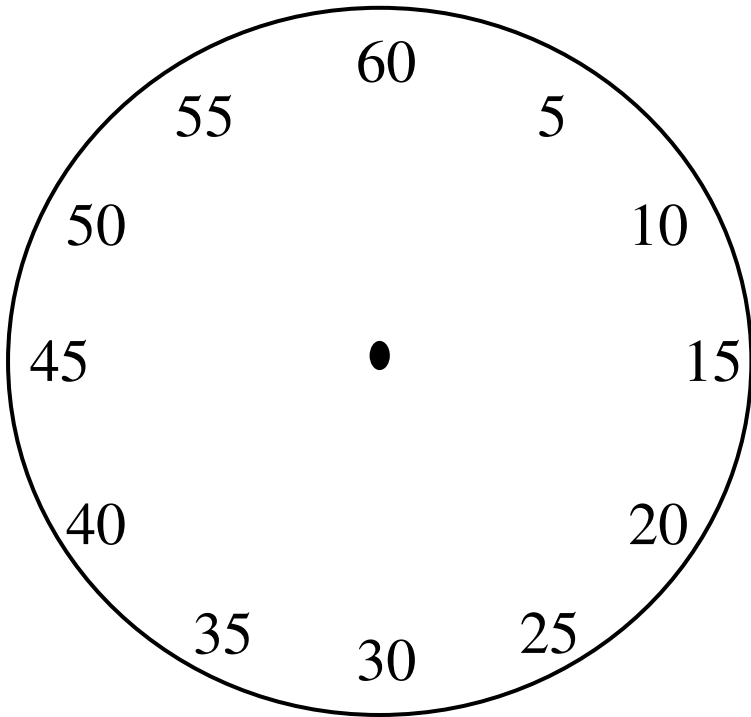


Practice Makes Perfect

Use the clocks below to practice figuring out when you should leave for your sets!



Example Sets to Practice:
10 X 50 on :50
8 X 100 on 1:40
6 X 75 on 1:15

