

Descending

Warmup

- 4 x 50 Pull Rest: 10'
- 8 x 25 Kick rest: 30'
- 4 x 75 pull rest: 15'
- (breathe 3/5/3 by 25's)

Main Set

Descend (get faster the 2nd time) 12 for each distance:

- 2 x 400 @ 6:40 or rest: 40'
- 2 x 300 @ 5:00 or rest: 30'
- 2 x 200 @ 3:20 or rest: 20'
- 2 x 100 @ 1:40 or rest: 10'

Cool Down

300 Choice mix