

- 1** 100, 200, 300, 400, 300, 200, 100 **1600 total**
 Take 10s rest /100M rest
- 2** 5 x 100M as 25M easy, 50M fast, 25M easy 15s rest
 5 x 100M as 25M easy, 75M fast, 20s rest
 5 x 100M as 100M Fast 30s rest
1500 total
- 3** 1 x 200M Steady 20s rest
 2 x 150M 15s rest
 3 x 100 M 10s rest
 X2 **1600 total**
- 4** 100M Fast, 100M steady
 100M Fast, 200M Steady all 100's off the same time (eg, 2min)
 100M Fast, 300M Steady 15s rest on 200, 20s rest on 300
 100M Fast, 200M Steady
 100M Fast, 100M Steady **1400 total**
- 5** 2 x 50M Max 30s rest
 2 x 200M Steady 30s rest
 2 x 50M max 30s rest
- 6 x 100M Neg.Split (2nd 50M faster) 15s rest
- 6 x 50M as 25 fast/25 Easy 20s Rest **1500 total**