
1 times 2 laps

1 × **50** FR

1

6 times 7 laps

6 × 175 as	100 FR Threshold
	50 FR Endurance
	25 FR Race Pace

2

3

4

6 times 8 laps

6 × **200** IM 00:15

5

2 times 9 laps

2 × 225 as	100 FR b3
	75 FR b5
	50 FR b7

6

7

8