



Distance	Warm-up:	
450	6 x 75m 1,2 Ez R15 3,4 CSS R10 5,6 fast R5	
	Main set:	Notes
1k	2 x 200m CSS R30 3 x 100m fast R20 <i>1 minute bonus rest</i> 12 x 50m as	
600	1,2,4,5,7,8,10,11 fast R10 3,6,9,12 Ez R 10	
2100	Cool-down:	
	50m	