

Warm up	
<b>1</b> laps FL	1
<b>4</b> laps BK 00:15 Easy	2
<b>4</b> laps BR 00:15 Easy	3
<b>4</b> laps FR 00:15 Easy	4
First set	
<b>2:42</b> FR Race Pace	5
<b>9</b> laps D FL Single Arm 00:15 Endurance	6
<b>9</b> laps BK 00:15 Endurance	7
<b>9</b> laps BR 00:15 Endurance	8
<b>9</b> laps FR 00:15 Endurance	9
Second set	
<b>3:42</b> FR Race Pace	10
<b>16</b> laps FR 00:15 Endurance Pads Pullbuoy	11
<b>16</b> laps Any Easy	12