

Walk-Run rehab Tuesday, 07 Apr 2020 - 12:02 PM

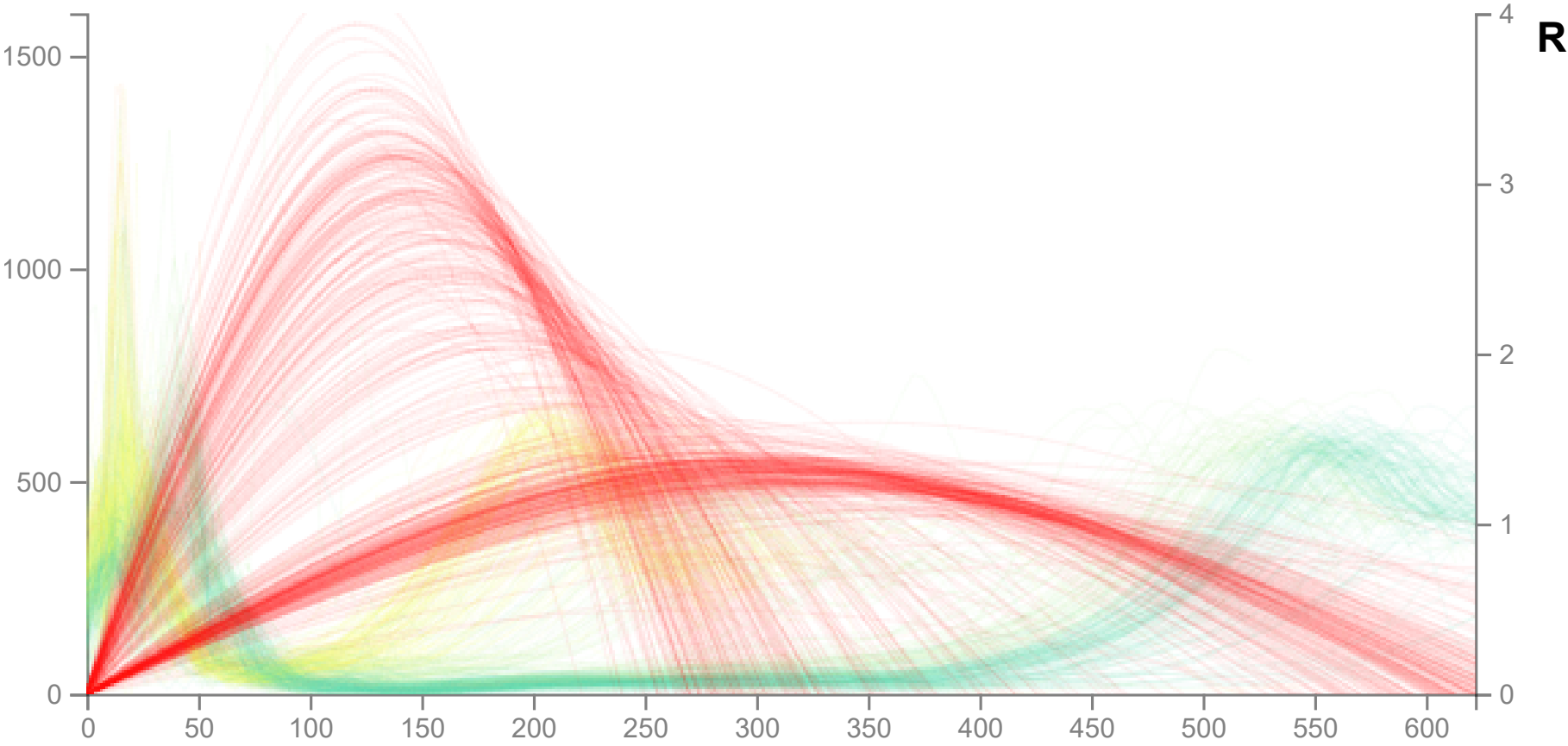
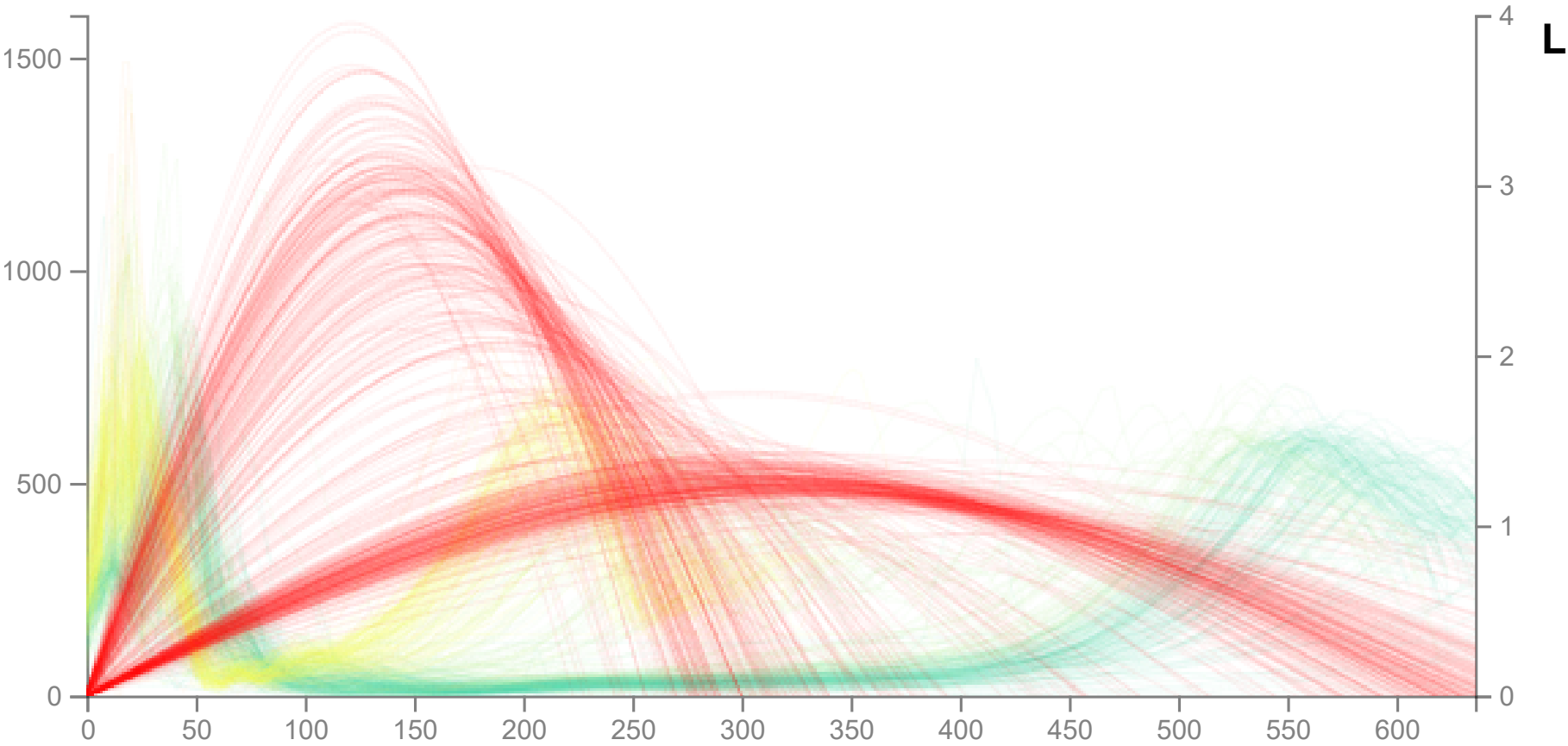
A bit further than normal and mixed hills with the 3 min walk 2 min run and repeat cycle.

<https://connect.garmin.com/modern/activity/4750319834>

SUMMARY

COMMENTS

RIDE PLOTS



STEPS

☒ Colorize

strides/min