

Detail	Lane 4	Lane 3	Lane 2	Lane 1
Warm up				
Relaxed	200	200	200	200
3 x torpedo kick and swim back with glide				
Torpedo kick with fins	1 x 100	1 x 100	1 x 100	1 x 100
Easy freesyle	1 x 100	1 x 100	1 x 100	1 x 100
½ L DP – ½ L swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Easy freesyle	1 x 100	1 x 100	1 x 100	1 x 100
½ L DP – ½ L swim pull buoy	1 x 100	1 x 100	1 x 100	1 x 100
Easy free style	1 x 100	1 x 100	1 x 100	1 x 100
Warm up distance	700	700	700	700
50m pull relaxed – 100m fast r 10 (no PB)	4 x 150	4 x 150	4 x 150	4 x 150
Fins relaxed swim	1 x 200	1 x 200	1 x 200	1 x 200
50m pull relaxed – 150m fast r 20	3 x 200	3 x 200	2 x 200	2 x 200
Fins relaxed	1 x 150	1 x 150	1 x 150	
Pull / paddle / bands fast r 20 miss 50 if needed	6 x 100	? X 100	? x 100	? x 100
Total Distance	2850	2250+	2050+	1900+

Train smarter – Race faster