



Warm-up: Get in, splash water on your face, take note of your surroundings.

Know water temperature, weather, distance around the lake and swim with a buddy.

Start by swimming 20 strokes at a time parallel to shore.

Focus on exhaling while your face is in the water. Repeat until able to swim calmly

Plan your target distance for the session - either a perimeter or back & forth passes parallel to shore

Main-set:

0-10:00: steady swimming

10:00-15:00: sighting practice - pick targets not too far off and see how straight you can swim towards them

15:00-20:00: drafting practice - if with a training partner of similar speed, alternate swimming behind each other

20:00-25:00: pick-up efforts - try counting your strokes and changing up your effort. Can you still swim calmly?

25:00-30:00: steady swimming, try a faster pace than at the start of the main-set