



Warm-up:

100 easy choice swim

4 x 50 pull buoy : 25m long arm dog paddle scull, 25 swim +10s

Main-set: 2-3 x 800 all at CSS +5 pace

If using a beeper, take your CSS/100m pace, add 5 seconds to it and divide by 4. Plug this pace into Mode 1. Your objective is to "stay on the beep" by hitting each wall on the beep. If not using a beeper, make sure you are swimming at a comfortable pace that you could hold for 2k or longer.

This session works on building your endurance. Having the beeper set per 25m allows you to tune accurately into an aerobic pace and helps keep your mind engaged on the task. Often the hardest thing about swimming at slower than threshold pace is maintaining your focus, especially as these sets often feel "boring". The reality, though, is that this is exactly what swimming a longer distance event should feel like. Consider doing the first 800 with a beeper providing feedback and try the next one without. See if you have the discipline to stay at an aerobic pace without the beeper governing you OR do you start to swim too hard?