



| Distance | Warm-up: | |
|----------|--|--|
| 500m | 5 X 100m as #1,2,3 Ez # 4,5 CSS | |
| | Main set: | Notes |
| | <p>2 x 300m broken as:</p> <p>100m Ez R10 - 100m fast R10 100m CSS regroup.</p> <p>3 x 200m broken as 50m Ez R5-100m – fast R5 - 50m CSS</p> <p>6 x 100m pull/paddle alternate EZ - fast R15</p> <p>12 x 50m sprint every 3rd – all others CSS pace R5</p> | <p>Regroup between each</p> <p>Miss if needed to keep the pace up.</p> |
| 3m | Cool-down: | |
| | 100m | |