

**Spooky swim**

## Warm-up:

400m

2 x 200m as:

50m Ez 100m CSS 50m Fast R20

## Main Set

## Notes

1950m

3 x 100m as 50m CSS 50m Fast R10

2 x 200m as 100m CSS 100m Fast R20

1 x 300m increase pace each 100m R30

2 x 200m as 100m CSS 100m Fast R20

3 x 100m as 50m CSS 50m Fast R10

5 x 50m Fast R20

Regroup  
after each  
setMake sure  
there is a  
difference  
between  
the  
various  
speeds

## Cool-down:

2400m

50m Ez