

One for the sprinters (Part 3)



Distance	Warm-up:	
400	4 x 100m as 1-Ez 2-CSS 3- sprint 4-Ez	
	Main set:	Notes
800	2 x (4 x 100m) as #1 75m CSS – 25m fast #2 50m CSS – 50m fast #3 25m CSS – 75m fast #4 100M Fast 1 min bonus rest	For the rest period go on last one back. Keep the lane organised and tight. Make sure you swim in the correct order.
600	4 x 150m pull/paddle as 100m CSS – 50m Sprint 1 minute bonus rest	
200	8 x 25m sprint pull	
	Cool-down:	
2.1k	100	