



Warm-up: 100-200 choice swim

4 x 100 (+10s)

1. & 3. pull and paddles

2. & 4. swim B3 (breathing every 3 strokes)

Drill set

3 x 200

1. pull 2 x (B3/B5/B7/B3 by 25)

2. fins 2 x (6/1/6, swim, 6/3/6, swim by 25)

3. pull 4 x (25 choice scull + 25 swim)

Main-set:

5 x 200 or 250 Swim

1. Endurance pace, very easy

2. Ironman pace, easy effort

3. 1/2 Ironman (1900m) pace, moderate effort

4. Olympic pace (1500m) pace, comfortably hard

5. Sprint pace (750m)

If using a tempo trainer – you will start at CSS+6 then ratchet down to CSS+4, CSS+2, CSS+0, CSS-2

Mode 1, set to 25m pace, stay on the beep each length. For CSS+6 (take your CSS 100m pace, add 6 seconds, divide by 4). Each time you get faster, reduce your tempo trainer by .50 seconds.

Cool-down: as needed

Distance 2100-2600m

