| Warm up | | | |
|-----------|-----|------------------|---|
| 200 | Any | Easy | 1 |
| | | Aliquot sequence | |
| 2 × | 200 | IM 🖭:20 80% | 2 |
| 7 × | 200 | FR 🖭:30 70% | 3 |
| 6 × | 200 | Nr 1 🖭:40 60% | 4 |
| Warm down | | | |
| 200 | Any | Easy | 5 |