



Fountainhead Training

Training		6.3 km					
▽							
1	1	⌋					
2	2	∧					
3	3	▨					
4	4	⊗					
5	5	∩					
6	6	▣					
7	7	∧	∨				
8	8)(
9	9	∩					
10	10	∩					