



Distance

Warm-up:

400m

200m Relaxed swim  
4 x 50m as 25m Ez – 25m fast R 10

Main set:

Notes

600m

4 x 150m as:  
50 Ez – 100m CSS R20  
*1 minute bonus rest*

Make sure that there is a  
distinct difference  
between pace

300m

4 x 75m pull as:  
50m CSS – 25m sprint R20  
*1 minute bonus rest*

Regroup where needed to  
keep the lane organised.

450m

3 x 150m as:  
50m CSS – 100m faster R20  
*1 minute bonus rest*

300m

*4 x 75m pull/paddle as:  
50m sprint – 25m Ez R 10*

2150m

Cool-down:

100m