



Distance	Warm-up:	
400m	4 x 100m increasing pace each 100	
1200	Main set:	Notes
	<p><i>12 x 100m as:</i></p> <p><i>1,4,7,10 V Ez</i></p> <p><i>2,5,8,11 CSS</i></p> <p><i>3,6,9,12 sprint</i></p>	<p>Fast = fastest sustainable effort rep</p>
	<p><i>12 x 50m pull as</i></p> <p><i>1,4,7,10 V Ez</i></p> <p><i>2,5,8,11 CSS</i></p> <p><i>3,6,9,12 sprint</i></p>	<p>Regroup where needed to keep the lane organised.</p>
600	<p><i>14 x 25m pull/paddle as</i></p> <p><i>1,4,7,10 V Ez</i></p> <p><i>2,5,8,11 CSS</i></p> <p><i>3,6,9,12 sprint</i></p>	<p>Go on first off as last go</p>
300	<p><i>14 x 25m pull/paddle as</i></p> <p><i>1,4,7,10 V Ez</i></p> <p><i>2,5,8,11 CSS</i></p> <p><i>3,6,9,12 sprint</i></p>	<p>Make sure you go in correct order and keep the gap at 2 seconds.</p> <p>Miss if you need to</p>
2550	Cool-down:	
	50m	