

"Every dream has its passion and every passion has its destiny"
Makata Taka Hela



Warm-up:

400m

4 x 100m

1-2-3 CSS

4-5 as 50m CSS – 50m faster

600m

3 x 200m as:

100m CSS – 100m faster R20

Regroup and bonus rest 1 minute

400m

4 x 100m as

50m CSS – 50m sprint R 10

Regroup and bonus rest 1 minute

Main Set

Notes

Cool-down:

1450

50m Ez