

Warm up

5 x 100 @ b+15
(500)

Set 1

4 x 200 @ b
30 seconds rest
3 x 300 @ b -15
30 seconds rest
2 x 400 @ b -30
1:00 rest
1 x 500 ALL OUT
(2700)

Warm Down

200 easy

Total: 3,400