

Warm Up

5 x 100 @ b +10  
(500)

Set 1

4 x 200 @ b

:30 rest

3 x 300 @ b -10

:45 rest

2 x 400 @ b -20

1:00 rest

1 x 500 ALL OUT

(3000)

Warm Down

200 easy

Total: 3,700