



Distance

Warm-up:

400m

200m Relaxed swim  
4 x 50m as 25m Ez – 25m build

Main set:

Notes

4 x 250m as:  
50 build – 150m CSS – 50m fast R20  
  
100m pull Relaxed  
  
4 x 150m as:  
25m build – 25m CSS – 100m fast R20  
  
100m pull Relaxed  
  
6 x 100m as:  
Fast R15

Build means increase speed through the 50m.

Keep the 100's within a few seconds of each other. Keep the rest at the 15 seconds.

2900

Cool-down:

100m ez