

# KENDAL TRI CLUB



## CSS 1

### **Warm up**

300m easy freestyle

200m fins ↑ 6/1/6 ↓ freestyle B3/5/7/3...

### **Build**

6 x 50m freestyle (25 fast minimal breathing + 25 easy) (+15s rest)

### **Main set** (2 x below – all at CSS pace)

4 x 100m freestyle (+ 1 beep)

2 x 200m freestyle (+1 beep)

4 x 50m beat the beeper and start next interval on beep (short recovery)

(take 1 beep recovery and repeat entire main set)

### **Warm down**

200 easy choice

Please alter the distances to suit time and ability.

Total distance 3000m

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Total distance 3000m