



1.5km Session

Warm up:- 600m 4 x 150m as 100swim 50m kick 10 sec rest after each 150m

Main Set:- (60m)

12 x 50m pull buoy
4 on 1:10
4 on 1:05
4 on 60 seconds

Swim Down:- Fins 300m kick

2.3km Session

Warm Up:- 600m 4 x 150m as 100m swim 50m kick 10 sec rest after each 150m.

Main Set:- (1000m) 20 x 50m pull buoy
4 on 60)
3 on 55) x 2
2 on 50)
1 on 45)

Kick Set:- (500) 5 x 100 on 2min. Use pace clock at pool end

Warm Down:- 200 easy choice