

KENDAL TRI CLUB



Endurance 2

Warm up

200m full stroke easy

100m pull buoy

Main Set

All on CSS + 1.25 secs per length (aim to beat the bleep, rest is included as soon as your bleep goes you are off again!)

100m full stroke

200m full stroke

300m full stroke

400m full stroke

500m full stroke

400m full stroke

300m full stroke

200m full stroke

100m full stroke

Warm down

200 easy choice

If you want to shorten the set miss out the 500m and one of the 400m

Total distance 3000m