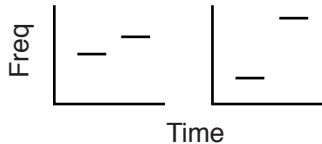


# Training Block Types

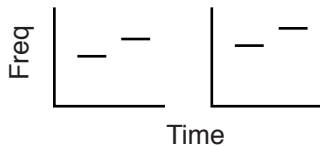
Practice

Which interval was the 4<sup>th</sup>?



Exposure

Which interval was the 4<sup>th</sup>?



Silence

Which interval was the 4<sup>th</sup>?

