



Warm-up: 200 easy swim

100 pull: 2 x (12.5 scull #1, 12.5 LADP, 25 swim)

100 pull: 2 x (12.5 scull #2, 12.5 LADP, 25 swim)

100 pull: 2 x (25 LADP, 25 swim)

4x50 pull breathe every 3 strokes then 5 strokes

Build-set: 8x25 +10 sec rest

1. & 5. 12.5 easy 12.5 fast

2. & 6. 12.5 fast 12.5 easy

3. & 7. 25 easy

4. & 8. 25 fast

Main-set: No beeper, hold best pace

5x200 swim (For more distance repeat 1-5)

1. 50 fast 150 easy

2. 100 fast 100 easy

3. 150 fast 50 easy

4. 200 fast

5. 50 fast 150 easy

Cool-down: 100 easy choice