

BSC
Tues Session
30. Sept.08

- ⊙ no substitute for technique
- ⊙ 50=50
- ⊙ Sprint= Sprint

| | | |
|-----------------|-------------|--------------------|
| <u>Warm –up</u> | <u>Pace</u> | <u>Technique</u> |
| FC 50s x4 | med pace | place/stretch/pull |
| BC 50s x4 | med pace | place/pull/push |
| BS 50’s x3 | med pace | set/stretch/pull |

Main Set

| FC | BC | BS |
|------------------|----|----|
| 25 + 20/5 sprint | <- | <- |
| recover | | |
| 25 + 5/20 sprint | <- | <- |
| recover | | |
| 25 + 25 sprint | <- | <- |
| RECOVER | | |
| 50 sprint | <- | <- |
| RECOVER | | |

Cool down

IMs 4x 25
 Rest 1 min

Distance

W/up: 550; Main: 600; C/down 300+