



Set 2 - 1500m

1. Warm up

4 x 50m, easy full stroke - 10 seconds recovery (last 50m slightly faster than the rest)

2 x 50m, easy full stroke, breathing on the left side up, and on the right side back - 20 seconds recovery

Focus on relaxed, continuous exhalation under the water.

2. Main Set

3 x 200m full stroke, sustainably hard
– 30 seconds recoveries

100m easy full stroke
- 30 seconds recovery

8 x 25m, fast, but maintaining technique
- each with 40/60 seconds recoveries

100m easy full stroke

3. Cool Down

200m easy choice of stroke