22.06.2017

Please be on the pool deck at 6.55am. Session will start at 7am. NO WARM UP, no equipment needed.

Lane 1

2x100 @CSS+6 GO

2X200 @CSS+6 GO

1X300 @CSS+3 STAY

2x100 @CSS+5 GO

2X200 @CSS+5 GO

1X400 @CSS+4 STAY

2x100 @CSS+4 GO

2X200 @CSS+4 GO

1X800 @CSS+3 STAY

Total:3.3km

Lane 2

2x100 @CSS+6 GO

2X200 @CSS+6 GO

1X300 @CSS+3 STAY

2x100 @CSS+5 GO

2X200 @CSS+5 GO

1X300 @CSS+4 STAY

2x100 @CSS+4 GO

2X200 @CSS+4 GO

1X600 @CSS+3 STAY

Total:3km

Lane 3

2x100 @CSS+6 GO

2X200 @CSS+6 GO

1X200 @CSS+3 STAY

2x100 @CSS+5 GO

2X200 @CSS+5 GO

1X300 @CSS+4 STAY

2x100 @CSS+4 GO

2X200 @CSS+4 GO

1X300 @CSS+3 STAY

Total:2.6km