



## Warm-up:

**300m** 2 x 150m as:  
 #1 100m Ez – 50m CSS  
 #2 50m Ez – 100m CSS

## Main Set

## Notes

**400m** 2 x 200m CSS pace R 20

**300m** 2 x 150m CSS pace R 15

**400m** 4 x 100m fast R 10

**450m** 9 x 50m sprint R 1

## Cool-down:

**2000m** 150m Ez