

## Mixed set



Distance	Warm-up:	
500	200m relaxed 4 x 75m as 25m Ez – 50m fast R10	
	Main set:	Notes
400	16 x 25m sprint R 10 only 1 minute bonus rest	
300	300m pull CSS regroup 1 minute bonus rest	
400	16 x 25m sprint R 10 only 1 minute bonus rest	
300	300m pull CSS regroup	
400	8 x 50m pull / paddle sprint on 45 sec send off	
	Cool-down:	
3k	200m pull relaxed	