

KENDAL TRI CLUB



Endurance 1

Warm up

200m easy full stroke

100m breathing 3,5,7

Main set (for this set choose either 200m or 300m)

10 x 200m or 300m as below:

4 x 200/300 @ CSS + 1 sec per length

3 x 200/300 @ CSS + 0.75 sec per length

2 x 200/300 @ CSS + 0.5 sec per length

1 x 200/300 @ CSS + 0.25 sec per length

Warm Down

200 easy choice

Total distance 2500m or 3500m