

Endurance



Distance

Warm-up:

400

200m relaxed (regroup)
4 x 50m alternate Ez - fast

Main Set

Notes

150

1 x 150m Ez R10

200

200m fast (regroup)

300

2 x 150m CSS pace R15

200

200m CSS (regroup)

300

2 x 150m fast

100

100m Ez

1700

Cool-down:

50m