

2,800m – Mid-Intensity

WARM UP (800m)

200 FS Easy

100 BK sprint kick at the wall R: 10s

100 BS sprint kick at the wall R: 10s

100 Fly one arm R: 10s

6 X 50 I.M. R: 15s after each 50m

DRILL SET (300m)

100 sculling – arms front to focus on BS

100 dog paddle – focus on underwater recovery

100 BS kick drill

MAIN SET (1,500m)

1) 4 x 75 Rolling IM swum as:

a) 50 FLY / 25 BK R:10s

b) 50 BK / 25 BS R:10s

c) 50 BS / 25 FS R:10s

d) 50 FS / 25 FLY R:10s

2) 4 X 200 BS R: 30s

swum as: 25 EZ / 50 mod / 50 hard / 25 EZ / 50 mod

3) 400 IM + Fins (FLY KICK with BS)

COOL DOWN (200m)

200 50 EACH STROKE

Total MEGAmeters – 2,800m