

Warm Up

300 swim

6 x 50 kick @ :15 rest

16 x 25 swim -> breath control 4x{4, 3, 2, 1 breaths per 25}

1000

Set 1

8 x 25 @ :30 (or whatever is a comfortable base)

300 @ b+15

:30 rest

4 x 50 @ b

300 @ b+15

:45 rest

2 x 100 @ b -5

300 @ b+15

1:00 rest

200 @ b -20 (that's right!)

300 @ b+15

2000

Warm Down

4 x 50 @ 1:10 (give yourself some extra rest) -> no breath down, easy back

TOTAL: 3,200