|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *Stage 9:* 4x straight (1 min) |  | *Stage 9:* 4x straight (1 min) |  | *Stage 9:* 4x straight (1 min) |
| *Name:* |  | *Name:* |  | *Name:* |
| *Date:* |  | *Date:* |  | *Date:* |
| 12 x 4= |  | 12 x 4= |  | 12 x 4= |
| 4 x 4 = |  | 4 x 4 = |  | 4 x 4 = |
| 0 x 4 = |  | 0 x 4 = |  | 0 x 4 = |
| 5 x 4 = |  | 5 x 4 = |  | 5 x 4 = |
| 1 x 4 = |  | 1 x 4 = |  | 1 x 4 = |
| 6 x 4 = |  | 6 x 4 = |  | 6 x 4 = |
| 8 x 4 = |  | 8 x 4 = |  | 8 x 4 = |
| 3 x 4 = |  | 3 x 4 = |  | 3 x 4 = |
| 9 x 4 = |  | 9 x 4 = |  | 9 x 4 = |
| 10 x 4 = |  | 10 x 4 = |  | 10 x 4 = |
| 11 x 4 = |  | 11 x 4 = |  | 11 x 4 = |
| 7 x 4 = |  | 7 x 4 = |  | 7 x 4 = |
| 2 x 4 = |  | 2 x 4 = |  | 2 x 4 = |

Test 1

**Multiples Marathon**

**Multiples Marathon**

**Multiples Marathon**