



Focus on propulsion from hands and feel for the water.
Maintain stroke length swimming tall and long even on the faster sets

Lane 1

WARM UP

200 easy - start with your focus on the push at the end of your stroke.
100 breathing 3, 5, 7, 3... strokes continuously
200 Pull - focus and imbed good technique here.

MAIN

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

300m @ race pace (RPE 8) **RI 60**

3 x 100m hard (RPE 9) Swim the first & third using Pull Buoy **RI 45**

6 x 50m hard (RPE 9) Alternate swim / paddles by 100 **RI 10**

Rest 60

If time...

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

COOL DOWN

200 Back Stroke

Total 1600 + the 50's



Focus on propulsion from hands and feel for the water.
Maintain stroke length swimming tall and long even on the faster sets

Lane 2 & 3

WARM UP

200 easy - start with your focus on the push at the end of your stroke.
100 breathing 3, 5, 7, 3... strokes continuously
200 Pull - focus and imbed good technique here.

MAIN

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

600m @ race pace (RPE 8) **RI 60**

3 x 200m hard (RPE 9) Swim the first & third using Pull Buoy **RI 45**

6 x 100m hard (RPE 9) Alternate swim / paddles by 100 **RI 10**
Rest 60

If time...

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

COOL DOWN

200 Back Stroke

Total 2500 + the 50's