

TUESDAY 130205 (REST DAY)

The wrath of a king [is as] messengers of death: but a wise man will pacify it."

KJV

Proverbs 16:14

Base: ROM/30 Minutes Samson PT

Or

5 K

NOVICE

Base: Rx

COMPETITOR

Base / Skill: Rx

ELITE

Rx

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17