

January 23<sup>rd</sup>

Lane 4

**One for the sprinters**



Distance	Warm-up:	
500m	200m relaxed swim 4 x 75m as 25m Ez – 50m CSS	
800	Main set:	Notes
	8 x 100m as 25m Ez - 50m CSS- 25m sprint 1 min bonus rest 21 x 50m as 1,4,7,10,13,16,19 Ez 2,5,8,11,14,17,20 CSS 3,6,9,12,15,18,21 Sprint 2 minutes bonus rest	For the rest period go on last one back. Keep the lane organised and tight and make sure you swim in the correct order.
1050	18 x 25m as 1,4,7,10,13,16 Ez 2,5,8,11,14,17 CSS 3,6,9,12,15,18 Sprint	
450	1,4,7,10,13,16 Ez 2,5,8,11,14,17 CSS 3,6,9,12,15,18 Sprint	
3k	Cool-down:	
	200m	