

Warm Up

400 ↔ Any Easy 1

Pi set

3 FR 00:15 Race Pace 2

1 FR 00:15 Max 3

4 Not FR 00:15 Endurance 4

1 FR 00:15 Max 5

5 FR 00:15 Endurance 6

9 FR 00:15 Easy 7

2 Not FR 00:15 Race Pace 8

6 Not FR 00:15 Threshold 9

5 FR 00:15 Endurance 10

3 FR 00:15 Race Pace 11

5 FR 00:15 Endurance 12

8 Not FR 00:15 Easy 13

9 FR 00:15 Easy 14

7 FR 00:15 Threshold 15

Warm down

200 ↔ Any Easy 16