



Deep Water Running – 20'

Warm Up – 2 x 30" @ 75% : 30" Rest (Technique focus)

Conditioning

10 x 20" On : 10" Off

Rest 30"

12 x 5" SPRINT : 5" Off

Rest 30"

6 x 45" On : 15" Off

Rest 30"

4 x 50" On : 10" Off

Cool Down

Stretch inc. Hip flexor, quadriceps, hamstrings, adductors

Session = 20'

