February 2nd	Lane 4
One for the sprinters (Part 4)	PEAK XV TRI COACHING

Distance	Warm-up:	
400	200m relaxed Regroup 8 x 25m alternate Ez 25-Sprint 25	
	Main set:	Notes
500	2 x 250m as: 50 build – 150m CSS – 50m sprint R10	Start the build V ez
600	4 x 150m as: 25m build – 25m CSS – 100m fast R10	
400	4 x 100m as: Fast r 10	
2	Cool-down:	
	100	