

**One for the distance guys**

| Distance | Warm-up:  |                      |
|----------|---|----------------------|
| 200      | 200m relaxed Regroup  |                      |
| 600      | Main set:   | Notes                |
|          | 2 x 200m pull CSS regroup<br>4 x 50m pull fast<br><br>1 minute bonus rest<br><br>8 x 75m as r15<br>1-5 build<br>6,8,10 fast<br>7,9 Ez | Start the build V ez |
| 600      |   |                      |
| 1500     | Cool-down:  |                      |
|          | 100   |                      |