



Warm-up:
150 choice swim (any stroke)
150 fins: 50 6-1-6 drill, 50 swim, 50- 6-3-6 drill
150 pull & paddles , 150 swim

Main-set: 3 x (5 x 100) +20 sec rest after each 100
#1-5: Moderate effort
#6-10: 1500-1900m race pace for 75m, faster last 25m
#11-15: Faster than target race pace for entire 100

Each round of 5 x 100 the pace changes. The first 5 should feel comfortable - RPE 6/10. The next round of 5 should be a bit faster - RPE 7.5-8/10. And the final round of 5, faster still but at a pace you can sustain for all 5 with 20 seconds rest - RPE 8.5/10.

You can modify the main-set to be 3 x (3 x 100) to shorten by 600m or 3 x (7 x 100) to increase the distance of the main-set by 600m.

Cool-down: 100 easy choice