

Week 2: CSS

Lane 4



Warm-up / technique	
900	200m easy freestyle 100m pull buoy ↑B5s ↓B3s 2 x 50m as ↑25m 6-1-6 ↓25m swim 2 x 50m as ↑25m shoulder tap ↓25m swim 4 x 100 25m easy - 25 mod - 25 fast - 25 Ez r10
Main Set	
3k	4 x 100m r20 1 x 200m r20 4 x 100m r20 1 x 300m r20 4 x 100m r20 1 x 400m r20 4 x 100m r20 1 x 500m
All at CSS pace	
Cool-down:	
4k	100