

400s - Intermediate

Warm Up:

200 loosen

8x50s odds: kick
evens: free

Main Set:

x2 { 100 free on :60 rest
400 on :15 rest
100 free on :30 rest

Cool Down:

Minimum 200m easy

2,000m

400s, you either love them or you hate them. I hate them. Good luck with this, and as always you are welcome to add more sets!