

# BAD Tri - Wednesday, 13th July 2016

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## Warm Up

	400 Front crawl - steady		
	200 Front crawl - pull		
2x	50 Front crawl - building		On 10s rest
4x	25 Front crawl - hard		On 10s rest
			<b>800</b>

## Main Set

6x	100 Front crawl - on turn around:				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	1:55	2:05	2:10	2:35	
	200m Front crawl - pull				Regroup

5x	100 Front crawl - on turn around:				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	1:50	2:00	2:05	2:30	
	200m Front crawl - pull				Regroup

*For fastest lanes/if time allows:*

4x	100 Front crawl - on turn around:				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	1:45	2:00	2:05	2:25	
	200m Front crawl - pull				Regroup
					<b>2,900</b>

## Cool Down

	100 Choice - easy		
			<b>3,000</b>

# BAD Tri - Thursday, 14th July 2016

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## Warm Up

	300 Front crawl - steady		
4x	50 Front crawl kick	On 10s rest	
	100 Front crawl		
	200 Front crawl kick	On 10s rest	
	100 Front crawl		
			<b>900</b>

## Main Set

2x	400 Front crawl	On 30s rest	
2x	300 Front crawl	On 25s rest	
2x	200 Front crawl	On 20s rest	
2x	100 Front crawl	On 15s rest	
	<i>Start at 2x400 and work as far through set as time allows</i>		
			<b>2,900</b>

## Main Set

4-8x	50 Front crawl - Odd: kick; Even: hard	On 20s rest	
			<b>3,100 - 3,300</b>

## Cool Down

	200 Choice - easy		
			<b>3,300 - 3,500</b>