

Threshold 200s

Warm Up 400 FS

Kick Set (400)

8 X 50 as ↑ Kick hard ↓ FS easy

Threshold Pace Set (1,200-2,000)

Every length at CSS pace/length

(TL column on the CSS Calculator)

If using a Tempo Trainer, use Mode 1 and set to TL. Stay with the beep!

Every repeat with 20s or 1 Beep rest

Slow lane(s): 6 X 200

Med lane(s): 8 X 200

Fast lane(s): 10 X 200

Cool Down: 400 Choice

(Total 2400-3200)