

**Title: Endurance**

**Instructions**

Dive in - swim - 5 km - get out - drink coffee :)

**Note:** CSS numbers are per 25 metres

BTB = Beat the Beep(er)      OTB = on the Beep

Duration    Dist.    Cumu.

Part A Warmup

**no official warmup**

00:00	0	0
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7:15:00

7:15:00

Part B Fun

1 x { 5 x 100    BTB    @ CSS + 2.5  
       5 x 200    BTB    @ CSS + 2.0  
       1 x 800    OTB    @ CSS + 0.75

Duration    Dist.    Cumu.

39:52	2300	2300
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7:16:00

7:55:52

Part C Nore Fun

1 x { 5 x 200    BTB    @ CSS + 2.0  
       1 x 400    BTB    @ CSS + 1.5  
       1 x 1000   OTB    @ CSS + 0.75

Duration    Dist.    Cumu.

41:36	2400	4700
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7:56:52

8:38:28

Part E Cooldown

**300 easy choice swim / drill of your liking**

Duration    Dist.    Cumu.

05:36	300	5000
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Duration    Cumu.

Estimated duration (@ GG Pace) 

1:29:24
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      5000