

September 22nd

Lane 4



Distance

Warm-up:

400m

8 x 50m as

1-2 Ez R10 3-4 CSS R10

5-6 Fast R10 7-8 Ez R10

Main set:

Notes

2250

3 x

4 x 100m @ CSS R10

6 x 50m sprint R 10 P&P

1 x 50m Ez

2 minute rest between reps

2650

Cool-down:

100m

www.peakxvtricoaching.com