



Warm-up / technique	
900	200m easy freestyle 1 x 100m fins ↑ 6/1/6 ↓ freestyle 1 x 100m fins ↑ broken arrow ↓ freestyle 1 x 200m pull buoy and paddles B5s 6 x 50m r5 1 - 2. pull buoy as: ½ DP – ½ swim 3 - 4. normal swim as 25 fast + 25 easy 5. - 6. pull buoy as: ½ DP – ½ swim
Main Set	
2k	3 x 200m regroup as rest 8 x 100m r10 only - 3 x 200m regroup as rest
All at CSS pace	
Cool-down:	
3k	100