

A session to shake of those cobwebs.



Distance	Warm-up:	
500m	200m Relaxed swim 4 x 75m as 25m Ez – 50m fast R 15	
	Main set:	Notes
600m	6 x 100m @ CSS pace R10 <i>1 minute bonus rest (regroup)</i>	
600m	6 x 100m pull sprint R20 <i>1 minute bonus rest (regroup)</i>	
450m	6 x 75m @ CSS pace R10 <i>1 minute bonus rest (regroup)</i>	
450m	6 x 75m pull sprint R15 <i>1 minute bonus rest (regroup)</i>	
300	6 x 50m pull/paddle sprint R 10	
	Cool-down:	
3km	100m	