



## Warm-up:

400m

4 x 100m as:  
 #1 100m Ez  
 #2 75m Ez – 25m CSS  
 #3 50m Ez – 50m CSS  
 #4 25m Ez - 75m fast

## Main Set

## Notes

1600m

2 x 200m as  
 50m Ez - 100m CSS – 50m fast  
 4 x 75m pull / paddle as 50m CSS  
 25m Fast R 15  
 2 x 200m as  
 25m Ez – 100m CSS – 75m Fast  
 4 x 75m pull / paddle as 25m CSS  
 50m fast R20  
 4 x 50m Fast R 20

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## Cool-down:

2150m

50m Ez