January 19th	Lane 4

Distance	Warm-up:	
400m	200m relaxed swim 2 x 100m pull CSS	
	Main set:	Notes
	6 x 50m CSS R10 Bonus rest 1 min 4 x 100m negative split R20 Bonus rest 1 min 6 x 50m Alt sprint-CSS R20 Bonus rest 1 min 2 x 200m negative split Regroup as rest 6 x 50m Sprint R10 Bonus rest 1 min 2 x 100m sprint	Increase speed after 50m Increase speed after 100m Miss if needed to keep the pace up.
2400	Cool-down:	
	100m	