



Warm-up:

400m  
 200m relaxed  
 4 x 50m as 25m CSS – 25m fast

Main Set

Notes

800m  
 4 x 200m CSS pace r 20  
*1 minute bonus rest*

Regroup  
 between sets

450m  
 3 x 150m as 100m CSS – 50m fast r 20  
*1 minute bonus rest*

400m  
 4 x 100m fast pull / paddle r 15  
*1 minute bonus rest*

450m  
 3 x 150m as 50m CSS – 100m fast

Cool-down:

2550m  
 50m Ez



Warm-up:

400m  
 200m relaxed  
 4 x 50m as 25m CSS – 25m fast

Main Set

Notes

1200m  
 6 x 200m CSS pace r 20  
*1 minute bonus rest*

Regroup  
 between sets

450m  
 3 x 150m as 100m CSS – 50m fast r 20  
*1 minute bonus rest*

600m  
 6 x 100m fast pull / paddle r 15  
*1 minute bonus rest*

450m  
 3 x 150m as 50m CSS – 100m fast

Cool-down:

3150m  
 50m Ez



Warm-up:

400m  
 200m relaxed  
 4 x 50m as 25m CSS – 25m fast

Main Set

Notes

600m  
 3 x 200m CSS pace r 20  
*1 minute bonus rest*

Regroup  
 between sets

300m  
 2 x 150m as 100m CSS – 50m fast r 20  
*1 minute bonus rest*

300m  
 3 x 100m fast pull / paddle r 15  
*1 minute bonus rest*

150m  
 1 x 150m as 50m CSS – 100m fast

Cool-down:

1800m  
 50m Ez



Warm-up:

400m  
 200m relaxed  
 4 x 50m as 25m CSS – 25m fast

Main Set

Notes

800m  
 4 x 200m CSS pace r 20  
*1 minute bonus rest*

Regroup  
 between sets

300m  
 2 x 150m as 100m CSS – 50m fast r 20  
*1 minute bonus rest*

400m  
 4 x 100m fast pull / paddle r 15  
*1 minute bonus rest*

300m  
 2 x 150m as 50m CSS – 100m fast

Cool-down:

2250m  
 50m Ez