



Warm-up:

100-200 choice swim

3 x 100 fins

1. 100 kick – choice – dolphin on back, flutter on back, flutter on side
2. ↑ 6/1/6 ↓ B5s
3. ↑ 6/3/6 ↓ B3s

Drill: 2-4 x 50 pull: 25 dog paddle drill, 25 swim (+10s)

Build: 2-4 x 50 swim: build by 25 to fast (+15s)

Main-set:

4 x 100 (+20s rest after each 100)

4 x 100 (+15s rest after each 100)

4 x 100 (+10s rest after each 100)

4 x 100 (+5s rest after each 100)

All done @ CSS pace which is the pace you can hold for 1,500m (8/10 effort) If using a beeper, set it in mode 1 to your 100m CSS pace divided by 4 and STAY on the beep. After each 100, watch the clock to take the prescribed rest and if using a beeper, hit the single button (re-sync) to start next interval.