SESSION #24
FRESH & FRUITY PACE SET

Warm up:

- 200 steady f/s
- 4x 100 fins ↑6/3/6 ↓ f/s + 10s
- 200 pull buoy - good core rotation

Build:

- 4x 50 +10s:
  - 1) 15 sprint + 35 easy
  - 2) 25 sprint + 25 easy
  - 3) 50 sprint
  - 4) 50 easy

Main:

- 400 f/s at CSS pace + 5s /100 +30s recovery
- 3x100 f/s at CSS pace - 3s /100 +15s recovery
- 400 f/s at CSS pace + 5s /100 +30 recovery
- 3x100 f/s at CSS pace - 3s /100 +15s recovery
- 400 f/s at CSS pace + 5s /100 +30 recovery

(the 300s are at a pace 5s /100 slower than CSS pace - should feel like 7/10 effort)
(the 100s are at a pace 3s /100 faster than CSS pace - should feel like 9/10 effort)

Warm down:

- 300 very easy choice

Session difficulty 5/5 Total distance 3100