

CSS Test Workout

Warm Up (400) FS

Kick/Swim (400)

8 X 50 as ↑ kick hard ↓ FS recover

Drills (400)

4 X 50 as ↑ Social Scull ↓ 1-Arm KB

4 X 50 as ↑ Tarzan ↓ FS Easy

CSS Test Set (1400)

4 X 100 +20s descend

200 +20s Easy

400 +30s Test (tell coach your time)

200 +20s Easy

200 +30s Test (tell coach your time)

Cool Down 400 Choice

(Total 2600)