



Deep Water Running – 32'

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

Conditioning

Block 1

6 x 10" On : 10" Off

Rest 1'

6 x 30" On : 30" Off

Rest 1'

6 x 5" On : 15" Off

Rest 1'

6 x 20" On : 10" Off

Rest 2'

Block 2

4 x 30" On : 10" Off

Rest 1'

4 x 10" On : 20" Off

Rest 1'

4 x 20" On : 10" Off

Rest 1'

6 x 15" On : 5" Off

Cool Down

Stretch inc. Hip flexor, quadriceps, hamstrings, adductors

Session = 32'

