



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 – 9 RPE (cardio)

W/up

1x 200m **RI 20**

Build

1x 100m kick up/Red line drill back **RI 20**

1x 100m breath 3,5,7 with pull buoy **RI 20**

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

Main

7x 100m **RI 20**

4x 25m very fast for 15m then easy to wall **RI 10**

If time...

6 x 50m hard (RPE 9) **RI 10**

CD

1x 100 mixed stroke

Total 1600m



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 – 9 RPE (cardio)

W/up

1x 200m **RI 20**

Build

1x 100m kick up/Red line drill back **RI 20**

2x 100m breath 3,5,7 with pull buoy **RI 20**

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

Main

15x 100m **RI 20**

8x 25m very fast for 15m then easy to wall **RI 10**

If time...

6 x 50m hard (RPE 9) **RI 10**

CD

1x 100 mixed stroke

Total 2400m