

CSS Test Workout

Warm Up (600)

600 as ↑ Easy ↓ Build to Fast

Drill (400)

4 X 50 ↑ Tarzan ↓ Easy FS

Test Prep Set (400)

4 x 100 +20s Quick but not all out

CSS Test Set (600)

At least 1-minute rest before each test

Each test is best consistent pace for that distance

Record or tell coach your time for each test

400 Test

200 Test

Cool Down (200-400)

200-400 Choice