

Title: Thredo Preparation

Instructions

Take it easy, there is a big weekend ahead

Part A Warmup

300 easy(ish)

Duration	Dist.	Cumu.
05:36	300	300

Part B Technique

100 Broken Arrow Drill

100 Half Diamond

100 Long Doggie Paddle

200 choice of toys (pull / paddles / fins)

Toys off

Duration	Dist.	Cumu.
12:08	700	1000

00:00		1000
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Part C

4 x 100 @ BTB + 3 / 25

200 @ CSS + 1.5 / 25

1 Beep Rest

300 @ CSS + 1.5 / 25

1 Beep Rest

400 @ CSS + 1.5 / 25

1 Beep Rest

Duration	Dist.	Cumu.
22:32	1300	2300

Part D

400 FR No Beeper R:30

300 BA (yep that's back) R:30

200 FR Kick R:30

100 FR R:30

Duration	Dist.	Cumu.
17:20	1000	3300

Part C Cooldown

200 easy choice swim / drill of your liking

Duration	Dist.	Cumu.
03:44	200	3500

Estimated duration (@ GG Pace)

Duration	Cumu.
1:03:40	3500