



Warm-up:

4 x 200 (+15s) broken out as:

1. choice swim
2. pull B3/5/7/3* by 25 (no paddles)
3. fins 2x (50m 6/3/6 drill, 50m swim)
4. pull with paddles

*3/5/7/3 = breathe every 3 strokes, then 5 strokes then 7 strokes then 3 strokes by 25m

Main-set:

4-6 x 300 freestyle, "negative split"

Pace: CSS +5 /100m

To calculate your beeper pace, take your 100m CSS time, add 5 seconds and divide by 4. Set this pace into Mode 1.

STAY on the beep during the first 150 - focus on technique while swimming at slower than threshold pace. Then beat the beep during the second 150. Send off is how far you get ahead of the beep plus 1 additional beep rest.

If not using a beeper, pick up the your effort for the 2nd 150 of each 300. Ensure that your harder effort is resulting in a faster pace by taking splits on your watch or checking the pace clock.

Cool-down: 100 easy choice