



Distance	Warm-up:	
500	200m relaxed 4 x 75m as 25m Ez – 50m fast	
	Main set:	Notes
400	8 x 50m as odd @ CSS – even Ez R10 <i>Regroup bonus rest</i>	
800	8 x 100m as odd @ CSS – even Ez R20 <i>Regroup bonus rest</i>	
400	8 x 50m as odd @ CSS – even fast R10 <i>Regroup bonus rest</i>	
800	8 x 100m fast R20	
3k	Cool-down:	
	100m	