

## Mixed session



Distance	Warm-up:	
500	10 x 50m R10 as: 1,2,3 Ez 4,5,6 CSS 7,8,9,10 fast	
	Main set:	Notes
600	3 x 200m pull (ankle pull buoy) regroup  1 minute bonus rest	
600	3 x 200m pull/paddle normal pull buoy regroup  1 minute bonus rest	
600	6 x 100m as 50m Ez – 50m sprint R10  1 minute bonus rest	
400	8 x 50m fast as LIFO	
	Cool-down:	
3k	200m pull relaxed	