



Distance	Warm-up:	
400	4 x 100m as: 1,2 Ez 3,4 CSS	
		Notes
750	Main Set	
	15 x 50m R10 as: every third max effort rest CSS pace 1-minute bonus rest	
600	8 x 75m pull/paddle R15 as: odd super Ez – even super fast 1-minute bonus rest	
600	6 x 100m R10 1,2,4,5 sprint 3,6 super easy.	
		Cool-down:
2450	100m	