

## **Sprint Set 1500m**

### **1. Warm up**

100m easy full stroke  
- 10 seconds recovery

2 x 100m easy **pull buoy**, breathing every 3 strokes  
- each with 10 seconds recovery

### **2. Build**

4 x 50m full stroke, each as 25m easy - 25m hard  
- each with 10 seconds recovery

### **3. Main Set**

5 x 50m full stroke, each as 15m sprints - 35m easy  
- each with 30 seconds recovery

100m easy full stroke  
- 10 seconds recovery

5 x 100m full stroke, each as  
25m easy - 25m hard - 50m moderate  
- each with 20 seconds recovery

100m easy full stroke

### **4. Cool Down**

50m easy choice of stroke