

A

Warm-up

- 4 x 200
 - S/K/S/K

Main Set

- 3x Times
 - 300 Pull @ 4:15
 - 3 x 100 @1:15
 - 4 x 75 @ 1:15
 - K/D/S by 25
- 500
 - 25 sprint
 - 75 DPS

Cool Down

- 200 easy

Total: 4200

B

Warm-up

- 4 x 200
 - S/K/S/K

Main Set

- 2x Times
 - 300 Pull @ 4:15
 - 3 x 100 @2:00
 - 4 x 75 @ 2:00
 - k/D/S by 25
- 500
 - 25 sprint
 - 75 DPS

Cool Down

- 200 easy

Total: 3300

C

Warm-up

- 4 x 150
 - S/K/S/K

Main Set

- 2x Times
 - 200 Pull 0:45 RI
 - 2 x 100 0:30 RI
 - 2 x 75 K/D/S by 25
 - 0:20 RI
- 500
 - 25 sprint
 - 75 DPS

Cool Down

- 200 easy

Total: 2400