

Endurance based session



Distance	Warm-up:	
400m	100 Ez 6 x 50m R10 as: 1,2,3 Ez 4,5 @ CSS Pace 6 Max effort	
2400	Main set:	Notes
	3 x 200m CSS R15 6 x 100m fast sustainable effort R20 alt swim/pull 3 x 200m all just below CSS 6 x 100m fast sustainable effort R20 alt swim/pull	Make sure that there is a distinct difference between pace Regroup where needed to keep the lane organised.
3100	Cool-down:	
	100m	