

Mixed bag

Distance	Warm-up:	
400	4 x 100m as #1 Ez #2 50m Ez - 50m CSS #3 25m Ez - 75m CSS #4 100m CSS	
	Main set:	Notes
1200	8 x 150m pull as: 50m Ez - 50m CSS - 50m Fast R20 1 minute bonus rest	
800	8 x 100m pull / paddle as: 25m Ez - 75m fast R15 1 minute bonus rest	
400	8 x 50m as: 1,3,5 Ez 2,4,6 sprint	
	Cool-down:	
2900	100	