



Warm-up:

100-200 choice swim

100-200 fins:

1-2 x (25m 6-1-6, 25m swim, 25m 6-3-6, 25m swim)

100-200 pull & optional paddles

Build-set:

4 - 6 x 50 build effort +20s rest after each

Easy to moderate for 1st 25, moderate to hard effort for 2nd 25

Main-set:

200 Swim followed by 1 x 50 +10s rest after every 50

200 Pull followed by 2 x 50

200 Swim followed by 3 x 50

200 Pull followed by 4 x 50

200 Swim followed by 5 x 50

All 200 swims: RPE 8-9/10 effort. CSS or faster pace

All 200 pull: negative split by 100

All the 50's are very easy active recovery

Distance: 2,250 - 2,650 + cool-down