

CASC02: Swim Set

Warm Up

100m FINS BBB	100
100m FINS ↑ Javelin-R + ↓ freestyle B4 (+15s)	200
100m FINS ↑ Javelin-L + ↓ freestyle B4 (+15s)	300
100m FINS ↑ Javelin-R + ↓ freestyle B4 (+15s)	400
100m FINS ↑ Javelin-L + ↓ freestyle B4 (+15s)	500
100m Bubble Bubble Stretch (+30s)	600

Build

8 x 25m freestyle – build pace each length (+5s)	700
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CSS Set

32 x 50m @ CSS+5s/50m	2300
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Tempo Trainer Mode2: CSS+5s/50m– go on the beep e.g.

- CSS/100m = 1m40s = 100s
- CSS/50m = 50s
- CSS+5s/50m = 55s

If you do not have a Tempo Trainer then 32 x 50m freestyle (+5s) aim each 50m at the same pace

Cool Down

200m easy – any stroke	2500
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