
1 times 2 laps

1 × **50** FR 1

6 times 7 laps

6 × 175 as	100 FR Threshold	2
	50 FR Endurance	3
	25 FR Race Pace	4

6 times 8 laps

6 × **200** IM 00:15 5

2 times 9 laps

2 × 225 as	100 FR b3	6
	75 FR b5	7
	50 FR b7	8