



Warm-up:

- 50 easy choice , 100 swim breathing every 3/5/3/5 by 25m
- 150 fins (50 6/1/6 drill, 50 6/3/6 drill , 50 swim)
- 200 pull and paddles

Build set:

- 25 easy + 25 build to hard
- 50 easy + 50 build to hard by 25
- 75 easy + 75 build to hard by 25
- 100 easy + 100 build to hard by 25
- 4 x 50: Activations +15 sec rest after each
- Hard off each wall for 6 strokes, the remainder easy

Main-set: Speed work!

- 5x100 broken +30 rest after each 100
- Note the rest in the middle of the 100s to break them up
- #1: 25 swim :10 50 swim :10 25 swim
- #2: 50 swim :10 50 swim
- #3: 25 swim :10 75 swim
- #4: 50 swim :10 50 swim
- #5: 4 x 25 :10 after each 25. When done, very easy 100 active recovery

Open water skills:

- 6 x 50 swim. +20 rest
- Odds: easy pace: practice sighting
- Evens: sprint from deep-water hover start for 25m, easy swim back

Distance: 2,100m + cool-down