

Warm Up

300 swim

200 pull

200 kick

8 x 50 @ b +10 -> 2x through: build up, build down, fast, easy  
(1100)

Set 1

4 x 500 swam as follows:

#1: 4 x 100 @ b +10, 100 easy

-> 4 x 100 holding your 500 race pace, 100 as slow as you want

# 2: 200 @ b +20, 2 x 100 @ b +10, 100 easy

-> 200 and 100s holding 500 race pace, 100 easy

#3: 300 @ b +30, 100 @ b+10, 100 easy

-> 300 and 100 at 500 race pace, 100 easy

#4: 400 @ b+40, 100 easy

-> 400 at 500 race pace, 100 easy

(2000)

Take as much time you need on the 100 easy, rest for about a minute.

Set 2

4 x 200 pull @ b +10, breathe 3,5,7,5 by 50

(800)

Warm Down

4 x 50 easy -> no breath down, easy back

Total: 4,100