



Distance	Warm-up:		
500m	200m relaxed 4 x 75m as 25m Ez – 50 CSS		
2k	Main set:		Notes
	5 x 25m Ez R5 50m CSS R10 75m Fast R15 100m CSS R30 75m Fast R15 50m CSS R30 25m Ez R5 <i>1 minute bonus regroup rest</i> 400m 4 x 100m as 25m Ez – 74m fastest sustainable effort		
3k	Cool-down:		
	100m		