October 3rd	Lane 4
	PEAK XV TRI COACHING

Distance	Warm-up:	
350m	200m relaxed R 20 2 x 75m as: 25m Ez – 25m CSS – 25m Fast R 10	
	Main set:	Notes
1.2k	3 x 200m CSS pull/paddle R20 4 x 50m sprint R10 *1 minute bonus rest*	
800	8 x 100m broken as 50m fast R10 25m fast R5 25m fast Regroup as rest after each 100 *1 minute bonus rest*	
675	9 x 75m as: 1,4,7, Ez 2,5,8 CSS 3,6,9 Sprint	
3050	Cool-down:	
	25m	

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