



Distance	Warm-up:	
600	100m swim R10 100m pull R10 4 x 50m CSS R10 4 x 50m Fast R10	
1150	Main set:	Notes
	50m max effort on 1 min send off 100m max effort on 2 mins 150m max effort on 3 mins 200m max effort on 4 mins 300m relaxed pull on 6 mins 200m max effort on 4 mins 150m max effort on 3 mins 100m max effort on 2 mins  <i>2 min bonus rest</i>	
1200	12 x 100m pull/paddle R10 Max effort every 3 <sup>rd</sup> rep. Rest CSS pace	
3k	Cool-down:	
	50m	