SESSION #14
FRESH & FRUITY - 400 & 200 CSS TIME TRIAL

Warm up:

- 300 steady f/s
- 200 pull

Main:

4x;

- 50 as 15m scull #1 + 35 f/s +10s
- 100 + 15s:
    - 1) 25 fast + 75 easy
    - 2) 50 fast + 50 easy
    - 3) 75 fast + 25 easy
    - 4) 100 fast

Build:

- 8x 50 as 25 doggy paddle +25 f/s + 10s

Take a few minutes recovery period then:

TIme Trials:

- 400 time trial + 2 min recovery
- 6x 50 very easy choice active recovery + 10 s
- 200 Time Trial

Warm down:

2x 200 very easy choice

Session difficulty 5/5 Total distance 2800