



TIME FOR SPEED focusing on your race pace target times.

Focus on propulsion from hands and feel for the water.

Maintain stroke length swimming tall and long even on the faster sets

Lane 1

Aerobic level 1 – 8-9 RPE (cardio)

W/up

1x 200m **RI 20**

Build

1x 100m Catch Up **RI 20**

Main

***** Keep good technique here*****

4x 150m **RI 10**

6x 75m **RI 15**

10x 25m **RI 10**

CD

1x 100 mixed stroke

Total 1800m



TIME FOR SPEED focusing on your race pace target times.

Focus on propulsion from hands and feel for the water.

Maintain stroke length swimming tall and long even on the faster sets

Other Lanes

Aerobic level 1 – 8-9 RPE (cardio)

W/up

1x 200m **RI 20**

Build

2x 100m Catch Up **RI 20**

Main

***** Keep good technique here*****

5x 150m **RI 10**

5x 100m **RI 10**

8x 75m **RI 15**

10x 25m **RI 10**

CD

1x 100 mixed stroke

Total 2600m