



## Warm-up:

600m

200m relaxed

4 x 100m as

25 Ez - 50 CSS - 25 Ez R 10

## Main Set

## Notes

450m

Ow drill set

6 x 75m as short turns – sighting every 4/6 fast

50m CSS 25m R 20

Short turns means avoid touching the wall at each end.

1000m

10 x 100m CSS alternate pull/swim R 10 only

1 Bonus rest

500m

10 x 50m fast alternate pull/swim R 20 only

1 Bonus rest

250m

10 x 25m pull/paddle sprint R 10 only

3k

## Cool-down:

200m Pull V easy