



Warm-up:

400m

200m Relaxed regroup

4 x 50m build

Main set

Notes

1200

4 x 300m as

#1 100m Ez 150m CSS 50m fast r15

#2 50m Ez 150m CSS 100m fast r20

#3 50m Ez 100m CSS 150m fast r30

#4 25m Ez 100m CSS 175m fast

1 Minute bonus rest

8 x 75m pull/paddle on CSS pace r20

12 x 50m as

1,2,4,5,7,8,10,11 fast R10

3,6,9,12 Ez R 10

Regroup
after each
setRegroup
after each
set

Cool-down:

150m Ez



Warm-up:

400m

200m Relaxed regroup

4 x 50m build

Main set

Notes

2 x 300m as

#1 100m Ez 150m CSS 50m fast r15

#2 50m Ez 150m CSS 100m fast r20

1 Minute bonus rest

8 x 75m pull/paddle on CSS pace r20

1 Minute bonus rest

12 x 50m as

1,2,4,5,7,8,10,11 fast r10

3,6,9,12 Ez r10

Regroup
after each
setRegroup
after each
set

Cool-down:

150m Ez



Warm-up:

400m

200m Relaxed regroup

4 x 50m build

Main set

Notes

2 x 300m as

#1 100m Ez 150m CSS 50m fast r15

#2 50m Ez 150m CSS 100m fast r20

1 Minute bonus rest

6 x 75m pull/paddle on CSS pace r20

1 Minute bonus rest

10 x 50m as

1,2,4,5,7,8,10, fast r10

3,6,9, Ez r10

Regroup
after each
setRegroup
after each
set

Cool-down:

150m Ez



Warm-up:

400m

200m Relaxed regroup

4 x 50m build

Main set

Notes

2 x 300m as

#1 100m Ez 150m CSS 50m fast r15

#2 50m Ez 150m CSS 100m fast r20

1 Minute bonus rest

8 x 75m pull/paddle on CSS pace r20

1 Minute bonus rest

12 x 50m as

1,2,4,5,7,8,10,11 fast r10

3,6,9,12 Ez r10

Regroup
after each
setRegroup
after each
set

Cool-down:

150m Ez



Warm-up:

400m

200m Relaxed regroup

4 x 50m build

Main set

Notes

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#1 100m Ez 150m CSS 50m fast r15

#2 50m Ez 150m CSS 100m fast r20

1 Minute bonus rest

8 x 75m pull/paddle on CSS pace r20

1 Minute bonus rest

6 x 50m as

1,2,4,5, fast r10

3,6, Ez r10

Regroup
after each
setRegroup
after each
set

Cool-down:

50m Ez