

Warm up

1 laps FL	1
4 laps BK 00:15 Easy	2
4 laps BR 00:15 Easy	3
4 laps FR 00:15 Easy	4

First set

242 FR Race Pace	5
9 laps D FL Single Arm 00:15 Endurance	6
9 laps BK 00:15 Endurance	7
9 laps BR 00:15 Endurance	8
9 laps FR 00:15 Endurance	9

Second set

342 FR Race Pace	10
16 laps FR 00:15 Endurance Pads Pullbuoy	11
16 laps Any Easy	12