

Endurance

Warm up

300m – 1 minutes rest before moving onto the main set

Main Set

All to be done 'steady to hard' but **not** all out or fast as you'll have nothing left.

1 x 100m	10 seconds rest
1 x 200m	20 seconds rest
1 x 300m	30 seconds rest
1 x 400m	40 seconds rest
1 x 500m	50 seconds rest

Cool down

200m