

Endurance



Distance	Warm-up:	
600	4 x 150m as: #1 Ez #2 50m Ez – 100m CSS #3 100m CSS – 50m fast #4 150m CSS	
	Main set:	Notes
600	3 x 200m pull negative split regroup 1 minute bonus rest between sets	Second 100 faster than the first
600	6 x 100m CSS pace r15 1 minute bonus rest between sets	
600	12 x 50m sprint every third rest CSS 1 minute bonus rest between sets	
600	24 x 25m sprint every alternative 1 minute bonus rest between sets	
3050	Cool-down:	
	50m pull relaxed	