***Short Rest Endurance Sets***

 *A B C*

2 x 200 @ 2:25 2:40 3:00

1 x 150 @ 2:25 2:40 3:00

2 x 100 @ 1:15 1:20 1:30

1 x 50 @ 1:15 1:20 1:30

R @ 1:00

**4 x’s through**

**Time drop short rest set**

During this short rest set, you should only have about 2-10 seconds rest between intervals.

You can do this, just have a little faith and take it one interval at a time.

4 x 100 @ 1:30 – just make

R @ 45

4 x 100 @ 1:30 (4th one is on 1:10) – just make

R @ 1:00

4 x 100 @ 1:30 (3rd and 4th one are on 1:10) – just make

R @ 1:15

4 x 100 @ 1:30 (2nd, 3rd, and 4th are on 1:10) – just make

R @ 1:30

4 x 100 @ 1:10 – Just make

*\*The goal is to complete this set making all intervals with no equipment. If you need to add equipment to make the intervals go ahead. If you know you can’t make the intervals even with equipment then give your best sustained effort – wait 3-4 seconds between intervals to challenge yourself and to build your sustained speed.*

Easy 100 @ 3:00 for everyone.

*Short rest set:*

6 x 100 @ 1:15 or 1:20

Easy 100 @ 3:00

6 x 50 @ 38 or 40

Easy 100 @ 3:00

5 x 100 @ 1:10 or 1:15

Easy 100 @ 3:00

4 x 50 @ 35 or 38

Easy 100 @ 3:00