Warm Up

400 Any Easy	1

Pi set

3 laps FR ⏱0:15 Race Pace	2
1 laps FR ⏱0:15 Max	3
4 laps Not FR ⏱0:15 Endurance	4
1 laps FR ⏱0:15 Max	5
5 laps FR ⏱0:15 Endurance	6
9 laps FR ⏱0:15 Easy	7
2 laps Not FR ⏱0:15 Race Pace	8
6 laps Not FR ⏱0:15 Threshold	9
5 laps FR ⏱0:15 Endurance	10
3 laps FR ⏱0:15 Race Pace	11
5 laps FR ⏱0:15 Endurance	12
8 laps Not FR ⏱0:15 Easy	13
9 laps FR ⏱0:15 Easy	14
7 laps FR ⏱0:15 Threshold	15

Warm down

200 Any Easy	16