



Set 1: 150 or 300 freestyle swim broken out as:
(50 breathe left, 50 breathe right, 50 breathe every 3) x1 or x2
6 x 25 pull (12 ½ scull # 1 + 12 ½ doggy paddle) +10 sec rest

Set 2: 150 or 300 fins: (50 6/1/6, 50 swim, 50 6/3/6) x1 or x2
6 x 25 fins: kick no board. On side or front or back. +10 sec rest

Set 3: 150 or 300 pull, breathing every 3 or 5 strokes.
Alternate by 25
6 x 25 freestyle sprints +20 sec after each

Set 4: 150 or 300 swim. Focus on pointing your toes when you kick, and turning them slightly inward; loose floppy ankles
6 x 25 pull +10 sec rest. Change your breathing pattern every 25

Set 5: 150 or 300 pull
6 x 25 swim +15s. #1,3,5 sprint, #2,4,6 easy, practice sighting, +15 sec rest

Cool-down: 100-200 easy choice
Distance: 1500-2450m