



Warm-up: 200 easy choice

3 x 100 fins +10 sec rest

(25 drill, 25 swim, 25 drill, 25 swim)

#1 6/1/6 drill

#2 6/3/6 drill

#3 broken arrow drill

4 x 50 pull+ paddles +5 sec rest

Focus on powerfully pushing water towards the wall behind you.

Main-set: No beeper, hold best pace

1x300 +30 sec rest

2x150 +20 sec rest after each

3x100 +15 sec rest after each

4x75 +10 sec rest after each

6x50 +5 sec rest after each

Total rest = 3 minutes.

Note your total time, subtract 3 minutes and see if you were at, ahead or behind your CSS pace. In theory, with the 3 min of rest during this 1500, you should be faster than your 100m CSS pace.

Total distance: 2,200m + cool-down