

1. 10 minute warm up

2. 10x100 on :20 rest; 4@ target :10 heart rate 24, 3@26, 2@27, 1@28

3. Main Set

a. Brady, Jonathan, Kei and Friends:

200 on 3

400 on 6

600 on 9

700 on 10:30

600 on 8:50

400 on 5:50

200 on 2:50

b. Pablo and Friend:

200 on 3:30

400 on 7

500 on 8:45

500 on 8:40

500 on 8:35

400 on 6:55

200 on 3:25

c. Quiet Lady

200 on 4

300 on 6

400 on 8

500 on 10

400 on 8

300 on 6

200 on 4

4. 6x75 Back Loosen