**Harrison’s workouts**

**Monday**

Warm ups and flexibility

4x350 descending from 60 with 6min recovery

3X150

**Wednesday 12th**

Warm ups and flexibility

2X(3x200) descending from :35, :30, :26 then 8minute walk jog/ repeat cycle

**Friday**

Warm ups and flexibility

6X150 flys

Lite jog and stretch