

3,400 m – High Intensity

WARM UP (700m).....EZ – Remember this is WU

- 1) 200 FS CH of Drill
- 2) 4 x 75 Rolling IM swum as:
 - a) 50 FLY / 25 BK
 - b) 50 BK / 25 BS
 - c) 50 BS / 25 FS
 - d) 50 FS / 25 FLY
- 3) 200 I.M. KICK

DRILL SET (1,000m)

- 1) 4 X 100 K, RA (Right Arm), LA (Left Arm), S in I.M. order
- 2) 2 X 100 FLY RA, LA by 25s static hand at side...snorkel
- 3) 2 X 100 FS RA, LA by 25s static hand a side...snorkel
- 4) 200 BK...25 DAB (Double Armed Back) / 25 BK SPRINT

MAIN SET (1,600m)

- 1) 800 FS PULL...(PB) Pull Buoy and snorkels
- 2) 4 X 100 I.M. on 2:30 pace
- 3) 2 X [4 X 50 Swim in I.M. order R: 20sec] R: 45sec

COOL DOWN (100m)

100 CH EZ

Total MEGAmeters – 3,400m