



Distance	Warm-up:	
450	3 x 150m as: 50m Ez – 50m CSS – 50m fast R 10	
	Main set:	Notes
	5 x 25m Ez R5 75m CSS R10 100m Fast R15 75m CSS R 10 25m Ez R5 <i>1 minute bonus rest between each 300</i> 16 x 50m pull/paddle as odd Ez – even fast R5 4 x 75m as 25m Ez – 50m Fast	Ensure there is a change in pace between the sets.
3100	Cool-down:	
	50m	