



Distance	Warm-up:	
400m	2 x 100m CSS pace R 10 4 x 50m as 25m Ez 25m CSS	
	Main set:	Notes
400m	2 x 200m as: #1. 150m CSS – 50m fast R10 #2. 100m CSS – 100m fast R20  <b><i>1 minute bonus rest</i></b>  3 x 100m as: #1. 75m CSS – 25m sprint R10 #2. 50m CSS – 50m sprint R20 #3. 25m CSS – 75m Sprint R30  <b><i>1 minute bonus rest</i></b>  4 x 50m as: Alternate Ez / sprint pull paddle R10	
300m		
200m		
	Cool-down:	
1400	100m	