January 26th	Lane 3
One for the sprinters (Part 2)	PEAK XV TRI COACHING

Distance	Warm-up:	
400	200m relaxed swim 8 x 25m alternate 25m Ez 25m sprint	
	Main set:	Notes
450	6 x 75m pull / paddle as 25m Ez – 50m Sprint 1 min bonus rest	For the rest period go on last one back. Keep the lane organised and tight and make sure you swim in the correct order.
400	8 x 50m alternate 50m Ez – 50m sprint. 1 min bonus rest	
400	4 x 100m pull/paddle as 50m CSS – 50m sprint 1 min bonus rest	
400	16 x 25m sprint	
2100	Cool-down:	
	50	