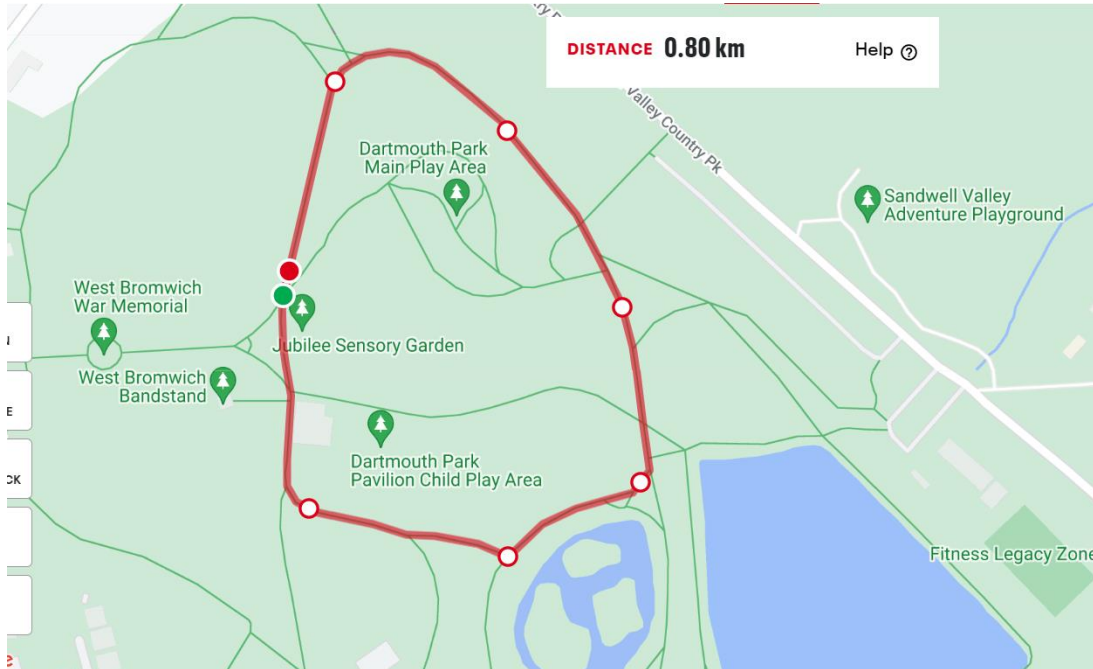


Sting in the tail 800's or flat 600's

6/8 or 10 800-meter efforts with 90 seconds static recovery.



Flat 600's

6/8 or 10 600-meter efforts with 90 seconds static recovery.

