



Distance

Warm-up:

400m

200m Relaxed swim
4 x 50m as 25m Ez – 25m fast R 10

600m

4 x 150m as:
50 Ez – 100m CSS R20
1 minute bonus rest

300m

4 x 75m pull as:
50m CSS – 25m sprint R20
1 minute bonus rest

600m

4 x 150m as:
50m CSS – 100m faster R20
1 minute bonus rest

450m

*6 x 75m pull/paddle as:
50m sprint – 25m Ez R 10*

Main set:

Notes

2400m

Cool-down:

50m