

Warm Up

4 x 100 @ b+10

6 x 150 mid 50 kick @ :20 rest

(1300)

Set 1

2 x 50 @ b

1 x 100 @ b

2 x 50 @ b +5

1 x 200 @ b -10

2 x 50 @ b +10

1 x 300 @ b -30

2 x 50 @ b +15

1 x 400 @ b -1:00

2 x 50 @ b +20

1 x 500 @ GET YOUR TIME

(2000)

Warm Down

200 easy

Total: 3,500