

200s @ Threshold

Warm Up (400)

400 FS or Choice

Drill Set (600)

4 X 50 as ↑ Scull #1 ↓ FS

4 X 50 as 1-Arm KB (switch arms 25)

4 X 50 as ↑ Tarzan ↓ FS

Kick Set (400)

1 X 400 as ↑ Kick hard ↓ FS recovery pace

Main Set (1200)

6 X 200 FS @ TP +15s

Cool Down (200-400)

200-400 Choice