

**Pace awareness Mixed session**



Distance	Warm-up:	
500	200m relaxed 4 x 50m CSS R15 4 x 25m fast R10	
1600	Main set:	Notes
	Complete the following x 4: #1,2 swim #3 pull #4 pull/paddle  50m max effort r30 100m fast r20 150m CSS r15 100m Ez recovery (no toys) 1 minute bonus rest between sets  4 x 100m as: 75m Ez – 25m fast r10 50m Ez – 50m fast 25m Ez – 75m fast 100m fast	
2200	Cool-down:	
	50m pull relaxed	