



You will need a watch or tempo trainer that you can set to four minutes for this gamified main-set.

Warm-up:

100-200 choice swim

100-200 fins: 25 6/1/6, 25 swim, 25 6/3/6, 25 swim

100-200 pull & paddles

Main-set: (30 minutes total)

6 x (4:00 swim, 1:00 recovery)

Set your tempo trainer in Mode 2 for 4:00. Alternatively, you can use a watch if you don't have a tempo trainer

Swim as far as you can during the four minute interval and note where you finish in the lane when the time is up. Swim back to the wall, take one minute rest before going again.

The game: during each subsequent interval, see if you can swim as far, or farther, than you did during the prior interval. Can you "win" each round?

Cool-Down: 100-200 easy choice