

# BAD Tri - Thursday, 26th January 2016

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## Warm Up

	300 Front crawl		
4x	50 Front crawl - 25 Doggy paddle, 25 Front crawl	On 10s rest	
	100 Front crawl		
2x	50 Front crawl - building	On 10s rest	
	100 Front crawl		
2x	50 Front crawl - building	On 10s rest	
			<b>900</b>

## Main Set

2x	400m Front crawl	On 45s rest	
	<i>1: Pull; 2: Steady</i>		
2x	400m Front crawl	On 35s rest	
	<i>1: Pull; 2: Steady</i>		
2x	400m Front crawl	On 25s rest	
	<i>1: Pull; 2: Building</i>		
2x	400m Front crawl	On 15s rest	
	<i>1: Pull; 2: Hard</i>		
			<b>2,900</b>

## Main Set 2

5x	50 Front crawl - 25 Doggy paddle, 25 Front crawl	On 10s rest	
	50 Front crawl - mod/hard	On 15s rest	
			<b>3,400</b>

## Cool Down

	200 Choice - easy		
			<b>3,100 - 3,600</b>