



Distance	Warm-up:	
400m	4 x 100m increasing pace each 100	
	Main set:	Notes
	<p>3 x 150m as:</p> <p>#1 CSS R10</p> <p>#2 50m CSS – 100m fast R20</p> <p>#3 150m fastest sustainable pace</p> <p><i>200m relaxed</i></p> <p>3 x 150m as:</p> <p>#1 50m CSS – 100m fast</p> <p>#2&3 150m fastest sustainable pace</p> <p><i>200m relaxed pull</i></p> <p>3 x 150m as:</p> <p>#1,2,3 fastest sustainable pace</p> <p><i>200m relaxed pull/paddle</i></p>	<p>Make sure that there is a distinct difference between pace</p> <p>Regroup where needed to keep the lane organised.</p>
2450	Cool-down:	
	50m	