

**Week 2: Endurance session****Warm-up:****600**

5 min easy

2 x 100m fins ↑ broken arrow ↓ freestyle r15

2 x 50 pull buoy (12 ½ scull # 1 + 12 ½ doggy paddle + 25 freestyle B5s) r10

4 x 25 (#1 easy, #2 fast, #3 easy, #4 fast) r5

2 x 100 fins ↑ 6/3/6 ↓ freestyle r15

**Main set****Notes****600**

6 x 100m as: r15

1,3,6 CSS pull

2,4,5 fast

1 minute  
bonus rest**400**

400m as:

first and last 100 pull fast middle 200 CSS  
pace1 minute  
rest**1200**

6 x 200m as:

1 easy

2 &amp; 3 CSS pull/paddle

4 easy

5 &amp; 6 fast

If start to lose  
form miss out  
a 50m**Cool-down:**

For remaining time